

July 31, 2025

Head Coach Dan Quinn

Opening Statement:

“Good morning. Today what you'll see on the field, more red zone work. There'll be a competition that goes on during that period. We do like a point system, for instance, a field goal is three for the offense, four for the defense, and different ways to score it. But we'll make a big emphasis on that today. We'll also do some two-minute. I also wanted to stay consistent with the updates when I have them. [G] Tim McKay, offensive lineman, will begin his return to play ramp up coming back from his peck injury. So, we're excited to see Tim get on the field today. All that said, get rocking with you guys.”

On what he's learned about T Laremy Tunsil that he didn't know before:

“You see the consistency as a competitor going against him, you would see that. I found, this is a smart player who's a quick learner, knowing it's a new system and it doesn't feel like a new system when I'm watching him. And for everybody last year, putting it together, setbacks, and so for him you can see the studying element of going into it and being prepared. I like seeing that. I knew what the competitor and their performance would look like, but seeing that level of consistency, discipline, man, it shows up with the good players, doesn't it? The things that they're doing right over and over, when you watch it, I know why. There's the talent, but he also has the skill, the discipline, all those things that go with it. And I'm seeing that on a regular.”

On how good Tunsil will be for T Josh Conerly Jr.:

“Yeah, it's big. And they spend a good bit of time together. And so those have to happen organically and it's nice to see that they're already happening. Laramy's walked that walk earlier, and I would say to a certain degree, last season [QB] Marcus [Mariota] was really instrumental for us. Mariota with [QB] Jayden [Daniels], he's one of the very best teammates I've ever been around. That type of connection of player to player, it's really, really strong. And so, to see that starting to begin with Laramy and Josh and having that much trust in somebody, that Josh does of watching him and learning, you can imagine what an invaluable experience that is for Josh. There's coaching side, but then there's another side. Not one stance is the same, not one set is exactly the same. So, I think it's a really cool thing. It does have to happen on its own with spaces to do it. And we're really fortunate that way, but it makes me think of Marcus and Jayden and the importance of that, those talks just the two of them, going through a technique or a situation and it's a big deal.”

On CB Mike Sainristil and on his comfort level in year two:

“I'll put this way; I know about the ball skills. And so to see an interception a few days ago where he was running towards the middle of the field to go and the ability to go track it and get it. I think the confidence to know when to take my shot, when not to, and then the last piece that I've seen for him, which I know it was there, and it's not easy to do in your early part of your career, the leader is developing and emerging. And that to me is, that's the next step for him. The other players believe in him and know that he puts in the work. So, to see him take on some leading in his own way, that's a big deal to see a leader. How does [LB] Bobby [Wagner] do it? That's different than the next person that does it. And he's finding his own way to do that, and I think that's really impactful.”

On CB Marshon Lattimore coming back from his injury last season:

“What I can say coming in, one, his mindset's great. Honestly, coming in, just fresh eyes, a fresh start, everybody kind of doing it together. So, I've noticed that, sensed that, his communication is even more with the other teammates as they're building it together. We're going to be smart as we're going. We're almost here to August, so for him, there's more ramp up that will go through it. We're just not going to miss one step. So, as we're going a little bit more, then some more, then some more. So, we're still into that phase, but we really are going to aim to nail it. And so, to say I've seen good plays from him, yes. Most importantly, I want to see the good healthy plays because I know that's when we'll be at our best.”

On benefits for the offense with WR Terry McLaurin not on the field:

“There's always that silver lining that you're talking about that, whose opportunity, whose moment, how do we do things differently? And it really comes down to opportunities really. In this time of year, we don't move guys around too many spots. You'll see, okay, a player may go from outside to play in the slot. Both the outside positions are similar in the offense. The slot ones move quite a bit more. The tight ends have different locations. So, finding different spots, different locations of different people, that part's good, man. I wanted to see as much of that as we can. I really like the crew that we have, so there'll be a time when that's not the case where everybody's getting different reps, but for right now it's a big opportunity for some guys and they really want to go nail it.”

On how not having McLaurin challenges Daniels:

“Yeah, that'd be a better one for him. I don't know if he's more challenged or less onto that. Right now, another red zone day so I think focus on more of the routes and the people and where we're going. There are certain nuances with certain people and fortunately he's got a lot of bank reps, on this route, this is the exact depth. And Terry would know, okay, I'm at 13, I'm at 12. That doesn't mean that [WR] Deebo [Samuel Sr.] might be at a different small location, but nothing at this point. It's really the system and the execution and where we're at.”

