

November 5, 2025

Head Coach Dan Quinn

Opening Statement:

“All right, good to see you guys. Tell you what I'm excited. Three days of full speed practice. We need all of it. And we get Wednesday, Thursday, Friday, full on. It's one thing to talk about improvement, but we got to go do that. And that happens out on the practice field. Help one another, get ready, have some good competition, you'll see back and forth, offense vs. defense and I'm ready to get rolling with the team today. So, let's get started with you guys.”

On QB Jayden Daniels injury update:

“Yep. We are actually going through like a final medical meeting today regarding second opinions and that to put the plan together. So, we should have an update for you here in the next day or so, just being thorough through the whole process, like all the guys, to make sure we get all the opinions and then gather all the info and then make the decisions from there.”

On the mental toll of the injuries on the team:

“Yeah, that's a great question. It is because there's continuity issues that take place. First off, when you have an injury of people, you know, not in sync all the time together, but the mental toll, it's definitely a big one. It's also for the guys that are out, you know, some that are out that'll come back, some that are out for the season and the ones that I worry about are the ones out for the season. As far as the mental toll, collectively the team, like everybody goes through it, you know, and some stuff, not injuries, but I'm saying hard things, and you find your way and you adapt. But it's better to acknowledge it, talk about it, and find the best plan moving forward. And if you have the right mindset to go solve the problems then ‘Okay, this is what we need to go do and this is how we need to go do it.’ I think just being straight about it is the best approach to eliminate any doubt. And this is how we're going to go win, and each game's winnable and you have to say, this is how we're going to go do it for this game. And that may look different week to week and it, but for us, that's where the focus goes. And I try to explain that in the beginning of the week and then you try to make that come to life through the game plan and the practice. And so having a whole week to go do that against a talented Detroit [Lions] team, like we'll need the whole week and practice to do that.”

On CB Mike Sainristil:

“Yeah, I would say there's been up and down moments. Meaning the playmaking, the interceptions I saw at LA and you know, the last couple weeks. So, the ball hawking mindset, which I love. There's also been a couple of plays of overtrying, you know, to make those plays. And that's kind of part of the process. You don't like to go through that, but when you're capable of making plays, well, I'll make some more and I'll make a few more, and then all of a sudden that's not the one that you need to take a chance on. In the basketball world, when am I not going to force this shot. You know, that's what sometimes happens to a ball player who has the skills to go do that. And I think there's been some examples of that this year. And I'm not surprised because he's a competitor and wants

to help and make plays. And so, my part of my training with the guys and talking to them, I want them to feel backs against the wall and fight for that. But I don't want them to over try to make things up to go try to win. Like the attitude, the mindset, that's good, but not at the expense of veering off course to do something that could have other consequences. And he has to learn that I would say. But he's not alone in that. That's everybody, when you're fight like hell, you want to make a play for the team, you want to change the course of things. And so, it's actually when you meet me, the most disciplined, and those are good hard lessons, but ones that I'm certain that he's learning to.”

On what Sainristil has to lean into as a second year player:

“Yeah, I think he has to lean into the discipline and the technique because when you play with that and you have that and you can lean on that then you're good because now I know I can play the technique and play it when you're maybe, ‘I'm off, I'm back, I want to take a shot.’ Then you're now out of the technique. So I think there's like a real discipline that has to take place and as you're going through, sometimes I feel like he's older than going into the second year, but some of those players that have more years, ‘Okay, that's not the time.’ That's not the place to go take your shot. He's still learning that and I know that he'll learn from it. He's a sharp guy, but we can't have ones where you can and where you can't. So, the discipline, I would say, is the biggest factor for a ball player who's a playmaker because they know they can make the next one and make the next one. And so, imagine that's much the same conversation, which the right shot when you've covered that. So, it's for the guys that aren't capable of making some of those, they are probably more disciplined in sometimes because I can't make that play all the way over there where sometimes a player thinks they can.”

