

October 20, 2025

Head Coach Dan Quinn

Opening Statement:

“Alright, well I'll get started with everybody and I'll kind of fill you in a little bit about what I also spoke with the team. But right now, where I feel the only thing consistent right now has been our inconsistency. I told the team a message about some of our Navy Seal friends and diving or sailing with no GPS and no landmarks. The three things you need to know are where are you, where are you going, and what bearings you're needed. And just three degrees, two or three degrees off, and you're off course. And I said that's, that's where we are today. We're off course. Doing hard shit with good people isn't a slogan, but like, absolutely like how we live. And so, I told them we're in hard shit right now and we'll find out a lot about our team in these weeks ahead. So, we need everyone to step up. Coaches and players, that's our jobs. When I see turnovers or penalties or drops or missed tackles, when you hit a rash of injuries, those are the things that we should and must be able to count on and hit that with the staff today. And that's disappointing to us. So, our focus needs to be sharper. That's the bare minimum and we're going to dig in to find out how we improve upon that. So, that is our focus. The focus itself is to make sure, like eliminate things if we need to, to be sharper and cleaner of how we play but one thing I do know we'll also make the choice to absolutely go for it. Not going to be easy, but we're not staying in this space either you guys. So, our identity has not come together and these next four games until our bye we got a lot of work to do to help create that. But the inconsistency is the thing that, man, we're going to, we're going to hammer this out and we're going to get there. But it's frustrating and that's where we're at today. So, lots to work on. I told the team we had last night we got a lot of work to do. So that's where I'm at and I'll get started with you guys.”

On an MRI update for QB Jayden Daniels and DE Dorance Armstrong injury update:

“Yeah, [I'll] fill in on both. I want to start with the bad news. So, DA, he's got a significant injury, it's going to knock him out. And so, that's hard, you know, when he's really coming on, like he has. I had a chance to talk with him today and yeah, that's a hard one for us. And yeah, I'm just bummed for him, thought he was really starting to make his mark in that way. Jayden had an MRI on his hamstring today. Good news – not significant or long term but I don't know the status for Monday night just yet. I'll have a better sense as I get closer to it with the extra day and what that looks like. But the good news came back that not a long-term thing, but I just can't answer tonight where I'm at with the game with it being Monday, so I'll have a better feel for you guys. When we get to Thursday. So, this week it's pushed back with Monday, so Thursday would be like a Wednesday and on and on down the week. I'll give you a better sense for then.”

On if Armstrong's injury is season-ending:

“Yes.”

On differentiating what a player's mistake versus coaching mistake on defense:

“Yeah, I think it's ongoing. It's tonight, it's through the next few days to get there. From a philosophy standpoint, if there's a certain issue that can keep coming up, it's time for that, you know, call to change all the way. So more often than not, it gets simpler as you go to make sure you can nail the things that you need to nail. So, that's generally been the best course of action to tighten some things up to make sure it doesn't come up and hit you again. But yeah, it's ongoing as we're starting that process and we'll dig into

that hard tonight before we get our preparation into Kansas City [Chiefs] tonight and morning is really spent on us.”

On if he has a plan to fill Armstrong’s role:

“Not yet. [General Manager] Adam [Peters] and I are going to visit right after we're done here and kind of put the next steps in order of what that looks like. It'll likely be some combination of you know, like we did in the game, some other guys moving out to play on some early downs. But one thing I know from Adam and his team is that we're also going to look and see what other options are available for that. But yeah, it's a big deal for us. So, we're trying to dig into that, but we haven't explored what it looks like just yet.”

On considering making personnel changes on defense:

“Yeah, we'll look, like I said, tonight we're really digging in on some more to find it and see, you know, what changes could be there for us but before I get into, you know, I want to go through everything and, and take all the information, then make our decisions from there. But I am looking for more consistency, that's for sure.”

On if Armstrong’s season-ending injury is related to a previous injury:

“Yeah, this one was separate. Just from in the air and then landing on an awkward way getting pushed. So, no, it was not related one to the other.”

On if there was any part of the game that was worse than he initially thought after watching the film:

“I don't know if it was worse than I thought, but I thought the game really took a turn, at the end of the half we scored a touchdown to go and then coming back to allow a touchdown at the end of the half that was the hardest part. I sensed that going in but that was the spot that you know, that left the biggest mark for me. You know, the ball security of having a fumble and then the interception obviously that they ran back for a score not creating those, you know, in that spot. Those were a couple of things that stood out to me.”

On G Sam Cosmi’s game performance:

“Yeah, good news. Yeah, he made it through good and going through that maybe had like one mental error. So, the spot for him to miss that much time and get back into it I thought was good. He'll be the first to tell you there's going to be some things to clean up. I was going in expecting that to make sure there's going to be some ones that you're not quite sure there. Most of those are in pass protection, you know, just more reps, more time at it. But, man, it's good to have him back out there. That's a big deal for us.”

