

November 24, 2025

Head Coach Dan Quinn

Opening Statement:

“Good to see you guys. As we get back from the bye, I know somebody will inevitably ask, maybe a question about what's ahead and what I can tell you is certainly no luxury to do that, man. It's, to me, it's all about right now. And we talk a lot about our culture and our standards, and those things weren't fully built just last year and we began the building process of that. And then it's cool. We're right in the thick of all that. So, show me a team with a strong standard and I can confidently say, they've been through some shit and that's kind of where your standards get strengthened and tested and all those good things. And that's exactly where we are. And as I told the team, for all of us, man, like we can dig and get more. That's game day and, and really every day. It's more speed that's more focus. And players and coaches, man, we can for sure do that. It's doing the small things at a world class level and where we are nothing to me is too small. And so, this is our opportunity to elevate and individually as a team, that's our focus, where we're at and how we want to go after it. So, that's kind of what I started out, you know, returning from the bye messaging and I wanted to share that with you as we get started. And it was cool to be back out in the practice field today and get rolling again. We all needed that space and now it's time to go again. So that said, I'll open it up with you guys and we can get rolling to start the week.”

On what QB Jayden Daniels will be able to accomplish this week:

“Yeah, it has been good. He will be able to return to practice. We had our first, session today, but he has not been cleared for contact, so I mean, he'll probably be unlikely to play, but, man, it's good to get started and get the return to play going. So, that's a big deal for us.”

On the importance of seeing Daniels play again this year:

“I think it's important as Jayden's getting good going, learning to play like this position at the highest level competitively, also doing it safely, and those are reps, you know, that you develop as well. It's a skill just like throwing and processing. And so, all those things are important. But him included, it was awesome today to had everyone really back at practice, including three guys that were in their 21-day window and too early to call a lot of the guys, you know, for the game. But, getting on the field and, and having the guys here, that was a big deal, man to have that many, that's been a long time since I said that out loud if everybody's here and working that's for sure.”

On WR Terry McLaurin's recovery and his participation in practice:

“Yeah, it was good to see him and that smile lit up and so to get it wasn't like a full speed hauling ass day but that's kind of what we're hoping the progression for Wednesday, Thursday, and Friday looks like for he and some of his teammates. But, yeah, he's really worked hard and so to see, you know, us take the next step, like we'll see where it takes us, but, it was awesome to have him out there today. I'm excited for him.”

On what he has seen from injured players and what he needs to see from them to know they

are ready to return:

“Yeah, for some of the guys when you've been out for a while, it definitely takes some resilience, because, especially when there's like a different injury or a re-injury because that's the easy space to go down the dark spot where it's why again or those things. And so, you want to check, you know, mentally where they're at and make sure the things they now can control are this part of the rehab and healing and getting better. And so, I knew they would come but when you're in the thick of it, sometimes it can be hard to see, you know, just on the other side, you know, of the street. But for those guys in specific knowing, they're back doing what they love to do and back on the field, it's a big step and it definitely adds a lift.”

On the players currently in the return window:

“The three in the window are [WR] Noah [Brown], [S] Will Harris and [DE] Drake [Jackson].”

On reflecting on his performance throughout the season:

“Yeah, there's a lot, honestly, when you go back through, because you want to make sure you're digging in on the right things and the right mindsets. And so, I want to find out, you know, like ‘where are the mistakes? And you want to answer, okay, do you know where they are? Are they fixable? Okay, yes and no’s or, you know, answers to those’ and then here's the process that you have to go through to do that. Because like, as you know, like the difference on those winning and losing comes down to these, you know, differences that you need to do. So, I wanted to dig back in hard. I asked a lot of collaboration with the coaches as well in their opinion. So, I wasn't just going to make it my point of view. I wanted to collaborate as strongly as I could to make sure that everybody had a voice in this and also like how we plan on, you know, moving forward with real resolve and making sure the practices, you know, the standards that we want are really being met. You know, that's why I discussed it with the team too.”

