THE WASHINGTON COMMANDERS

21300 COACH GIBBS DR. ASHBURN, VA 20147



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Head Coach Dan Quinn

Opening statement:

"What's up everybody? I told you I'd have an update on some injuries and I'll kind of get started on that and then we'll get into the game. So first, let's start with [QB] Jayden [Daniels]. He'll continue in his return to play process, and you'll see him out there today in a limited fashion. And we'll continue to rely on the medical team to fully clear him. But what I can say is, man, he is doing everything you possibly can to get there. The guy's the ultimate competitor for us, you know that, I know that but he's absolutely digging. As far as the other injuries, we're going to work through that and I'll take it through Friday and we'll give you the updates as it goes. Then lastly, just the matchup for this weekend and last time went into extra time to go through that and expect that kind of same fight and battle again. We'll need to have that complementary football that we leaned into last week again. And ready to get rocking with you guys."

On an update for WR Terry McLaurin and on if he can confirm that McLaurin is seeking a second opinion on the injury:

"Yeah, it's pretty normal that when you have something that a second opinion takes place, that's not uncommon at all. Honestly, it's just the opposite, it's really common. Almost everybody does that in some spaces. So, I'll have a better answer as I get into Friday and then we'll have a sense for, okay, where does it look like for Sunday?"

On what Daniels has been able to do in practice and on if he's watched Daniels run and cut:

"I have and like I said, he has worked really hard on that space and so we'll lean in on the medical side too, just to make sure they'll be the ones that fully clear. But he's working really hard to hit all the stuff that he needs to hit."

On if McLaurin will practice:

"I don't expect Terry to be at practice today. He will be out for today. I'll have updates for him by Friday of where we're at for the game."

On when he thought special teams could be an area to get an edge for this team:

"I'm going to go back because I think it's important. When the new kickoff rule started, we were right at the front of that to say, can this be an advantage? Can we find a space that we could create that from field position to identity? So, I thought it would begin there on the kickoff and kickoff return side. Then as we got to learn it better, and we were all kind of at the first part, remember there was a lot from OTA's through training camps. So, I thought it began then. And then adding, obviously [P] Tress [Way], the way he can punt, putting people down and the different style of players, obviously Reavo [S Jeremy Reaves] is at the front of it, but then it's [LB Nick] Bellore. And then [S] Percy Butler and others that just started to emerge in this way. And we thought, man, this can be a weapon for us and we can really push and feature the guys and use them in those ways. But I think it was the kickoff and the decisions to say, we're going to go for it and really try to be at the front of this if we can. I think that was the start of it."

On if being in Week 4 gives the team the flexibility to give players more time to recover:

"No, I think they're all in the same space and the medical team putting the whole thing together for it. They have guidelines they want to follow. So no, I think everything's kind of the way we would go after it is consistent."

On if he learned anything about QB Marcus Mariota after his performance on Sunday:

"I don't know if I learned anything because of what I've seen over the year and a half. I was one of the least surprised people that he would play well in the stadium because what I've seen out here and the work. I did know the work that he puts in to get himself ready. So, I've seen all of that, so I don't know if I learned anything different other than confirming this is a real competitor and this style and the attitude and the way that he plays just suits him so well in this system."

On what has impressed him most about Reaves on defense:

"What I noticed jumped from 2024 to 2025, man, the speed elevated even again. Is that a year after being injured? Could be, but I felt like the speed and the tackling even ramped up more. I saw it in the preseason games, I saw it at practice too. And so, we'd already seen some of that begin, but I felt the speed and the tackling. At that position he's usually right in the middle of all of it, but I did feel that level up in 2025 from spring, training camp and into the early part of the season."

On the opportunity for other receivers if McLaurin and WR Noah Brown can't play this week:

"Yeah, that's where you usually lead to and you don't know where that's going to be. What I do know is that we have a big deep crew at a lot of spots and we train the players that – don't count on this as a possibility, but more as a certainty of knowing that at some point when that space comes where you're called upon that you're able to deliver. It's one of the best feelings that you can provide to your teammates to do that. So, what does that look like during the week at all the positions, showing you're ready, showing that you're able to, so when you know when that opportunity comes, you're just ready to do it. Might be at one position one time and then another one, hey, now it's at this one. And so, you just push this 70-man roster all the way forward, all the way in, and if you can demonstrate you're ready then when your opportunity comes you have a lot of confidence because you've put the work in."

