

October 29, 2025

## **Head Coach Dan Quinn**

### **Opening Statement:**

“Alright guys. I know we visited some yesterday. It was a good day with the crew. Honestly, we're still heading out to practice now, but a lot to get done. All three phases, as a whole group, man. We're pumped to be back at home. Going to be an awesome Sunday night of football, so get right in with you guys.”

### **On what he expects from QB Jayden Daniels this week:**

“The plan is for him to practice full all week. And so today it'll be slow moving, but he'll stay after, do extra routes, receivers, tight ends and back. So, it'll be a little bit adjusted for him based on, his readiness going in and also, you know, not playing from Monday. But the plan is for him full all week.”

### **On if he sees issues with the run game:**

“Yeah, we're going to dig in hard. We already have. We didn't love the targeting in the game for us. That's a fancy term for who has who, and that's a common thing. Defense that's got multiple fronts and different looks, but we've got to be able to nail those down and make it really clean and really fast for us to go hit those targets. When we do that, we like how that looks and the results of it and we'll need that this week. This is a team with an excellent defensive line, big guys, speed edges, the whole thing. So, we'll have to really nail the targeting to make sure it's at the right spot, right locations and if we do that part right, our success in the run game usually follows that, but it'll be really important in that space.”

### **On injury updates and T Laremy Tunsil:**

“Yeah, so I'll give you a couple updates on the injury side of things. Let's start just on the top. [WR] Terry [McLaurin] re-injured his quad, and so he'll be out this Sunday night. We'll re-evaluate it next week to see where it goes. Bummed for him and for us. Just tough, you know, where it goes, but we'll see what the next week looks like and then for LT and [K] Matt Gay, we'll hold both of them today and we'll give them every chance. And I think I'll have a really good sense by Friday on both but we'll give them every, every shot to go do that. I'll just give you a better sense on that Friday, but I should have hit that on Terry earlier. And that's pretty much the updates on the injury side.”

### **On recovery time for McLaurin's injury:**

“No, no expectations on that, nothing long term on that that we're under consideration for. So still early days, but we'll re-evaluate it, see where we go and where it can take us. But yeah, too early to predict just like a day and a half later.”

### **On if simplifying the defensive calls worked out during the game:**

“Yeah, couple things I thought arrow going up and we still got a lot of our story to write on defense of how we play. But I thought the tackling and the tracking, I thought that was better and that's a

part of processing quickly. Creating some takeaways, I thought that was a big piece for us of stepping in the right direction. The third piece, if you want to play good defense is limiting a lot of the explosive plays, the off-schedule plays, those are the hard ones. One we thought eye-discipline, stay, stay, stay, man to man stay. And so, I would say we took a level up, you know, because of the ball, the tackling improved. Now that the last piece, when you can eliminate, you're not going to eliminate them all, but when you limit those, man, you give yourself a good chance to play well. And so, you know me, I'm not 'except for' type of person, 'good except for', I don't live that way. I don't think that's how good ball is played. So that's limiting, eliminating, get to that spot. Then I think the story gets better of how we're playing."

**On CB Marshon Lattimore's game performance:**

"Really thought he played, one of his best games. He was connected and these guys, outside, I think we may have talked about before the game, they could absolutely fly from the receiver standpoint. So, could he stay down, play guarded when we had to? So, the big plays for us weren't ones that went outside down the field, a scramble, an over, so those were the ones that I was pleased to see. But getting his head around on the fade from the inside, it's a tough play. It's when a lot of people try just because you see it's man-to-man and, a back shoulder's tough to defend. So that was big for us to get points when they're down in that space. But I thought it was one of his strongest games."

**On how hard it has been for Daniels to be on the sideline for some games:**

"It's very hard. He is that competitor. So, it's a process to go through, you acknowledge it sucks, and you know, now it's the spot of, 'Okay, what do I need to do? What are the things moving forward to be absolutely ready to go?' But yeah, for sure it's frustrating. All those things for not just him, but for a number other guys. When you miss games, man – they put so much into this. And so, when you don't have that chance to go get it, man, it's hard. But it is part of like these guys are at the one percent, man of everything. And so, when you're competing on that level it happens. You don't like it and it's hard, but knowing for him that it was going to hopefully be a quick turnaround and we hope that it is, you go back and you get ready again."

**On wearing the Superbowl Era uniforms this weekend:**

"Yeah, I think it's really cool and I know you guys got a chance to see them as well, but what an awesome night, you know, to get a chance to celebrate [Former Washington WR] Art Monk. I think the [Seattle] Seahawks may be in some throwbacks as well, so for those, who are old enough to remember what those look like and what ours will look like, I think it's really cool and nothing better than to honor the tribute for guys that have paved the way and did it at the highest level. Very cool deal for us."

**On if there was a particular play where McLaurin was injured:**

"There was. I believe it was on the sideline, challenged catch, but I can't say that for sure. But he made some significant plays for us. Certainly, the one, that toe tap in the end zone was just, you know, elite."

**On expanding the receiver room:**

"No, we're comfortable where we're at. Like we said, this is not something that's going to be a - thing that's going to knock him out for a long time, we hope. So no, we're very comfortable with where we're at."

