



**2026 NFL London Game Press Conferences: Indianapolis Colts vs. Washington
Commanders**

October 4, 2026

Tottenham Hotspur Stadium

Colts 30, Commanders 13

Washington Commanders Head Coach Dan Quinn

DAN QUINN: I'll get rolling with some updates on some injuries. Talk about Marcus [Mariota], I was just gutted for him. I thought he really started off strong, long run, playing well. I thought he had an excellent week of practice leading up.

The team thinks it's an MCL injury. When we get the scan tomorrow, we'll have further knowledge of what we're dealing with and length and all those.

Charles Omenihu hurt his groin. Again, same thing. We'll find out more tomorrow as we're going.

Jaylin Lane had a serious ankle injury. Hope said he's flying back tonight. I'll get a better update to you as well when we get back home into that.

Past that, I thought Athan [Kaliakamanis] came in after 12 plays, that's not the ideal space to begin it, but I thought he also showed a lot of confidence, some fearlessness with that, and made some of the throws to highlight why he is where he is.

As far as the full team, I didn't think we did enough around him into that spot. I loved the way the defense started, created some takeaways, but to only get field goals out of those, I thought those were ones that we needed to nail, certainly that.

Our team is really tough, and I told them tonight, like, man, we are the ones that are built for this type of adversity, and we're back to the division game, and we're going to do all we can to get ourself ready. We've got a 70-man roster, and we'll lean into that as we find out more about some of the guys on injuries and also some returning from injuries.

All that said, why don't we get rolling.

Q. With Marcus, how much does it change things, and how much do you think the Colts changed things after he went out?

DAN QUINN: It's a significant change because you don't do quite the same. To where he was going, I thought he was off to an excellent start. But it's a factor for sure. Like when there is less things that you have to deal with offensively where to go, so it was a factor.

Q. Terry McLaurin, what happened? How did he get hurt? Again, how does that impact everything?

DAN QUINN: So, he was injured Friday, and we wanted to give him every chance, like to see if he'd have a shot. It was best to hold him out. He desperately wanted to go. I should have a good update of where we're at as we get into some work with him into Wednesday.

But it was just the best play to hold him out. It was during Friday, and just okay, let's see what the next day looks like and then into the next day. It just made the most sense to hold him.

Q. What went into the decision to start Matt Gulbin at right guard?

DAN QUINN: I think, one, just keep competing. Where we're at with the O-line spot with Sam [Cosmi] being out, and we liked some of the things that we saw with Lucas [Patrick]. We liked some of the things we've seen in practice with Matt. So we thought, okay, let's put him into the space as well.

Nick [Allegretti] got a little bit banged up last week, and he was going to be limited at the start. So we thought this was the best chance for this week with where we'd go. That's all it was.

Q. Do you see it as longer term?

DAN QUINN: No, we don't see it that way. We're hopeful Sam [Cosmi] is returning too. If that's the case, we see Matt center first. But inside when you're not starting, you're playing two spots, and we thought that gave us the best space heading into the game.

Q. Ten penalties. How do you guys continue from that?

DAN QUINN: Yeah, and you probably saw me upset with that. There was as much of that the entire day. Ten to one to go. Whether it's points off the board or ones we hit on, we've certainly got plenty of work to do. I'd like to look at them and see.

I thought between the penalties and us converting on some touchdowns on the takeaways, those were two big parts of the game.

Q. Despite all that, Antonio Williams gets the 87-yard play. Looks like it's going to be the tie score and then the penalty.

DAN QUINN: It was hard. At the time I didn't see what or who for the illegal shift, but I think it's indicative of the two of them, like Antonio's got it. Like to be outside and rip the ball to him, that was a big play. I like the way he's developing at receiver and making some plays.

Definitely, it was deflating for sure, and those are difficult to overcome because points are difficult to come by. When you get a big long one, that's what we needed to get done. It definitely was tough.

Q. Do you anticipate looking at the veterans to come back, or is there the possibility of Jayden Daniels coming back next week?

DAN QUINN: That's the hope for us for sure, Jay coming back. He'll have a full week of practice Wednesday, Thursday, Friday. That's the goal that he could get into that space. Once we get, see where Marcus [Mariota] is, that part too, we'll have a better understanding.

That's the goal for Jayden to throw a full on week. He was able to do some limited this week, and this week would be the plan for him to do all the reps.

Q. Can you take us through the fourth down decision?

DAN QUINN: Sure. In that spot, different parts of the field, it's okay. We'd be a go from two or a go from one. We had one that we thought had good design for that time where we shifted people in to go. Like in that instance, man, we've got to get the space to create it, to get it, it was less than one.