On the possibilities of Harris playing Sunday night:

“Yeah, it looks good and the reason being, like I said, he was chomping at the bit even before we started. He worked really hard to get himself back to it, and then it was really about the movements, the conditioning into those things. And so had the week, out in Spain as well, full on practice to go and then more conditioning, more movements this past week and then, so yeah, we're very optimistic heading into this week for him and all that he's done to get himself ready to go.”

On playing more zone coverage against the Miami Dolphins and what the defense can build upon moving forward:

“Yeah, what I would say there was a little bit more on certain parts of the field. That's accurate. In terms of the zone, some of that's game plan with the shifts and the motions as well, you know, in terms of Miami. But down in the low red zone, that's probably what I was most excited about, honestly, with the team of just man, like trying to impose your will. I can think of the, you know, play by [DT Javon] Kinlaw and then the two linebackers, [LB Bobby] Wagner and [LB Frankie] Luvu on a pass, fourth down stop. So down in the low red zone, that's what I was most excited to see with the defense, the energy, the toughness to go just battle for it, man, those were some cool things for me. Still working to say, ‘hey, we got to create takeaways that has to be part of it’. We thought we had some chances too, we didn't nail that, but that's going to be a big part of it too. I've not been one to say, ‘oh, they come in bunches and those things’ like, no, you have to work at it [laugh], you got to go get them. And they're not, you know, freebies that you can get. So that's what I'm looking to dig into more. But I liked the attitude, that I saw from some of the guys for sure.”

On the possibility of Harris and McLaurin playing on Sunday night:

“I'll have a better answer for you later only because I've seen Will [Harris] a little bit longer, but I would say this man, I'm excited about, you know, the possibilities because of his speed and how he's moving. And so those are, are big steps. And so maybe I saw Will already do it, the full speed spots at practice, come back and do it again. And so that's the space that we need to see from Terry and repeat it and repeat it. And so, once I see that, then I'll let the optimism, you know, grow stronger. But let's take us through those two steps first.”

On the importance of seeing the whole team play together at a playoff level:

“Yeah, I want to see us not working to that. I want that to be the standard as we move forward this game, the next game and on. None of the trajectory, I'm saying, let's nail these standards that we're looking for. The good news that I would say, this is a cool group, man, and so a lot of fight, a lot of attitude, and there's been some opportunities for some new faces and some new spots, and I don't take those lightly either. When guys wanting to demonstrate, I can step up, I can make this move, I can do the next thing, whether they were here prior or new to the club. And so, I think I'm just excited man to get rolling with some of the guys and hopefully have a few on their way back as well. So, it's a big deal for us.”

On what a playoff standard looks like:

“Yeah, I wanted to see us eliminate some of these things that have been tripping us up. So, I'm talking about turnover margins. I'm talking about eliminating the false starts, the pre-snap penalties that I was kind of referring to earlier. These little things done at a world class level. It may not show up on the stat sheet in that way, but I'll know that. I'll see the speed, I'll see the intensity, I'll see the execution. Those are some of the things that I'm looking forward to seeing us do. And not except for this or except for that play, but just consistently doing that spot together. That's what I'm aiming to see and I want to see that on the regular, not up for half down, literally this is how we get down and this is what I'm looking for on the regular.”

On having all of the offensive players on the field together:

“Yeah, you want to really push one another to see where you can take it. You want to find the things that you want to improve upon, and that's really what you're always looking for. Can I raise it to here, can I raise it to here? For Jayden specifically, it's obviously playing QB at the very highest, most competitive level and also doing it as safe as you possibly can. And so, there's a skill that goes with that too and that goes at quarterback and then raising our level at other spots. So, it is important man to put this mesh together and we got a lot of things that we want to work on and so that's why I don't want to go in six weeks. To me it's for six weeks, there's a big difference there in how we go about it and what that looks like. And I'm looking forward to doing that. This group's one that I'm fully expecting us to level up.”