On challenges he faces when an opponent makes changes to their play calling on offense:

"I can't worry about that. I think those things take place and you speaks to his team's urgency, where they're at, what they're trying to hit on, what might be the emphasis for them if it's with a player to make sure he gets more touches. He does, more factor into it, so you have to let it play out. Those are out of our control. You're aware of those. But as far as trying to lean in too much to it, we generally don't do that."

On bringing in competition for K Matt Gay:

"Yeah, we have a lot of confidence in Matt. I was pleased to see the one at the end of the half. So, as we're going through it, we're still digging in to find our spaces to go, but no, we have full belief in Matt."

On playing against a team he used to coach for:

"Well, it's not like a return to one. We've played them last year and other times before [in Dallas], but always have like huge gratitude for [Atlanta Falcons Owner and Chairman] Arthur Blank, his family and you know, giving me the opportunity to do that. But past that it is for the guys and in between the white lines, so we'll be ready to battle too."

On the "next man up" mentality of the NFL:

"I agree. I think sometimes that it is too much of a cliche because there's another player behind that, the injury or what happened to take place. But what I do know and what we do train hard as there's going to be a spot and when you're ready, you've got to go nail it. And if you're waiting for that moment to happen and then all of a sudden it hits, you're not going to be as prepared as you could have been. And so, the way that we go about it is everybody gets reps at practice to make sure they're pushing it to see where we go. We're evaluating, pushing the skills. So, if we can continue to get better when that moment comes and the opportunity is called upon, man, you're ready to deliver. The competition helps that we do some at each practice, just non-carded, non-scripted offense, first defense going to play and that keeps a player sharp. They know they have to react, they have to make the plays and make the calls, but having all 70 in our mindset, that's a big part of who we are and how we do it. Knowing there's going to be adversity. I think early on in my career, you coach, you want this to happen, then this to happen, this to happen, then you learn later, man, like sometimes that plan isn't there, this is how you have to go win the game. And that could be due to injury, them playing a different way. And so, if you think in those ways, man, like be able to adjust and when that time comes, you go let it rip, and you have to have confidence in the people to do that and we do."

On making sure the teams punt returns are stronger than the opponents:

"Yeah, the field position, man, that's the thing. Can you find ways to get a long return, find ways that could be a first down, could be two first downs in terms of the field position. So, finding your spaces when they're trying to flip the field and somebody, not just Atlanta, but anybody kicks it deep, that's when you have a chance because usually the long returns don't come when you're on a plus 50 punt, those are the ones that you have your chance and you have to go. And then the outside guys are key for us, man, the gunners and they've got to fuel the speed and go after it. So, it's definitely a good matchup this weekend on both sides, man. And like absolute, you'll feel speed and energy and toughness on both sides."

On an injury update for G Sam Cosmi and on if the team will activate him off of PUP soon:

"We're working hard, and he has really put in the work and so that's where we're aiming towards and then as we get into next week, we'll see if he's ready to take that next step. But this is another guy that has just all offseason through the summer to go to put the work in. And so, we are the last little bits of that. You try to simulate as much as you can. Simulated sets, this, but he does need to be back in the team setting. So as soon as that can happen, that helps him in a normal ramp up process too."

On what has contributed to DE Dorance Armstrong's increase in performance:

"I felt there was significant pressure from D.A., but maybe not the numbers from the sack standpoints. That might be something that we can look into. But now different sides for him, he's always been somebody that could be equipped to go over the guards, over the tackles, move into different locations. So, we didn't do that as much with him last year. [DE] Dante [Fowler Jr.] mostly played one side; he mostly played the other. So now we're probably a little more fluid about how we feature the guys. But I think converting from a pressure into a sack, obviously that's a big deal and I don't know, but I felt like the pressures were higher even though maybe the sack numbers weren't as high. So that might be one thing that he's able to finish more so far."