When you go for it, there's risk involved. We thought this one was like the best plan to go after it at that distance. When it's different ones you punt or go, but that one we thought, hey, man, this gives us the best spot to go for it.

Q. Was that by design or kind of happenstance?

DAN QUINN: It was by happenstance. Like we did an on-the-ball shift. It was more by happenstance. We didn't full sub, so it was a specific package we worked on that.

Q. On the fourth down decision:

DAN QUINN: I get what you're saying. For sure, I thought we were off to a good start defensively. I also have a lot of confidence, like inside a yard, we'll get the down. That part, like I don't want to overthink it just based on the result.

Q. Did the referees explain why they rescinded the pass interference?

DAN QUINN: They said that another official had a view that it wasn't. I'm looking forward to watching it. That was their reasoning that a deep judge had a different view that said, hey, it wasn't a foul. In that spot, it's not something to challenge. You've kind of got to just take it and move on.

Q. I know Jayden getting back out there would be huge for the offense as a whole, but around him, how do you think the offense can support him once he is back up?

DAN QUINN: Jayden, you said?

Q. Yes.

DAN QUINN: Jayden had a ton of, like the start of the Dallas part, I thought was exceptional because he's on the move. So, the second play with him is critical where he can get outside the pocket. He ripped a bunch of throws in that space.

For us, like having run game is going to be a big deal. Hopefully Sam's [Cosmi] on his way back up too. So, when you're putting those two together, to me, that's the sweet spot where you can balance both of them together. We don't want to make it where he's a drop-back player and do all your magic every time.

So the run, the run action, certainly owning the ball is a big piece of it. Jayden is exceptional at that in terms of where the location, where to go, that's always been the case. So that will be a big piece to it too.

Q. When you you have a call that you don't agree with, kind of what is the process for you all just kind of documenting that and talking to officials about that? Do you do it right after the game?

DAN QUINN: No. We collect them, and then we send them in Tuesday by a certain time, and then we get responses back. It's the same process for everyone. It's probably good you're not on Monday, so it's the next day. You're limited to a certain number.

More often than not, I want the education back to say, is there something to learn from this that this is how it's going to be called? That's always what I'm searching for. If we're going to bang, let's bang. If we're going to call it tight, let's call it tight. I just want to know exactly how it's going to go.

That's the thing I get out of it most. It's no value to say this was a penalty or wasn't a penalty because the play has already happened. I have no control over that. But if there is something that I want corrected, hit him in the back, it was illegal block above the waist and here's why, I like having that.

But it gives me no feeling one way or another about, well, it should have been called or didn't want it called. To me it's more like the education part of it.

Q. How would you assess the O-line today?

DAN QUINN: I'd like to give you a better assessment of that tomorrow as I'm going through it. I don't have enough to go back and say, honestly, as we're going through it, any time we're into a different package with AK [Athan Kaliakmanis] that we did with Marcus [Mariota], we're in and out of calls, it's not fair for me to say yet.

I do know that I have a lot of confidence in them and what we can do, but I'd rather wait and give you an assessment on that tomorrow.

Q. Despite today's result, is there anything you want to bring up regarding plays or the way you guys prepared leading up?

DAN QUINN: Yes, I'm glad you brought that up. I thought the week of practice leading up, the team had the right mindset, the right energy and preparation. That gives you your best chance. I liked how defensively especially that the team started. So, this was going to have to be a slugfest of a game and finding ways to win it.

So I liked our attitude. I liked how tough we are and resilient. We'll need to lean into that in the weeks ahead.

Q. The defense started out red hot as you mentioned. How pleased are you with the defense's growth over the first four weeks of the season?

DAN QUINN: Yes, I am pleased. In the early stages, we had miscommunication that's resulted in big plays. To see that process taking place to improve upon, I think that points to the players, to say like this is where we can level up and go.

I know there's good things, what we're capable of. So that excited me to see that. In a game like this one, you have to just stay in it the whole time and get your stops, but I was pleased to see that kind of start and what we're capable of. Getting the takeaways are big for us, and that's something we really, really believe in.

Q. Where do you feel like this team is at? With all the injuries and Marcus Mariota going out today?

DAN QUINN: I really believe in these guys. I love the week of practice leading up to it to go. I think a good fire has been lit. So, it will stay lit. I have high expectations of where I think we can be despite the beginning that we've had in one quarter.