On who on the team tells him the truth on a regular basis:

“That's good, you need it and certainly I count on you know, the partner I'm in it with first is Adam [Peters]. But where we're at, we spend a lot of time together talking about the team and when it's the most quiet for a coach, that's the person you have to lean on the most. Not a lot of people coming in the office after, you know, days like that. And so going through it, saying the tough things, those are the things that I need to hear. And so, I'm thankful that he does that.”

On how all of the injuries make him feel:

“Well, I think coming through the first thing, there's two sides to it. There's one that I think about opportunity on some, when there's moments there. The second thing is how do I replace some of those reps? When a starter goes out, there's a lot of practice time and reps involved with that. And so, when this opportunity comes for the second person, you're trying to speed up that process for them to make sure their techniques, their communications are on point and to the right space. So, that's where my head goes to, to get someone ready. How do we fast track them, to get them the information, the looks that they need to be really ready to go compete. And so that's where it goes. I think about the player,

whether it's short-term or long-term. And if it's long-term, knowing that's a tough spot for them. They got a road ahead that's not that easy. And then on the short term, we lean into the medical side knowing that they're going to be back. So yeah, it's a good question, man. It's, yeah, different emotions based on how long they're out. And then my thought goes to the person that's taken on more in the role, how do we get them most ready the fastest?

On how he leans on the established culture during these times:

“Yeah, it's good because the leading and the brotherhood during the successful times, that's easy to do. And so, it is now on these times that you can have kind of like David was referring to earlier, the honest conversations about where we're at. And so, when I talk to the team, I'm brutally honest about where we're at and saying even today we're off course and we have to get back on and this is how we're going to go about doing it. So, I do lean into it, fantastic leaders, I'll also lean in with them. And like I said, it's not easy, but it will be done. It's just a matter of us being more consistent and it's not a sexy word or a great topic, but it's really important for us to be able to do that. And I'm certain we'll get there, but it's not just something that you just talk about, and it gets put the work out in the practice field to do that.”

On the overall level of concern with Daniels' injuries this season and on talking with Daniels about the injuries:

“Yeah, we talk a lot, honestly, all the way through. I didn't sense this was something that he's had before or that's come up for him before. We're just going to stay consistent, man, about how we go about things and the way we train. And certainly, for him too, I thought there were definitely steps forward from the time that he missed going into the game. When to throw away, when to stay alive to go. And so, me seeing that improvement already, I'm pleased with that. Using his legs is part of his game, but remaining a passer before getting outside the pocket to run, that's something that we're going to continue to work on for sure.”

On what has occurred on the explosive passing plays given up this season and on if it's the same issue:

“Yeah, if it was [the same thing], that would be much easier. This one specific thing. I thought yesterday the tackling was better, I didn't like what it looked like against Chicago and that part of our game was better but to allow a 70-yard explosive play, those are things, man, we just can't have. And so, those are the ones that, okay, when I talk about, do we take less, are we doing less, all that's on the table to make sure that if they beat us on a good play, man, everybody can live with that, that's pro ball. But nothing that is something from a technique standpoint that we can prevent.”

On if a matchup with Kansas City makes it tougher to get the defense back on track:

“It's definitely a challenge, for sure. I haven't seen their game yesterday, but I know it's about as good as you can get it just looking at the numbers. As we get there, I'll have a better sense for it as it pertains specifically to Kansas City. It's also a hell of a good challenge and sometimes those are good ones too. Where it's, okay, you better have your shit together in an order and play like we're capable of. And so, that doesn't bother me either knowing that if we play like we're capable of, to the right standards and being more consistent, we'll like the results, but I'm looking for us to do that. There were plays yesterday I liked quite a bit, and so it's not like it's falling, it's the up, the down, the up, the down and that to me is the real challenge of this. If we were not showing the ability to do it at the level that we want, I'd be way more concerned. I guess where the frustration and the angst to, man, we are going to dig harder is knowing that we are capable of that. And that's why I'm digging in hard man to find out, okay, does less equal more consistent? And if it does, that's what we'll do.”

On CB Marshon Lattimore and on his playing time moving forward:

“Yeah, I thought the first PI [pass interference] at the end, just playing back towards it and he knows that,

and I think it might have been the first drive to go. Part of playing corner is life outside, throwing the ball high and outside. And so, knowing the right techniques and how to play that, but he'll get there, man. There's plenty of them that also went really good in that space too for him. So, this is not a one coach, one player. Meetings that we're on tonight is how collectively do we do our thing better? And so, that's what I've been digging in on hard. It's a challenge, but it's also fun as hell to go through to say, alright, how do we find us at our best? And putting people in the right spots and digging in there as a coach and as the players too. What more can they hit on to meet the standard that we've set for ourselves? So, I kind of think of it as this big collective thing to say, alright, how are we going to do our parts better?"