**On the challenges Daniels faces without two of his top receivers:**

"You just do it. In our game you just have to figure it out and find a way. You make the choice, and you go, and that's why afterwards he'll stay after or get some specific routes potentially with some specific receivers. But that's part of the gig and you find a way and every game isn't played out exactly the same. What do we need to do to match up in this game? And one of the things I really admire about Jayden is, man, can he adjust. When the play starts this way and it has to go another way, when the route has to change. I think maybe the best examples of that are some of the ones with him and [TE] Zach [Ertz] where maybe have called this way, but on the zone, I play here on man-to-man, I work a leverage here. And so, the adjustable parts, that's a big deal when you don't have everybody there all the time with the reps. It's a factor but one thing about Jayden, man, he's a great communicator and this guy figures it out and he just does. He's got that X factor to him and that's how we gotta get down."

**On if he sees aspects of the team's identity progressing:**

"Yeah, it has to be it the whole time. And so, I thought the energy and the toughness that come out on the early parts, I loved it. And you could feel it. I know what it looks like, there's not a number that I put on it, but I know what it looks like and feels like, but it does have to be the entire time. And there were parts of the first half I liked, there was a two-minute on offense, went down, got points, defense got a stop to go in at the half. We missed some chances, but I liked what that looked like. But the race, it has to be the whole time. And so, that's what we're chasing after. Good news, I saw it right away but it can't be one here, one there. And so, that's leaning into one another in all three phases, and we'll continue to work really hard to do that. But that's the goal, that's the mindset and that's what we gotta get done. And I like the fact that we'll be disciplined enough to go do that. There is no more time to not do that."

**On focusing on momentum and opportunity plays:**

"Yeah, you have to go through it. Even today where we start, there was an element of tell the truth Monday here to go on corrections. We try to point out the things that we like, more of this, more of that, but we also have to point out these are the things that have to be out of the game and eliminated. Especially if it's a mistake that is easily correctable, whether it's technique or assignment. If a guy beats another guy and you're playing good coverage or they beat somebody and it's good technique, that's life in pro ball and we recognize that and we acknowledge that. But the ones that we know we have control over are the ones you have to show and you have to continue to do that. We also recognize and told the team, man, we're right in the middle of our race. There's no picture that's painted. It's, this is where we are, and this is what we have to get done. So, that's not looking down the line, that's just, this is here, this is now, and we got to go do that. And so, eliminating those things, that's all part of it. And I'd refer to sometimes doing less, can that help on that? I think to a certain degree it did. But to say we played clean all the way through, that's not accurate and we have to get that done. All roles, all spots, all phases, that's when the machine's running at its best and that's the goal."

**On McLaurin's mental status and on how he communicates with McLaurin:**

"You just talk about it as opposed to avoiding it and acknowledge, man, this sucks and it sucks that we're going through it, but also know you're going to be back too. And that's a really big deal to know that it gives you, to know that it happened, but man, it's also going to go the other way as well. And so, talking about it, knowing that, I think sometimes you just gotta say it out loud, say the hard things out loud. It does suck man, but you know what? It's also, the next chapter is going to be excellent and that's going to be coming up here as soon as he possibly can. And we'll know more on

that from the timeline as we get through this week. But just acknowledge it, I think that's the main thing.”

**On his conversations about the roster with General Manager Adam Peters around the trade deadline:**

“This time of year, there's a lot of talk obviously [laughs], but he's on top, he and his staff going through when people call and go through and evaluate things. But the pro scouting department's a big part of the trade part too because they grade all the players in the league, all the teams, different divisions. So, right now you could go and look on a player X, this team, this position and there'd be a write-up on him. And so, every team has that. And so, most of the time there's just a lot of talking, but he does a great job of keeping me informed of if there was ever a discussion that was serious or not. But as it gets closer, we would talk if things did and last year it did. And so, every year is different and the same and not every opportunity's the same. But he does a great job of staying on top of it and does a great job of communicating with me too.”

**On a consistent factor for the defense in giving up big plays:**

“Two things – one, we really wanted to double down on our tackling to make sure that the eight-yard run doesn't go to 14. Can that contact happen and just stop right there. In the passing game on combinations of zones where I have to pass to you, you have to pass to me. Can we nail those things to go better? And if we can do that at a higher level then you start to eliminate those. And so, that's where we dug in at first. And these are the things that are at the top of the pile. If we do these things better, some of those will be eliminated. So, we got work to do. Good news is when you know what you're chasing and what you're going after to improve, you can kind of set your jaw and say this is going to happen. I love the speed and the toughness that the guys started with and when those moments come for big plays to go both sides, we gotta go nail them. And that includes fourth downs, both sides, they had two, we had two and we're going to be bold. That's who we are, that's how we get down. And if we don't make one that doesn't mean we're not going to go forward again, or the other team didn't either. But it is how we play and how we like to play. And so, we got all we need to play well and that's really the message that I told the team and eliminating any mistakes to tweak those things down that allows you to play better. And all of it matters, the details of it. And we kind of went back to the person sitting on your right with track and field. We talked about [Olympic Track Gold Medalist] Noah Lyles and the one hundred meter. It was five 1000ths of a second that separated winning and not, or winning and coming in second. And so, you didn't think every detail mattered of chest across the line of the smallest of the small details. So, that's what we dig in on. And find whatever that looks like at your position for that detail and that level to go to. And if we do, we'll like what it looks like.”