

December 5, 2025

Head Coach Dan Quinn

Opening Statement:

“Alright, we can get rocking with our Friday program. I thought I’d hit you on the captains who we had. And on offense it’s going to be [G] Sam Cosmi. I thought, man, there's been a lot of unseen work from the injury from last January to everything put in to getting right back through it. So, I just thought, man, line of scrimmage day, and Sam's going to be a big part of that. I thought even in the last week probably his best game. And so, you expect that from somebody coming off an injury. And I thought defensively, [S] Will Harris. And man, he brings a lot to our building, not just the player, but who he is as the man, the communicator. And so again, a lot of unseen work that goes into these spaces when a guy's injured before returning to play. And then the other person on special teams and just in the team is [RB] Jeremy McNichols. And humility, dependability and when we need something done, put J-Mac [McNichols] in, he's going to find a way, he is going to get it done, and so those are some big deals. I specifically brought him up just oftentimes when there's a play to be made, whether it's on offense or on teams, J-Mac’s usually somehow involved in some of these plays. A block, a big play on a third down, the right read, just those conversions. It's such a big deal. We've talked a lot over the last few months about standards and we continue to push and chase that. And I like to think if you walked into yesterday's practice or today's, you wouldn't know what our team's record was and the effort, the intensity. That's not something that we're looking to show up on Sunday. That's gotta be every day. And it says everything about our group that they continue to put into that work to get ourselves ready to play. So, that's what I was looking for from them. And so, that's going to be the case in a series of weeks leading ahead of these types of practices. So, no doubt it'll pay dividends for us over the game. I thought [QB] Jayden [Daniels] threw a great week of practice. He was full Thursday, full today, he's been cleared to play, and he will start Sunday. See how I buried the lede right there, John, you like that? Yeah, I was just trying to go so long and wait it out. Yeah, I saw you getting ready. But he did, he really threw a great week you guys. And like the other players when you're injured, there's a lot of work that has to go back to it. I thought Jayden and the medical team put in many hours behind the scenes to get ready, from treatment, to rehab, to the specific brace, to all of it. And that's what it takes when you're finding your space to get back. And so, just gratitude for everybody pulling the same space. Everybody here is aligned.”

On when he felt good about Daniels’ chances to play:

“I felt good going into the practice through Wednesday just by the way he threw the ball and that kind of carried over into yesterday. And then after they did a lot of the post practice work with contact and that. The throwing part, you can tell he's been on that not just this week, the throwing part, he's been on that the whole time. So, that looked as sharp as ever. I thought that part would come, but we wanted to see everybody around him with the game plan of how it would work. I thought just the whole week, he really threw a hell of a week.”

On why it’s important for Daniels to finish the season:

“Yeah, it's really important for him, for his teammates, for any of the guys honestly. And looking into it with five games, that's 30 percent of our season. There's a lot, all these matter. And as he's developing, there's certain things he's working on too to go ahead and be as competitive as hell and taking care of things that he can. And so, it's really important. And so, as the process for that begins, we're ready to get

rolling with that.”

On an update for WR Noah Brown and LB Bobby Wagner:

“Yep. So, Bobby I thought had a really good practice today. No surprise, I wasn't surprised that he would. And coming back from an injury, there's literally nobody tougher [laughs], he just wheels himself into that. It's a lot of his discipline, how hard he works at things. And his training, so there's carryover where he's stronger than the average dude. He's definitely built differently, so I'm encouraged for him. And then Noah had a planned day today where we rest him and he's had also a really good week. So, we'll do all the transactions and such tomorrow, but he threw a really good week too.”

On if the expectation is that Brown will play:

“That would be the expectation. Like I said, we'll have the transactions and meetings tomorrow, but he threw a really good week.”

On what he's seen from the secondary over the last few weeks:

“That's a good question. What I think I've seen is the ability to play really fast without the mistakes. And so, I've never questioned our team's efforts, so the speed, the effort, good, but also in control where you can be on that fine line of going as fast and as hard as you can. But the practice habits and doing that allowed us, I think, to go into the game ready to do that. So, when you can really nail it at practice and you know this as a former player, you get to the game and, man, I just did that. I just did that in practice, I did that, that speed, I know the look, I know the timing. And so, I think that's what I've seen from us over the last two weeks. The practice and the speed at it and the ability to do it high speed but without spinning out and being out of control, doing it both. If you feel like you're going too fast, you probably are. So, it's in control, but going really fast.”

On the Minnesota Vikings:

“Yeah, they've got experienced play callers, number one, with B Flo [Minnesota Vikings Defensive Coordinator Brian Flores] and [Minnesota Vikings Head Coach] Kevin [O'Connell]. And so, scheme wise, challenging enough, just at the very top of it. Defensively of linebackers that can blitz and get downhill, different disguises, different ways to play. So, that's a challenge in itself. On the offensive side, they've got fantastic skill guys to make different plays in different spots. So, combine those two things with good play callers, you can see easy challenge of where to go. And on the team side, good matchups, they've got a good kick returner, punt returners, so all over I see these good matchups that are going to be high level battles. As far as last year to this year, focusing more honestly on the group for this year.”