On Daniels taking more of a leadership role this year:

“It's more at this time of year, I certainly felt that as the season progressed, sometimes you go to tell somebody, man, do that exactly the same space. I didn't throw it to the right spot. So, I don't want you to think every time he's going to somebody it's correcting. Sometimes it's reinforcing, man, you hit every part of that, that's on me to make sure it's in the right location. Other times, you're exactly right. Hey, I want that, bend it more flat down the line or I'm going to throw it away from another player's leverage there. So, when we see the coverage to go, there was a great interaction between him and [TE Ben] Sinnott the other day. There was a certain blitz that Ben had to look quickly to go to it. Jayden put it right on him, so I saw them talking afterwards that that connection happened so quickly. Maybe last year that wouldn't have been, but this specific play, they went, they talked about it, that's it. And so that made me happy too. On that particular play he was just going to acknowledge to Ben man, that was the route, that was the right spot. And so, I think there's all three things. One, acknowledgement, two, on a good play or one you're in the right space, or three, here's why I saw what could be different. So, there's all sorts of ones, but the communication's the main thing, if you see it, say it.”

On starting practice earlier:

“We just move everything up one hour. We just want to do right by the guys. And if we can get really high standards of practice better at this point, it's the right thing, man. Any way we can do to take after the players better. So, there's a certain amount of hours you're allowed in the day, so you just basically move everything up by one hour. So, it takes some sacrifice, especially from the medical side and the training side for the players to really ramp up and be ready. It's a good hour to just, whatever manual work they need. Getting themselves primed, the on-field preparation, so the athletic preparation, it takes some time to throw a great practice. So, everybody else being in early to help them do that, they get out earlier at

night. So, it's worth it. We've had a good hot block, and I love the work that the guys are putting in, man. They are absolutely pushing one another and giving it up for one another. And as a coach, that's what I told them. And I couldn't be more pleased about that. When you give up that kind of effort for one another, that's the big deal. The scheme that will come, but if you don't have a play style of hard ass effort and finishing, all the plays in the world, aren't going to matter.”

On the red zone work:

“Yeah, it's such an important area for us. So, when you go through it you want to look at, let's maybe some more man to man today, for the offense and for the defense. On another red zone day, let's emphasize zone a little bit more on the defense. So, the routes could be different. The run game changes some, the field position, there's no more over the top throws, so you're attacking so many things laterally. So, when we talk about red zone, where it's at in the high area where you can throw over people, that's good. Now we have a competition today of first and goal at the nine, just play it out and see. But now you're not throwing over people, how are you trying to expand? How do you get into the run game into that spot? So, it changes the game because the math of the defense changes. You're not worried about downfield throws, so where's the pylons? When the quarterback gets outside the pocket of trying to push the receiver out of bounds to make him ineligible, the smallest of rules to go. But if you're really going to be good, it's scoring, right, on both sides. And so, we really made that an emphasis coming into this camp and you'll see that a bunch today.”

On second year players who have stepped up:

“I don't know if I'd say the most, but [T Brandon] Coleman is one that I've been really impressed about what I've seen so far but a number of them have really taken good steps. In some instances, their bodies have changed, like [DE Javonte Jean-]Baptiste, he's longer, stronger. That was part of his development. I liked what I saw from [LB Jordan] Magee as a blitz. When you can really go onto that, it changes the math of can a running back really block him? And [LB] Frankie [Luvu] started as a blitz and now he can be a rusher. And so, what's the difference, Dan? A rusher, you shouldn't put a back on, the offensive lineman has to go to this player. So, seeing guys develop, making their moves, it's all part of it. And a number of them are making really good strides.”

On what he's liked and disliked through nine days of camp:

“I really enjoyed the last block. I thought it was like super competitive about how we're going back, matchups going for it. Offense wins this period, defense wins this period, kickoff return work against each other. As the same day we're working kickoff return, we're evaluating guys on kickoff coverage. So, this intensity level of work, that's what I've been impressed by. And so, I thought that was a very, very effective three-day block. Now the power of doing it again. And so, the power of doing it again, and so that's what I look for today. But at the end I love doing the situations, because then the focus goes even higher, even stronger. And I really want to see us in those moments, all on the line, seeing where it's at, everybody to the sideline, five seconds left, 47 seconds left. So, those are the moments I want to see the focus and the execution in those spots over and over and over. There are certain parts of practice that are more heightened and the competitions allow us naturally to do that.”