But it has not dampened my belief in them in any way, but it is difficult to overcome some of the injuries, but I'm certain these are the right guys that battle and fight for it. So, I do think they are one of the more connected groups I've been around, and that will be really important to move us forward as we head into a big division game.



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Washington Commanders QB Athan Kaliakmanis

Q. What's going through your mind as Marcus is going in the tunnel and you know you're going in?

ATHAN KALIAKMANIS: That all starts the day after the game going into next week. As a backup, you never know. That's the situation I'm in right now, backup quarterback. That starts on Monday.

You prepare all week. If anything happens, you've got to be ready to go in because you never know. You're always one snap away. I was preparing mentally for that all week.

Q. Do you think the Colts were maybe a little bit more aggressive coming after you early to take advantage of it?

ATHAN KALIAKMANIS: For sure. I think they brought a lot of pressure. It's a credit to their defense. I think they did a really good job. I also thought our receivers and backs and our o-line, they capitalized on those plays too and made some big plays in those situations.

It's a credit to both sides, but the Colts, credit to them. They did a great job today.

Q. They were obviously tough all around. On the one to Antonio, the touchdown that would have essentially tied the game, how much did that sting?

ATHAN KALIAKMANIS: Yeah, it definitely stung, but it's next play. You can't control that. You can only control what you can control. Yeah, it hurts for a second, but now you've got to go into next play. It's unfortunate, but we let the refs ref and the players play the game. We don't make those decisions.

It's not about what the call is or isn't, it's about the next play, and we've got to go down and do that again.

Q. Can you take us through the Treyton Burks touchdown?

ATHAN KALIAKMANIS: I saw the safety cut the crosser, and I just threw it over the top there and went high. I was just picking on the safety. It was just a great play by Treyton. Just super proud of that group.

Q. What was it like to have that moment on the sideline after your first touchdown?

ATHAN KALIAKMANIS: It was surreal, man. It was absolutely surreal. I've got to be honest. Right now I'm just thinking about the loss. It's not about me. It's about this team.

Yeah, there was some very blessed moments today for me, but at the end of the day, I'm a winner, and today we did not win. It stings. It definitely stings. I've got to be honest, it stings.

Q. Athan, what did Stefon say to you? We saw him go over and talk to you on the sideline?

ATHAN KALIAKMANIS: He basically said I've got your back. I said, I've got yours too, bro. He told me to be calm, cool, and collected. Keep your smile on. Keep your spirit high. And I said, man, I've got you too.

Q. You obviously had Jayden on the sideline to talk to. What was he talking to you about through the game?

ATHAN KALIAKMANIS: I think Jayden Daniels is the ultimate leader, just coaching me throughout the game. That's what a true pro looks like in my eyes. I get up here and I tell you guys all the time I'm so thankful for him, and that's the truth. He is a true professional, so is Sam, and so is Marcus. Prayers for Marcus too. These guys are my legit brothers, man.

We talk -- just for Jayden to do what he does, he's coaching me, giving me hints and stuff like that about the game and what the defense might be doing and play call recommendations, he's just a true professional. I couldn't be more thankful for a guy like that.

Q. Marcus told us when he came in that part of what he tells himself is you don't have to put the cape on, you don't have to be Superman as the backup quarterback. When you're coming in and you're down a bit early on in your debut, how hard is that for you when it's your debut, you're the third string, to try to operate the offense instead of trying to make a big play?

ATHAN KALIAKMANIS: The way I've approached my whole career is to trust your training. Honestly, not my whole career, but when I got to college, it's really trust your training. You don't have to do that. Your coaches ask you to do something, they coach you to do something, do it the way they coach you to do it. I believe that being coachable is so important in this sport.

Like you said, there's no need to put the cape on. There's no need to try to do something different. The one time I did, it was a pick. Was that the smartest decision? I don't know. I've got to go back and watch the film. Maybe I could have put a little more loft on it. Maybe I didn't throw it. Maybe I could have thrown it away.

Yeah, like you said, there's no need to put on the cape. I trust my coaches. I trust Coach Blough. I trust D.J. I trust Coach Etling and Coach Raih and what they coach me to do.

Q. How pleased were you that you were able to respond?

ATHAN KALIAKMANIS: Not necessarily pleased. That's kind of like what I expect from myself as an athlete is to respond. It's to get up and keep going, no matter what happens. I've been through a lot of games and a lot of journeys throughout this sport. It's getting back up always, no matter what happens. I throw a pick, I'm going to get back up. Whatever happens, we're going to get back up as a team.

Q. You said your prep for whatever role you have starts on Monday. What's your sense of your prep tomorrow? What will you be prepping for?