On when he expects Daniels to return and on if the team considered shutting him down:

“Yeah, the first part, I'll say I didn't have a long-term space until you got more spots from the doctors, meaning how's the healing coming, where is that going to go, the extension inflection of the elbow. So, once we knew that was headed in the right direction, then it would kind of take care of itself. When, one week, two weeks, three weeks, that part, I don't know and I still don't have all the answers on that. That's kind of how the player heals and where he is at. And then as far as not, that's not something we really discussed internally. The first part for us, honestly, was how are we going to get the player better and let's dig in on that first, not knowing the exact timeframe. So,

that's really where the focus was right away and right off the bat. We knew we had the bye coming and then we'd have a chance to regroup and huddle up and kind of push from there.”

On how calling the defense has changed the way he prepares during the week:

“Yeah, it definitely has to change and that's something I've had some experience with, but you're exactly right. And so, who do I lean on in some other spots and even change around some other roles on the staff. We're fortunate with staff that we're able to do that, but as opposed to just adding on, how could we maneuver some things around so we could utilize kind of the best of all the things. So, this past week honestly gave me some extra time to do that. What did I like about the previous week? Where did I feel, hey, this needs to be shifted over. So, it gave me some spots, I would say going through the actual week to say this could help on Friday, this could help in-game. And so, it gave me some spaces to go through there. As far as the calling of it, I think that felt familiar. It's chaos, I love that. That's where I'd rather kind of thrive into that space, that's kind of what being on defense is about and solving this, changing that. And so, I like the challenge of doing that together. But I did have to change some things around during the week to help the team the best. And I'll continue to tweak that as I need to during the week.”

On continuing to give the team the best chance to win:

“Yeah, that part of it. I get the questions, I get all of that. You're just going to try to do what's best, man. First, best for the player and then going into the team and we'll certainly do that. We know what we're looking to do and how we want to do it, but by no means are we careless about that. And so, it's important not just for Jayden, but important for our entire team. These are the standards and things we want to go after. And so, collectively we do think of that. Our sport only has 17 of these and that's different than some of the other sports where we really want to dig in. And these are your best, the very best of spaces to improve and get better. And so, anytime we can do that, we should certainly try to do that. But I recognize the question, no doubt.”

On what it means to be a Commander:

“Yeah, so much of it is mindset, isn't it? About when you're going through the hard things to say, alright, how's this mindset going to be? And when I was kind of referring to the little things, you want to heighten them and it's not a matter of letting them slip, it's a matter of the extra attention that it goes. And really there doesn't have to be anything that's too small to go into that. The things that come to the top of my mind for me are kind of the winning time moments and the focus during there. That's a big piece of this to make sure whether that's a fourth down, a two-minute, an end of the game, those ones to where it goes from focus to the hyperfocus and you gotta practice it. And I like the competition at practice, so having more guys back into the practice that's a big deal for me because now that's more competition, more spaces to go do that. And so, that's a big deal. But yeah, as much gets revealed in the difficult times and you want to watch, you want to see how certain people are reacting and knowing, okay, there's a person that's down for it. When the chips are down and they're absolutely going for it, you do learn a lot. It sucks to go through it. There's no if's, and's, or but's about it. But what I've said earlier, you show me a strong confident team and there's an excellent chance they went through something challenging, something tough along the way. I think that's teams, that's people, that's a lot of things that go through it. But I want that warrior mindset looking for the competition at every space and knowing that somebody's ready to get down every time we go.”

On DT Jer'Zhan Newton:

“Yeah, I would say it's one of the strengths of the defense is the DT's. And Johnny's right in the middle of that. I like that he's been disruptive as a pass rusher getting up field to go. And so, that to me was a big piece of it. Sometimes the game plan works out that way, you're playing more of a five down front or how do you want to go about it? But there was nothing regarding game planning more or less. But I do love the quickness that he's playing with and the disruption and I think he's a guy that can cause havoc. And so, that's what I want to see this week and every other over the rest of the season of him doing those things together.”

On coaching staff role changes:

“Yes, informal. Sorry, I should have clarified that. Yeah, just on the staff, what can shift in a game when I'm with the defense, how do I go back? In a meeting who might hit on one topic differently than I might have? So, they're small shifts, but ones that I needed too because I knew for me to be at my best, these few things could go to other people as well. So yeah, I should have clarified that earlier.”