On having more corrections for Sainristil this year and on his development with S Quan Martin's after a year of playing together:

“That's a great question. They're both going through it too, like they want it to be right and good. Like these are two really committed guys. And so, you know, going for Quan, like whether it's tackling, you know, that didn't go the way that you want. Like I need somebody that I have all the faith in to get those done. But when you miss them, you want to talk about them, acknowledge them and say, this is what needs to be done to go make this play, get this technique done. And sometimes over trying can be that way. I want to do this and I thought he was going to do that. And like, no man, just trust the technique. And so, I've sensed with both of them some of that and they're two guys that I just believe in so much and to stay in the discipline of it and those plays will generally be made.”

On discussions with General Manager Adam Peters about maintaining roster depth despite injuries:

“We talk through the team every day. So that's the good part to dig in. And he and his staff and [Assistant General Manager] Lance [Newmark] and the guys from the pro side, they've really done a good job. It's the hardest, I would say when there's multiples at a position. So, for us that would be like wide receiver and defensive end because then there's layers down to it when it's elevate from the practice squad, they've been in the system, been in training camp, that makes it a little bit easier because system training, like that person's getting themselves ready for their opportunity and you pray and you hope that that doesn't come from the injury side. You hope a player on the practice squad says, ‘Man, we got to get him in the game. He is working at that practice. He's improving, he's getting there’. The other side is if a contingency happens, if an injury took place, he's ready to play. I'd say it's harder when you add those players in-season because then there's

less bank reps, less continuity together. Not to say it can't be done, of course it can, but that's part of the hardest part I would say. When there's layers out of position, one, that's a shift. And then, but those two positions, I would say it's harder because there's more players at that position, so you could say, there's more to go, but still at three or four, you know, it's a big number at a position – even at receiver and at defensive end or offensive line where you play more players than running back or quarterback.”

On LB Frankie Luvu’s suspension reversal and LB Jordan Magee:

“Yeah, we are very excited about Jordan. We've got some good news on Frankie that he's not going to be suspended. So that's a big deal. But what you've seen from Jordan there was just like a fantastic tackle for loss in the game the other night. He's a very square and secure tackler. You may have even heard me talk about good linebackers who can play square and the reason you want to do that, so if a ball's going outside and you overrun it, your shoulders are turned, you can allow a cutback lane. And so, the best of the best, they can play square, but have the quickness in the range to go from side to side without having to turn and run. Jordan has that. And so, I'm excited to see him develop and you know, he's going to continue to develop and make more plays.”

On Defensive Coordinator Joe Whitt Jr. moving down to the field and moving anyone up to the booth:

“Yep, two parts first, no one else is moving up from that spot to go. [Defensive Backs Coach] Tom Donatell is on the pass side and he is up in that space. So, we're covered in that way. What do you expect when, or what's the advantages probably that you want to ask? You know, like when you're up and you're down, obviously you can see so much, you know, clearer from up top. You can see the substitutions, what you don't feel is players in the fast communication that you sometimes need to get to. So, when you're not hitting a mark in a certain space, it's the right call. If it's also happened the other way when you're on the field and you know, he needs to get out of the emotion of it and just see the play calling. So, it's the right call for us at this time. The players can look directly at Joe, Joe can look directly at them in between a series, you know, to go into that spot. So, no one is going to go up, but Joe will come down and kind of wanted to give you the pluses and minuses of those. Both are effective. It just, you know, by play caller and what we need at the moment, you make changes and say, ‘Alright, this is what's best for us now.’ And it's not that uncommon. People have done it in season, out of season, one season to the next. I think it's the right change up for us right now.”

On why the team didn’t make a trade and on how close the team was to making a trade:

“Well, first you're right, [General Manager] Adam [Peters] and his staff, they're really thorough and they go through it. And that's part of the process that you go through all these different times of year when trades, when draft time, free agency. And one of the things I admire about him is the thoroughness and making really good, tough decisions. And so, when you go through a whole process lots of factors would go into things to say, is it the right deal? Is it the right fit? Both sides, and so when it comes together, he knows exactly how he wants to handle it and where to go. So, he was in great communication with me. This time of year everybody calls and talks, but he's really thorough in making sure that we make the best decisions.”