ATHAN KALIAKMANIS: There's nothing to change. There shouldn't be anything to change. It's to approach every day like you are the starter. That's really what I'm doing. Me and Coach Etling, we're spending so much time together, drawing plays on whiteboards and going over game plans and doing things, so when a chance like this comes, then you're ultimately ready.

I didn't play my best game today by any stretch. So there's a lot of work to do, and that's for sure. I can't wait to get back after it. Eager, I'm eager to watch the tape. I'm eager to get back after it.

Now you wake up tomorrow, and it's next thing. You don't hold onto this. It's now we've got to go. I don't know what the situation is going to be like, but I'm going to wake up and prepare like I'm the starter. That's what I've done when I first got drafted. That's what I've done in OTAs, in training camp, and that's what I'll be doing now. Nothing should change in terms of my mentality.

Q. Did the game slow down for you at all today?

ATHAN KALIAKMANIS: I've got to be honest, it didn't feel necessarily too fast. I felt like a lot of the times I knew what they were doing, but I've got to be better as a player. I've definitely got to be better, and that's it.

Q. How much can you learn from this game, and how much can you grow from week to week if you're called upon next Sunday?

ATHAN KALIAKMANIS: Oh, gosh, so much. There's already things stuck in my mind from this game, a couple of plays that just stick out, and maybe they were the same scenarios or defensive looks they showed me, and I told my coach I'm never making that mistake again. It's burned in my memory now. I can't make that mistake again.

I think some of those times it cost us, and that falls on me as the quarterback. That stuff stings, but like you said, I've got to learn from it.

Q. As a rookie, when you see your team penalized 10 times, a lot of them by veterans, what's your response to that?

ATHAN KALIAKMANIS: Let's go. Let's go. Let's keep getting after it. Let's keep going, keep going, keep going. It doesn't matter what's thrown in front of us, what wall is in front of us. We're going to keep getting after it. That's who we are. It's BMF. We're going to keep going.

Q. You took a lot of hits today, but you kind of responded back to them. How were you able to do that?

ATHAN KALIAKMANIS: I think it's because I really don't want to let my teammates down. I don't want to let my coaches down. I think about that all week. That's what motivates me is that the coaches invest in me, my teammates invest in me. That's my ultimate motivator; I don't want to let them down.

Today I feel like I did that. Now I'm going to go harder. Now I'm going to go, and I'm going to learn. Now I've got to train.

That's the bottom line, we've got to be better. I just don't want to let my teammates and coaches down. I've got to be better for the team.



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Commanders linebacker Frankie Luvu

Q. Just you personally, how was it getting back out there?

FRANKIE LUVU: It felt good. It was good to get back out there, get my feet wet. Overall, it felt good to be back out there.

Q. You came in with a lot of injuries to the team and you add four more in this game. What are the keys to kind of keeping things together? You keep seeing your teammates go out.

FRANKIE LUVU: This game comes with injuries, and you're trying to minimize that. We always talk about next man mentality. We're not training only 11 players on defense to be starters. Our backups are also training and in the game plan for them to play in the game.

It's out of our control what happens on the field, but the mindset is whoever's out there is the standard.

Q. When you see the quarterback go down, what does that do to the defense?

FRANKIE LUVU: Man, when I seen Marcus [Mariota] go down, I didn't even know he went down to be honest. I kind of heard it from somebody. For our part on defense, we've just got to keep playing our game. We've got to keep doing what we got to do. I think it was 6-0 at the time, but it's a mindset of next series, keep stacking series.

For Marcus to go down now, you know our prayers for him. That's big, and I hope it's nothing serious.

Q. You allow one yard through the first three drives. What was clicking for you all at the beginning of the game?

FRANKIE LUVU: We're just doing our job. We know with that run game we've got to shut it down early, keep 28 [Jonathan Taylor] in the phone booth. It was just part of doing our job longer, faster than our opponent. I think that was the most part.

Q. Defense was flying around early. Did they change something in the second half?

FRANKIE LUVU: There was a little bit of adjustments. They came out and started running a lot to the fields. It was just a matter of building a wall and cutbacks, playing cutbacks, and people not overdoing their jobs, you know what I mean?

I think that was the only adjustment as far as their run game. Put personnel on 84 [Tyler Warren]. Balls follow him a lot in the game. Our adjustments was front side playing front side, cut players playing cutback, and just gang tackle 28 [Jonathan Taylor].