On CB Mike Sainristil:

“Yeah, there's definitely up's and down's and I thought, here's what I was proud of for last week. I thought for the season, I thought that was probably his best game. And it may not have had an interception or a big play, but in terms of tackling just because it didn't go your way doesn't mean they weren't trying you. And so, that was, I thought his best performance, when you just feel like you're on it and you're on it. That's what I felt like from him. There was a fantastic tackle over on the sideline in a two-minute drill. But that's where I thought, I felt here's his best and he had sight of that, what he could look like and how it could be. And so, that's a really important thing. Can we do that again? Can he stay consistent with that? And so, through the up's and the down's, those are lessons that you have to go through. They oftentimes are really hard because why did that happen? And that stresses you in leading when you're searching for consistency. And so, last game I was proud of that performance from him and it was really consistent. May not have shown up on the stat sheet, but it was very consistent.”

On C Tyler Biadasz:

“Yeah, first off the calls and in a game like this, this is really important that the backs, the quarterbacks,

the offensive line, they're all in sync together and being decisive about that. And so, a guy like Tyler, the extra meetings, 'Hey, let's bring the quarterbacks, running backs together to go through it,' even before they do it with the group. So, moments like that of being prepared and being ahead, that's one of the traits that Tyler brings. He's always ahead, he's thinking about it, what's next? What are the things? So, I like that when he's at the center of it all directing it, that he's put a lot of thought, he's not going to get caught off guard. And inside just having that presence, that's a big deal. This week we're going to have to do a great job on our cadence, and our offensive line has their ways and Ty will be right in the middle of that as well."

On what he wants to see from Daniels' mentality against Minnesota:

"Yeah, I think you said it right. You want to attack first, that's who he is as a ball player and as a competitor. And you also want to make those great decisions. When is the time that this play has to get extended, go down the field, which ones don't, when can I throw it away? When's the slide? So, all of those are important parts then of the development. And so, that's why it matters, the space to do that, to keep improving, that's a big deal and that's what we're looking for, for sure. Those decisions and you've got to be in that arena and those fight to fully express it."

On DE T.J. Maguaranyanga:

"Yeah, first off, I'd seen the work in the development. I thought [Assistant Linebackers Coach/Pass Rush Specialist] Ryan Kerrigan and [Defensive Line Coach] Darryl [Tapp], they put in the work with T.J. coming because we put him at defensive end. We weren't exactly sure what was going to be the best spot. We knew he was a nice athlete, [Former New York Giants DE] Osi [Umenyiora] is in charge of some of the development stuff for the IPP and of course he plays defensive end. So, every good athlete, 'Man, he'll be a great end.' So, was he going to be a tight end a defensive end? I wasn't sure. And I knew just watching this film from rugby that he had unique traits about him and oftentimes I would show that to the team and they would get it seeing him. But he really has developed because of the speed, the quickness. I wanted him in for last week just to add some more pass rush to our group. Could he add a flash? Could he do that? And so, it was great to get his first action. That won't be his last one, I wouldn't think but he's a player that's developing, he's ascending and he's going to grow. I think you're going to continue to see this when, a year ago he was not playing football and thinking about it. Think of the challenge of that in not even a year's time to say, I'm going to give this thing a go. And not many people get that op and so he's absolutely taking advantage of it."

On the reasoning behind not pass rushing defensive backs as often as he has done in the past as a defensive play caller:

"Sometimes when you do that there's other exposures you could get. If you're doing zones, it makes it somewhat easier. If you're going to bring a nickel, you know who's going to take the coverage of the slot player? You want a safety into that space. So sometimes we would but I'd rather bring more, you know, closer to the line of scrimmage often than somebody that's further away and then on the cover side of things, on those moments, can we keep those guys in that, you know, can guard and be in that spot? So more just personnel driven. If there was somebody that had blitz ability then overcover ability, like I'd lean into that more too. In the past that was [Las Vegas Raiders Safety Jeremy] Chinn – I blitzed him a lot knowing that there's a big guy ripping off the edge. And so, I think it's kind of how do you want to match the players and do that, but we're equipped to do those. But I think you're just trying to find the best matchups you can."

On adjusting Daniels play style post-injury:

"That's a great question. I'm going to really be very vanilla with you, involves the game plan [laugh]. So, we're going to make great decisions, we're going to make great decisions."

On having the three healthy starting wide receivers back on the field:

“Yeah, seeing those three at practice that you felt energy, you felt playmaking ability, I think you probably felt some of that with [WR] Terry [McLaurin] back into it where it opens up other things as well. And so, adding Noah back into that, that would be a really big deal for us. His physicality, the playmaking ability, he's very experienced and like, honestly going through, like getting back into the return to play, like in the meetings, knowing it, like he's always somebody that was on it in that space. So, I just love the competitor that he is and yeah, it would certainly add a lot for us.”