On remaining effective with the rushing attack against loaded boxes:

“Yeah, well I think you're saying is shots at bat. And so sometimes the play-pass that can come off the run game can be where you have to make your mark to go. So, there can be sometimes where a one-yard run or a two-yard warrant run. That's what the stats would show but the byproduct of that is this linebacker, the safety going downhill, can you get a play-pass in behind them? And so, I think that's the

balance of playing first and second down football. And we need to be more effective at both. The more effective you run, play action should be a little bit more effective, but you have to take the shots at the run game to do that. And that's one of the areas that is really important to us. We got good o-line, running backs to get rolling. I wouldn't say it's more important now, it's always a big part of playing good offense when you can have balance. So, we look forward to improving in that area – I should say instead of more or less.”

On the balance of this week against Detroit versus big picture:

“Well, I think always you want to, you may or may not have heard this term but win now but develop for tomorrow. And I think you can have both buckets if you're organized and thoughtful in how you're developing players. We know some first- and second-year guys, there's going to be more bumps in the road than just a veteran who's played lots and lots and lots. That's to be expected, but you can do both. And that's our approach here to make sure, I love the first- and second-year guys, some of the developments that they're making. It goes sometimes this and then this and, man, it'd be awesome if it just kept going up, but that's not how development works. I think the balance of both is important, but I think you can have two buckets, and I think you can do both simultaneously. Some shift based on an opponent, where you're at but I think you can do both.”

On the mentality of the team:

“Well, I think you want to, first, that's a fighting mindset to find a way to dig for it. And the nice part about our team, the culture and environment is there to push one another to get better. And when you don't hit the marks, the frustration of why and where, and there can be over trying or step out, why am I not doing that to go make a play. And so, I think what it calls on with your back against the wall is real discipline, man. You don't have to do anybody else's gig, just yours, hard, tough, but don't get out of the discipline of what's required for you. And that's what's needed for us and our team at this time.”

On the rushing attack and on if players are trying to make big plays as opposed to taking what is given:

“I think there could be signs of both. There was a run in the game where it was a smaller distance to go, maybe a second-and-one or that, where hey man, get the first as opposed to I can get the big one over here though. No man, get the first. And so, that's an example of real competitiveness, misguided, the dog ass competing is everything we love and want to be about, but I just got to stay in the discipline to get this moment, this yard, this conversion and then you go play again. Some of it can come into penalties too, to say you grabbed, you shouldn't have. In the run game, you certainly don't want any penalties on offense in the run game. If there is and somebody's hitting the quarterback and you grab him, that's where those should come. But those are things that knock you out when you can get a penalty that could have been avoided because all of a sudden you may go from a second-and-short or a second down, now you're at second-and-25 and you stall and that kind of bleeds into starting fast. Ready to go, second-and-25, next drive another penalty to go and all of a sudden, you're spinning, spinning and you want to get going. I think the discipline, and it's not like they're not undisciplined, don't over try, right? It's not a knowing assignments or bullshitting, it's man, this is just hit this part and get it right. Hit the target, get to the space. You don't have to do the extra and the extra. And as a competitor sometimes that can be hard. ‘I know I can make that play right over there.’ That's not the one right now. This is what's needed. So, it's not chaos or that it's truly the discipline to just stay in that space, into that moment down after down after down. And if somebody beats you on a good play, that's the NFL football, you can live with that but don't beat ourselves. And too often when you do that, man, that's a hard hole to climb out of and when the margins are smaller. So, you want to make sure, man, stay in that space, stay with the discipline and if you can do that then you give yourself a much better shot at playing.”

On the defensive backs and on if CB Jonathan Jones will play more now that CB Marshon Lattimore is on IR:

“Yeah, you're on it. The candidates of [CB] Jonathan [Jones], obviously he's going to play more and [CB] Noah [Igbinoghene], he's got the experience inside at nickel as well. So, having Jonathan here and Mike with both inside and outside flex, that's a big deal because now you're not just – he can only play this spot. Think of it like the offensive lineman that can only play center and can't play guard. So, the fact that those two guys play both, that's a big deal for us and Noah as well. So, when you're outside, that's a tough job and sometimes that's like [CB] Marshon [Lattimore] and [CB] Trey [Amos] mostly play on the outside, but when you have flexibility with both, it allows defensively you to – maybe there's a matchup you like, you can even switch in a drive if you'd like. And so, that can help too, but you're on the right track it'll take a few guys to work through how we'll go moving forward from here.”