Q. You had a lot of hope coming into the game in London. How do you move on from here?

FRANKIE LUVU: We just get back to work. We can't sit around and mope around this game. Obviously we wanted it, and props to them.

At the end of the day, we've still got to get back to work. It's a long season. Getting back to work is all we know. We're going to make corrections and build off of it.



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Commanders linebacker Sonny Styles

Q. Early on, the defense was controlling the game. What kind of flipped after that?

SONNY STYLES: Just got to stay consistent. We started out hot. Think we started with a few three and outs, turnovers. Just got to keep fighting, find a way to pull it off in the second half.

Obviously, we've got our third string quarterback in there, so I think the defense has to step up and find a way. He kept us in striking distance. We had the opportunities to get a few stops and get off the field, and we didn't get the stops we needed.

Just got to keep fighting. Start fast, but you've got to finish. It's a four-quarter game.

Q. Considering the explosive plays in the last few games, how did it feel to really kind of keep them limited on big plays and still to come out on the short end?

SONNY STYLES: Yeah, I thought the secondary, not too many chunk plays downfield, kind of felt like a slow, methodical movement from them. They got the first downs when they needed them, and we didn't get the stops when we needed them. Just got to find a way. It's a four-quarter game.

Q. How were they attacking differently in the second half where they started finding a little bit more success?

SONNY STYLES: I don't know if it was really a whole lot different. You saw stretch, counter, and toss. It wasn't too complicated. There wasn't a lot of big gains, but it felt like a three-yard gain, four-yard gain, three-yard gain, first down, slowly moving the ball.

In the red zone, I feel like they scored every time they were in the red zone. We've got to find a way to make more stops in the red zone, especially when we're coming off a turnover. Sudden change, we've got to find a way to force a field goal. Can't let them score right there. It was a huge momentum shift.

Like I said, we started out fast, but we didn't finish. We've got to find a way to finish.

Q. Think it wore you down as the game went on?

SONNY STYLES: I didn't feel like I wore down. I don't think the defense got wore down, but it's just consistency. I don't know, I think we just started really fast. You felt the fire. You felt the energy. Second half, maybe not as much.

I don't really have the exact answer for that, but just the way the game went.

Q. It's next man up has been instilled in you since you started playing football, but when you already have all the injuries and Marcus Mariota goes out and Charles Omenihu goes out and so on, do you look around who do we still have here?

SONNY STYLES: We've got a bunch of professionals on the team. Whoever's out there, they're expected to perform at a high level. Nobody's going to feel bad for us. We don't feel bad for ourselves. Whoever is out there on the field, they're expected to perform, do their job.

Q. Obviously, the atmosphere may not be the most important thing right now, but it was a home game for you guys. What did it feel like to play in that?

SONNY STYLES: It was a cool setting, cool stadium. Cool to be here in London. Had a good experience. It was good.

Q. What was the biggest difference for expectations before going into the NFL? It's four games now, but what's the biggest difference? What didn't you expect?

SONNY STYLES: I don't know if I didn't expect it, but I mean, the way it is in the NFL, every game is going to be a battle no matter who you're playing, no matter what their record is, no matter what your record is. Almost every game is a battle. You see it across the league.

In college, especially playing in a big time program like Ohio State, we had a lot of blowouts. It doesn't really happen too much in the NFL. You barely see it happen.

A lot of games come down to situations, third downs, fourth downs, red zone, two-minute drill, all these different things. All coming down to these little details each and every week.

Q. You worked out with Frankie Luvu the last couple weeks. Obviously, he's back. How did it go in terms of responsibilities, play calling, et cetera?

SONNY STYLES: I thought he did well. He did a good job calling the huddle. Everybody is on the same page. I thought he did a good job today. For me I'm kind of used to playing Mike. I played mostly Mike today, but it's been fun.

Q. There's been a lot of injuries this season. How has the coaching staff helped build this togetherness within the team?

SONNY STYLES: Just instilling confidence in whoever is the next guy up. When Jayden [Daniels] got hurt, everyone was instilling confidence in Marcus [Mariota], like just being there for him. When Marcus got hurt today, everyone was instilling confidence into our rookie Athan [Kaliakmanis]. No matter who it is, just letting that guy know, hey, we know what you can do, we believe in you. Let's ride.

Just got to make sure everyone knows how confident we are in each other.

Q. On takeaways:

SONNY STYLES: I think with the coaching staff it's been an emphasis, especially with our DC, Coach D.J. [Daronte Jones]. Getting after the ball has been a huge emphasis. We've got to keep doing it. When you win the turnover battle, every time you win the game. So just got to keep doing that.