

July 24, 2025

Head Coach Dan Quinn

Opening Statement:

“Alright, good morning everybody. Thought before I got rolling today, I wanted to give a quick shoutout to [LB] Bobby Wagner and for him joining the Seattle Storm ownership group. This guy is a remarkable competitor, remarkable teammate and person, and they're lucky to have him as part of their organization. I promise you he'll make an impact, he just does. It's who he is and how he gets down. So, a quick shoutout to him. I thought I'd lead off today with just what were some of my takeaways on day one as we were getting started. I really had my eye on some of the newer Commanders who were veterans. [DT Eddie] Goldman and LT [T Laremy Tunsil] and [LB] Von [Miller] and [S] Will Harris and [WR] Deebo [Samuel Sr.] and JK [Dt Javon Kinlaw], [DE Deatrich] Wise, [CB Jonathan] Jones. And seeing how they're fitting into the system and what it goes because in this ramp up period, these are where these roles get determined in the weeks ahead. So, I really wanted to see them and see their connection with their teammates. That's an important part of belonging to a group and I was certainly impressed by those guys getting started. So, with all that said, I'll get it rocking with you guys and let's get it going.”

On Miller and on what he can add to the team:

“Yeah, you want to see as a pass rusher, first thing, can you beat somebody to the punch. He's got different unique talents, he can bend, he's long. But it's at this point it's what's the skills, you want to find out what the skills are and I like the stunts. I like that he's versatile, that he can play from his feet, he can play from down. We like to use variety in how we would want to go attack things. So, that was some of the things that we talked, ‘I'd be up on my feet, I could go inside, stand up.’ And so, [LB Frankie] Luvu does some of that, [Miller] does some of that. I just like having a deep crew of guys that can be versatile and do things. But I also like the detail that he gets into as a pass rusher. We talked a lot about the summit that he's been part of for a long time with other players and their ability to share and veterans. So, it was just fun to talk pass rush with him, honestly. What I saw on tape, the quickness to beat somebody to the punch and that's what pass rushing, the first part has to be about. About getting the offensive tackle back and feeling that stress. If you don't have that, it makes it difficult to put a lot of stress on a tackle.”

On keeping older players productive:

“Well, really organizationally that's a big topic for us to make sure that it's customized to each individual player. Through [Managing Partner] Josh [Harris] we've invested a lot in terms of recovery, we put that as part of our day. But there's also some practices that there'll be some days where a player who's got a lot of experience and a lot of games, they won't do the same amount as some that needs more. And so, we just try to customize it even though it's a big scale, but when you're in training camp, it's actually a little easier to do than in season. He can be out, we can work this day. And so, we map out the calendar, [General Manager] Adam [Peters] and I together. What days would make sense for somebody to back off, what days would make sense to push it because you also need those days as well.”

On Offensive Coordinator Kliff Kingsbury staying another season and on his relationship with QB Jayden Daniels:

“Yeah, the two of them and [Quarterbacks Coach] Tavita [Pritchard] and [Assistant Quarterbacks Coach] David Blough, [Assistant Head Coach/Offensive Pass Game Coordinator] Brian Johnson, this ecosystem of quarterback play, it's really cool, but the person right in the front and center of it is Jayden. And it's the work ethic that he just doesn't back off. And that's one of the things that I really admire about him, that he is not changing the way he approaches things. I want to get in early to find my edges and find the spot. So, it is one of the things that I really, really appreciate about him. The unseen work that goes in with him, it's a lot. And the staff's a big part of that because when you're doing those things together, you're helping him get ready. And so, we're very fortunate that way.”

On his offseason approach with Kingsbury:

“Yeah, we did that really in all three phases to make sure that what did we really like and we want to keep doing and what do we need to stop doing? In other words, this isn't as effective. It's not, the juice wasn't worth the squeeze. And then as an entire staff, that's where we really wanted to make our mark. Could we collaborate at an even stronger level when you're putting in a system or [Defensive Coordinator] Joe [Whitt Jr.] and Kliff had the expertise in their sides and now you're able to add some more variations to that after going through some time, because now you can study some other things when you're first putting in a system, then the very first thing it's cut and dry and this and this and this. Then you can explore as it goes on. So, it won't stay exactly the same year in and year out. Now you can add other experiences. And so, I like the fact that the staff is collaborating, which makes sense in year two more than in year one. Year one, you need chemistry, connection, support, the play callers need support. ‘Yes, that's a good play, it'll work.’ As opposed to, ‘I did this somewhere else, I did this somewhere else, I did this somewhere else.’ It's much easier to do that year two than year one. Year one, it's about putting in our systems, finding the drills, how to feature the players for it, for that specific skill. Then you can open it a little bit differently.”

On discussions with coordinators influencing offseason acquisitions:

“Well, that's driven first through Adam and when you make moves like that, at [tackle], that's big ones and Adam's bold to make those things and make the decisions that we need. And we're in constant communication about the roster. So, through the offseason we do an assessment, after the season before you even look into free agency, you look at your own group. And before the guys even left, we met with every player on the team that was a free agent and who's back and how do you start with that? And then you keep building, but we're fortunate from the coaching side that we're part of the discussions with Adam and his staff on the personnel about what's the best fit for our team? And I love that we scout and pick players for us, not for the NFL, what fits us? And there's a culture element to that as well. We're not for everybody, but for the guys that, man, love ball, love competing, this is the type of environment that you could really thrive in, but we really push it. And that's not for everybody, but we like doing that and that's why we work so hard on our skills, not just in training camp, but you see that in December and January, we're still working the skill work because I think that's the edge and we like doing that.”

