

THE WASHINGTON COMMANDERS

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PERFORMANCE CENTER

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QB Josh Johnson

On his growth as a player:

“Honestly, experience is the best teacher. And there is experience through other people's eyes, and then there's experience through your eyes. And so, one thing that was that's hard to judge is your growth as a player is when you're not out there to really see yourself in real time. And watching you after really playing a full game and going through the emotional rollercoaster of it, the different things you gotta manage out there, on top of just playing a game, I took a lot from it and there has been a lot of growth in my game since the last time I've been out there. and I expect to have more growth this week. None that I've been in a full game with the guys.”

On how difficult it is to play in Philadelphia:

“It's awesome. Yeah, it's good to go into the lion's den. Love it, wouldn't change it. It's great to be able to have a game of this caliber versus this type of team to finish the season. So, I'm looking forward to it. I'm excited, football is going to be played at the highest level. In order for us to beat this team we gotta play at a very high level and I look forward to us going out there and playing at a high level.”

On what he will take from the Dallas game into this week:

“Just us, once we get into a rhythm, man, this offense has been explosive all year. And it was good to just see that happen when I go in there. You see it with [QB] Jayden [Daniels], you see it with [QB] Marcus [Mariota] going in there and then for me, once we got into a rhythm with each other, we were able to really move the ball well, we had to have a balance attack. So, I really liked that. We got the run game complimenting the pass game, run game helps the pass game, pass helps the run game. And I think we all are able to see that and feel that once we take care of our business and get in a rhythm, we can do some damage.”

On the keys to the matchup against Philadelphia:

“Just for everything, we gotta do what we do well which is what we do well, execute, stay on task, keep the chain moving and then score touchdowns. So, they got a lot of great players, but we got great players too. And so, we gotta trust our technique, we gotta trust our fundamentals. The good thing about going against great players in this league is that it holds you to a standard of doing the little things right over and over. And I think that's a great challenge for us to go out there and finish on the strong note by going out there and doing the little things right, over and over and then coming away with a victory.”

On watching his mistakes on film this week:

“Once you go back and understand the why, then that's the biggest thing. Understanding the why, understanding how you would process it different. Also for me, I always put myself back into, how was I feeling in that moment? What made me think that? And I've addressed all those things within

myself as well as with the guys and we expect to make those plays this week.”

On focusing on the team’s brotherhood this week:

“I mean, really the brotherhood is a focus every day. DQ [Head Coach Dan Quinn] preaches that every day, puts us in situations where we have to own that. And in regards to us just enjoying the last days, honestly, we haven't really got into that as a team yet. We all really kind of just been focused on beating the Eagles right now. So, I think that's a good place for us to be in. Let's focus on what we need to get done and then what we're about what's next after that.”