

November 17, 2025

Head Coach Dan Quinn

Opening Statement:

“Get rolling with everybody, a little lighter crew. Sometimes a bye week comes when you need a break physically. Other times it could be mentally or emotionally and this bye week it happens, all three lined up. Everyone's a bit depleted and that's expected, you know, when you hit a tough spot like we do with the team. The message really that I spoke about was what's next? That's what we can still influence and you know, expecting them to return here. Re-energized, replenished not talking about where we're going to wind up, but just to focus on like where we are and improving. And that's like a number one top of the pile for me. These rough spots, they happen in our league. I hate it. How you navigate through it, on and off the field oftentimes sets you up for, you know, things to come. There's so many lessons, it's hard to see them right now. It really is. I loved the attitude of how they battled and came into the game, that felt right in terms of the energy, the style attitude, the toughness. So, there's a lot to discuss. Went through a lot with the players today on the tape. But let's get started. I'm sure you guys also need some rest and time with your family. So ready to start ripping it with you guys.”

On the decision to cut K Matt Gay:

“Sure. So, yeah, [General Manager] Adam [Peters] and I visited with Matt today. Matt has been a fantastic teammate here and like an all-time good dude. So yeah, really bummed that it didn't work out. But, yeah, we just felt, ‘hey, this is the change that we needed’. And I just kind of make all decisions, ‘Hey, this is what we think at this time is the best decisions for the team’. When they're hard like this one because of who the person is. It makes it especially difficult, but you still have to make decisions you think are best for the whole team.”

On what went into the decision:

“Yeah, just honestly, yeah, we're just not making those kicks. Not just the ones yesterday. We just want to look at the big picture of things and make sure we can just make the decisions that are best for the team. It was a hard one for sure, but, you know, like at that position, the performance, you know, got to have it and, you know, so really bummed. We wanted us to work out long-term with Matt but that was the decision that we felt was best, but it wasn't from one game for sure.”

On the defensive performance overall:

“Well, I told him today, I liked the energy, especially down by the goal line. I really felt that's where I felt the hitting. That's where I felt some of the plays to have a couple of stops. I was especially pleased, at defensive tackle. [DT Javon] Kinlaw and [DT Eddie] Goldman had a couple of big stops on the drive in the fourth quarter, when they were down there. And I also liked, on the other side earlier, stopped by [LB Bobby] Wagner and others. So that was parked that I liked a lot. The fourth downs to win those, those are big. We kind of talked in this game, we needed takeaways and fourth downs we're going to be a, you know, part of that. The third down I thought we improved on in some spaces, but having a few that were longer that certainly felt good too. That, you know, not all living

in the lower spot. We got plenty of stuff to get better at, number of disguises, creating takeaways, those things. But I liked the energy and the speed. I thought the players, you know, really were ready from an energy standpoint to tackle better and yeah, I was looking for.”

On if him taking over as Defensive Coordinator helped:

“No, I didn't think of it in that way. I did like, you know, the energy, I could feel it on the field with the players. So, when you spend this much time with him, man, you want to be on the journey with him. So, I was excited to see some of the plays that were made. I think it was [DE] Jacob Martin had an early one that was big, that knocked down by Bobby on the fourth down play. It was, it was interesting on that particular play. We actually ran that in practice on Friday and it's a tough route to match up and the offense completed it. And so, you thought, ‘okay, this guy sees it to go’. So when you see that and you see a player make the correction, make the adjustment, it was one of those times that from a coaching standpoint, you, you're like, ‘okay, man, do these guys, are they locked in?’, because the same play happened in the game in that space. And so, I thought for he and for [LB Frankie] Luvu, he had an important job on that play too. The wide receiver had an option route outside of him and he had to stay really attached to him, which is tough, but that's how you have to play it. So those two backers, I thought, man, they were really on.”

On if he thinks QB Jayden Daniels needs reps before the season ends:

The part for him, I'll have a better update in terms of coming back from the bye. Rehab portion's going good of where he is at. And but past that, I'll have a better update for you guys a week from today with he and [WR] Noah [Brown] and [WR] Terry [McLaurin] and some others that are on the way back.”

On his message to players before the bye week:

“Yeah, the times that we spend together as players and coaches, it's really intense, the spaces, the meetings, the practice, the way we play and live together. So, I wanted that space to replenish that. We're all a little depleted, but I really wanted more than anything, we're going to come back, we're not going to talk about in six weeks. We're just going to work as hard as we can to get better and enjoy doing that and having fun and kicking ass. I felt a good energy about our team yesterday, in having a lead for the first time and what felt like maybe forever brought some of that. But I wanted them to know this is all there for us to go do, capable plays, complimentary football, and we're going to work really hard at it and there's going be a lot that we can battle through together. And so, I want us to, man, look forward to that. And so, this team's connected, they play tough, they fight for one another and let's do all those things to get the wins and all the things we have to do. I reminded them, you can't do that with penalties. You can't do that with a negative turnover margin. So, I was clear about how to win, but I thought heading into the game, the mindset was correct and I want to make sure we stay in that space.”

On the most disappointing part of the losing streak:

“Yeah, I think as a coach I worry about everybody. So, not getting a chance to get that one yesterday, I so badly wanted to win for the players. Sometimes you need that one to get the momentum to kick you over the top. And so, that's what I was just really disappointed as much as I've been for them, it's in the grasp, you have the lead. And so, not to get the win in that spot, that was probably the hardest one.”

On the challenge of keeping spirits high:

“I think everybody deals with it differently, but just knowing that, I use the phrase “what's next?” for

a reason because it's literally the only thing we have some influence over. So, as emotionally or disappointed or just outraged about how that's gone, we don't have any space to change that, but we do have a chance to influence what's next. So, in that way, if you think about it, there's a lot to get your mindset and your approach up because if you just sit in the other stuff, it's not going to get you any better, I just know that. And so, everybody's frustrated, mad, disappointed, all those emotions. I hate that we're going through it, but it is important to learn how to navigate this. This is life as a professional ball player and on and off the field, it'll set us up because the young people that are going through that as players, you don't like it. But this is the adversity that sucks and there's lessons that may be applied in '26 or '27 that's happening now that they can't even see that yet, man. But you just battle with it and that's how we intend to do it. But what's next is how do we get better? What can we do? If I take that approach and they take that approach, then I think you got a chance to work yourself through it, which is important to learn how to navigate. Trust me, I don't want to learn how to lose. I want us to learn how to get ourselves through tough spots.”

On how he will approach the bye week:

“Yeah, first thing I gotta look at the big picture and make sure the messaging of how we set the tone for what the next half will bring. That's really important, what do we want to emphasize? What things need to be changed? What can we emphasize more at practice? Okay, we want more of the redzone or more a third down. And navigating that is important, the second half of the season, you got a chance to get better, man. And so, that's what I want to see. There's a lot of players here on this team that I want to see do this and we'll work really hard to do that.”

On developing younger players the rest of the season versus playing to win:

“Yeah, I'm going to work like heck to try to fill both those buckets of winning now and also developing players for the future because it's important to win now, it is. These guys put absolutely everything you can into it, but it's also important to bring players along, I recognize that. So, fill in both of those buckets, that's my job to navigate that and I'll work hard to make sure we can do both of those. And it's not easy, but that's the goal for sure to do both. And it takes a fine line I think, but one that you can do. It takes some thoughtfulness, but it may not be every single game at every single position, but moments where you get guys to evaluate and see what they can do, that helps for sure.”

On S Quan Martin not playing his usual amount:

“Just a change in personnel, yep. It was just some corrections that had to be made and so, came back to play in it, but yeah we just wanted to make some corrections to get it right.”