On teaching the abilities that Miller has:

“That's a, you have it or you don't. You can see it. It's not hard to evaluate somebody that's got the ability to really jump off the spot. Not unlike a boxer where you have to beat somebody to the punch

and wide or some of the fighters had that quick jab that could just snap things as opposed to methodical and a little bit slower. The initial quickness at that position is really needed at the end especially. At tackle, you can muscle some guys more, but usually when you're an edge player you're giving up 70, 80 pounds. It's not going to be, 'I'm going to get stronger than this player. I've got to beat them to the punch and then I can use my leverage and wrestle him.' But you don't want to fight a fair fight so you got to beat him to the spot."

On Miller still having the abilities he did in the early stages of his career:

"Yeah, I saw that for sure on the tape from last year. Like I said, we're just getting started on the things that he can do and that was one of the things he and I discussed together. As we're learning what do you like, which side, what techniques, what stunts. I need to learn that with him over the next month."

On the difference between building a culture and sustaining one:

"Building it, I would say, leads into sustaining. The culture is what you do on an everyday basis. Sometimes I think people can get environment and culture confused. Environment – like we're upbeat here, we do have a positive attitude, I look at things as the glass is half full, but the culture is the way that we practice, the way that we meet the competitive nature. You have to sustain it, you have to recognize it when it's right and also when it's not. I think that's one of the real things about sustaining is this is the standard, this is what we have. When we see it, I tell them and I show them whether it's film or a conversation when it's being met, I want that. I also want it when it's not being met and not just turn a blind eye and hope that it'll get better the next day. We have really high standards, but you do have to push them. The fun part is building because it's new and you're trying things; there's some resistance early. Okay, I haven't done that before, but once you get to the spot, then it's like this is how we do business together. The sustaining is more about reinforcing and reminding it's one thing to have it, but like if you don't reinforce it, you don't really have a standard or a culture because it's just a sign on a wall or some shit that you say if you don't live it then you're kind of just B.S.-ing yourself."

On his mindset on G/T Andrew Wylie and Conerly Jr.'s current positions:

"We're going to compete for this for a while so I wouldn't look into it because you'll see on one's today that Conerly will be at right with the ones and you know, we'll mix it around some so I wouldn't read into that in the same space. It is cool to see, he's here's going against Von and then the next time against [DE] D.A. [Dorance Armstrong]. How do we work different guys and work them and the training camp practices? Other teams help as well. That's what I'm looking forward to. Having the chance to go up with the [New England] Patriots and have the [Baltimore] Ravens here for practice. Then in preseason games there's a lot of exposures that can happen and that's kind of how you get better. You just have to go and fight for it. It is a fun experience to go through. I was thinking about him yesterday, like he's probably watched a lot of Von Miller, but he's never blocked him and blocking him in practice on the first day with no pads is well, different than 3rd-and-8 inside of two minutes with the game on the line. Lots to do, but I'm really encouraged by Josh's work ethic."

On rebuilding the line of scrimmage at the end of last season and on if that was because of the strong pass rush and offensive lines in the NFC East:

"It wasn't division based, but maybe that's a byproduct of it because we wanted to be a line of scrimmage team first and make sure at those spots if you're strong there, we felt that, 'Hey man, you got a chance to be in every fight.' Obviously, the year prior having the opportunity to draft

Jayden that high, that was a big opportunity. At that time it was also we got [TE] Zach [Ertz] even before we had the quarterback, we knew that importance of the tight end and some other things that I thought [General Manager] Adam [Peters] was thoughtful about. But going into the evaluation piece, we knew every position maybe we don't address, but how would we get what we want to get to? There are also some players that we're excited to see develop, but the line of scrimmage on both sides, that was definitely a big emphasis for us. We're excited to see these guys develop together.”

On Cosmi's availability for Week 1:

“If he would come off PUP then he could be eligible for that, but we won't know that I don't think for a few more weeks. If we wait till after and start the season, then you're automatically out four. We're not going to put any judgment or say he's not going to be ready or is, we're just not sure yet but he's hit a lot of the markers. He is close, he's already doing drill work and things to go but as far as acclimating into practice and team, we haven't got to that spot yet. I'd say in another month we'll have a good sense of like by mid-August or towards the end, where are we at? Then we can get a better sense. Is it two to three weeks? Is it four to five weeks? And until that timeline comes, we'll just keep at the rehab and keep hitting it.”

On expectations for CB Marshon Lattimore and on his technique changes in in acclimating to the defense:

“Yeah, it definitely changes because now you got to know the coaches as opposed to going in and say, ‘Okay here's the game plan and this is what we do.’ You kind of get to the like, this is why we do this call, this is why we use this technique. That's easier. It's also difficult, first came in and was injured, wasn't able to practice, so it wasn't the ideal runway. Just as easy as you try to make it. Sometimes it's just not, but now that we have a whole [camp] with him and he can also communicate too, ‘Man, this is a technique I really like, and I want to stay doing that.’ And that's our job as coaches to find the balance of both. He's off to a good start and I sensed that at the minicamp too. Where he was at, the energy with him and the other guys here. It was a good start.”