

August 17, 2022

Head Coach Ron Rivera

On why T Sam Cosmi was taking right guard snaps today:

"Kind of where we are at with emergencies. Kind of an emergency thing. In all honestly, it really is. I mean, if you look at the list of guys that miss practice today, because of nagging injuries, some sort of something like that. That was really one of those fortuitous things that, you know, Cornelius [Lucas] is back, he needs a little extra work. So, you know, we swapped him down cause Cornelius is a really good tackle force as well. So, we just feel comfortable with that."

On how things have been with Defensive Coordinator Jack Del Rio:

"It's been cool. It really has. I mean, he's been great about it. He accepted it and he understood it had nothing to do with his points of view and that just his interpretation more so than anything else and that's why it was done."

On what he has seen from the young guys on the defensive line:

" Well, that's exactly what we're trying to sort through and see which one of those guys have stepped up. [William] Bradley King has done a really nice job. He's a heavy-handed guy that's physical. Bunmi Rotimi is also a heavy handed guy who's physical as well. You look at Shaka [Toney], Shaka is a situation pass rusher type. Very explosive off the ball. We saw that in the game. He was getting around the corner and dipping, stuff like that. So, we got a mix of young guys. We also have a veteran guy in Efe Obada who has the ability not just playing in, but he can also play three technique and passing situations for us as well."

On RB Antonio Gibson returning kicks:

"He did that in college. Did it very well. You know, in our situation we're looking, you know, if you have one guy just focus on kickoff, the other guy focus on punt return that makes it a little simpler. And again, he was very explosive, very dynamic in college."

On if he was pleased with today's practice:

"Very pleased, very much so. I really like their attitude, like the way they practiced. The tempo in which they practiced with was excellent and that's really what we're looking for. Yesterday was more about just practicing smart. You know, we had a couple shots that we're taking that I didn't like, I didn't approve of and, you know, do that in a game and it might be something somebody might get in trouble for it. So, I just wanted to emphasize that, 'Hey, we are gonna play like you practice so, let's practice smart.'"

On the assessment of the third down defense:

" Well, we'll continue to work with it but one of the biggest things to is I said and it was a little bit of a stark thing was, you know, when we went back and studied last season, one things we saw was our deficiencies in second down defense. We can't allow ourselves to be in second and 10 and that end up in third and fourth, third, and three, third and five and that's where it begins. It starts with that. Keep the momentum, get 'em and keep them in second and long. That'll help us. That'll increase our opportunities to keep them from converting and then again, it's continuing to challenge our guys. They're gonna have to step up. Guys need to

step up. We've changed some things as far as what we do to fit a little bit more of that as far as being success on third down.”

On how CB Benjamin St-Juste is adjusting to his role:

"I think Benjamin's adjusted very well. He's a very tall, linear guy, long arms, but he's very quick. He's quick in short spaces, that'll help us as far as we believe so him playing the nickel position. He's adapted to it very nicely, very smart, bright football player who understands the concepts.”

On WR Kelvin Harmon:

"Kelvin's looking good. He's competing very competitive out there. A big target for us, you know, a guy that has an opportunity.”

On if he is able to get a quicker read on guys now when making cuts:

"I think so. Just, you know, knowing who they are for the most part. The current guys, the guys that we had last year, you know, and then comparing 'em to the guys that we brought in. Part of it to is just seeing who do you think has more upside? A lot of it is based on some of the things that we put on these guys in terms of putting them under duress in terms of what we've installed, what we've taught them, what we expect from them. That's another thing that we've got to find out as, as we go through this.”

On what qualities he looks for in an upside player:

“I think it's a combination, I really do John [Keim]. I think when you look at a guy if he's getting things and he's picking up things quickly, but he's still got to work on his technique, then you go, ‘okay, well.’ Then you watch a guy that's technically sound, now you're sitting there saying, ‘well if he gets it, he'll be better.’ And you got to determine, ‘will he get it? Will he ever get it?’ Because some guys just never seem to put it together.”

On what former Washington QB Joe Theismann was talking to DE Chase Young about today:

“I think when our alumni come by and they get a chance to spend time with our guys, first and foremost, I hope they just kind of reiterate and reinforce to them the rich tradition of this football organization. But I think when Joe comes around, and it's kind of fun to watch Joe interact with the guys, it really is about his experiences more so than anything else and just what he's observed and what he's seen. Like I said, I really do appreciate when the alumni come around.”

On if Theismann was at practice in an official capacity:

“Joe's just around. All our alumni are welcome and it's just kind of cool to see them come here.”

On if roles have become more specific in the NFL:

“I think the roles have become more specific, but you still got to make sure guys have position flex. We have a couple of guys that are great examples of the position flex, of being able to play more than one, and that increases their value. If you sit there and say, ‘well, this is his role, and this is his only role.’ Then you have a lot of concern because we call him one whole players. If he's not a starter, you've got to really think long and hard.”

On why he thinks it has become more specific:

“I think just because the importance of having guys be able to do certain things in certain situations. This game's become very situational. Situational football is huge. The passing game has asked you to do a few more things that in the past you didn't really have to worry about. I mean, not just having a nickel, but having a Buffalo nickel. You can put your nickel in there, and if he's a small guy and all of a sudden that slot

position player is [WR] Larry Fitzgerald, who we used to face and we had small nickel and Larry would just come in and dominate those guys. Then finding a big buffalo to put him out there on certain occasions and he could get physical with a big guy that helps.”

On enjoying Assistant Running Backs Coach Jennifer King while she is here but also knowing she will have a room to herself one day:

“That's what you're hoping for. You're hoping that she continues to learn and grow every year. I think we've given her more and more responsibility to give her that opportunity. One of the really neat things about it is there's a little different rapport that she has as opposed to [Running Backs Coach] Randy [Jordan]. So I think she's done a great job and it's kind of exciting to see a woman get a true opportunity to grow and develop. I think there will be a full-time positional coach, eventually and shortly too. “