

May 8, 2026

Head Coach Dan Quinn

Opening Statement:

“What’s up everybody? Man, I love this weekend. It’s such a mix. It’s so NFL, in so many ways. There are veterans from other clubs who are unrestricted free agents. There’s some of our Commanders vets that don’t have the league accrued time. There’s the ’26 rookie class, and then there’s others that are trying to be part of the ’26 rookie class. And you don’t see how it all mixes together until we’re out on the field. So, it’s awesome for the rookies. There’s definitely a sense of excitement, you feel that but also some nerves and butterflies, as you might expect for them going into their first practice. So, we’re pumped to see them do the thing. And for us as coaches it’s awesome too to get to teach some of our Commander standards. The practices over this weekend, it’s not long. It’s really about the intent. Not anything near about the intensity, but what we’re teaching is the standards, a little bit of philosophy, how we want to go. So, it’s really nice to see all you guys and it’s really awesome to be back out here at practice. So, let’s get started and get rolling.”

On WR Antonio Williams and on where he fits in the offense:

“Yep. So, man, what a fit. I would say, first off, with Antonio, because this is a player that can play multiple spots at receiver. He’s got experience outside. He’s got experience playing inside in the slot. That type of versatility, that goes a big way and seeing through the last few years, you know, the film from him at Clemson at both spots demonstrated route running ability, we’re really pumped to have him.”

On Williams being compared to Detroit Lions WR Amon-Ra St. Brown and sharing the number 14:

“I know. No, I just picked it [laughs]. I don’t even know why. I guess no correlation to why, I’m sure he was wanting whatever number [laughs]. But we will work all that out later.”

On if he calls RB Kaytron Allen by his ‘Fatman’ nickname:

“I do not. I do not. And I’m hopefully never going to [laughs].”

On what he likes about Allen:

“I like a lot about his game. First off, I think as a running back, there’s some things that you really look for. First one is vision. You know, in the blocking scheme, sometimes the hole is so small, to know that’s the spot, that’s the aiming point. ‘Can I make a cut? Can I see a defender that’s further on my backside to go’. And that type of knowledge, that type of vision is a big deal. He’s got demonstrated power in the back field, so there’s a lot that I like. I’m really excited to get started with him.”

On K Drew Stevens and on adding competition to the roster:

“Yes. At a number of spots. It's one of the things I love, just promoting that type of competition, and what we'll do. And so, there'll be a number of positions that we'll talk about in the months ahead of where those competitions will be. I honestly feel like that's how we get the best out of one another. Those competitions at positions, different styles and roles, that's how it all kind of comes together. And so, whether we're talking about kicker or center or different spots along the way, we just keep battling for it and we will see it all the way through.”

On what he's looking to see from the rookies this weekend:

“Yeah, the first thing, I guess we're onboarding these guys. Number one, just some of the learning to see, all right, we installed some things with them. Now can we carry it onto the field? Some of the movements, but I want to see communication. I want to see their connection with their other teammates. The individual portions are more important right now than the team parts. None of these guys have worked together, so it's just the first part of the onboarding. I would say it's an important part of the process. Have fresh eyes for the guys to go. I'll generally look at as much on some of the guys here on a tryout basis than I will on some that are, you know, already signed or in that space. But looking forward, I'm just looking for the communication, the movement skills, that's first and foremost.”

On utilizing LB Sonny Styles:

“Yeah, I think the first part of it, man, like let's get the fundamentals down. The two inside linebacker spots have similarities, but there's also some nuances. During the course of the spring in training camp, we'll work him and some other guys at both of the spots. There's a lot that he can do. And like all the players, we're going to try to do the best we can to put him in the spots, to really allow them to do their thing, you know, at full speed and at a high level. A lot of times that takes all the way in through camp as well. So, there's no limits on what I think he can become, but I'm going to let the whole process really play all the way through because there's a lot to go over.”

On testing and implementing team culture this weekend:

“I think it should get tested, you know, to find where your mettle is when you have a season that goes well and then one that just went terribly. You want to dig in, you want to find answers, you want to make sure you can tweak things that need to be tweaked. But one thing that I know to be a fact, like there's some real competitors in this locker room and the standards they have as ball players and teammates, those are the things that help you get to where you want to get to get to.”

On evaluating talent versus off the field risks and on how that factors into bringing players into this ecosystem:

“Yeah, I think the football characters like what you're talking about. And that's demonstrated to you know, how we can feature the best things that these guys bring to the team. That's what you look for first to be a productive NFL player, man, there's got to be one or two traits that you have that's so elite you can do differently than everybody else. You want to find those things, but always within the framework of the team.”

On the importance of communication:

“Yeah, I think you have to have demonstrated communication skills. It doesn't have to be where you've done it your whole life, you know, like where, ‘Okay, that's all I've ever done’. Like some kids grew up as a quarterback from eight years old. It doesn't have to be that, but what it does have to be, there has to be confidence. There's got to be belief. It's got to be firm because that voice is

used in a lot of ways sometimes to give the call. Sometimes it's to also let somebody know this is not how things are going to go. So, there's a number of candidates that we have, but that would be at the top of my list. Like demonstrated ability to think under pressure.”

On the importance of players having real-time processing skills:

“Processing, real time. And that ability for those players that have that thinking under pressure and quite often we try to make here at practice as stressful as you can is like the game. It's not the game, but if we can create as many training scenarios for them, you know what happens when the green dot doesn't come on? When it doesn't work? There's plenty of times in practice I just don't have a call. So, they have to feel the stress of like, ‘Okay, you didn't call anything, what am I going to do?’ You're at your best when they're already finishing the call, like you're starting to make a call, through the headset and before you're done you see the person turning and starting the conversation. So, it takes a while to get to that spot where you can be in concert. But the more you do it, you know, the more connected you become with the play caller and that helps too.”

On testing cohesions amongst the group:

“I think it's too early to test right now. It's the first go around, let's just see communication, is there urgency that goes with it. But as we get into the full team being together beginning on Monday and then through spring ball, that's really when you can kind of test it. This one is more, let's get the function down and get to those skills before we turn up the heat too high.”

On OLB Joshua Josephs:

“Yeah, just in fact got the chance to spend some time with him today after our walkthrough to go in and it's the football knowledge also that goes with it. Josh has been somebody at Tennessee that's been versatile. He can drop; he can rush. That's why he is here to rush. But I'm excited to have that type of length and get off – demonstrated pass rush ability. I've found the more of that that you have and develop it, we were talking about traits earlier, how important that is. He has that and we look forward to developing that trait to see if we can take him from this space into the next one.”

On CB Fred Davis II:

“Yeah, you know, coming out of Jacksonville and some of the different spots, what I see right off the bat is at corner there is good length and the ability to match some of the taller receivers down the field. And so those are a few of the things that you want to get into the evaluation. Can a corner track the ball down the field and sometimes just catch the flash of the ball? And so, those are the things that you're looking for at that spot. In [Defensive Coordinator] Daronte's [Jones] scheme, there'll be times when they're up playing on the line of scrimmage and times that we're off. And so those are the things that will start the process of training him on. But I'm excited to see where he can take it.”

On what he's learned about Jones' leadership skills:

“I think from a leadership standpoint, I'll start there first, man, is he organized, like impeccably organized. He's got a very detailed thought and approach to how things go from the way he meets with the defensive staff to the way he meets with the players. So, I like that approach. Like there's just, you know, he hits every single step along the way. As a player, you like that because he's thorough, he goes through all the steps, it's not gray, there's a lot of clarity. Even though at times it can seem complex to what we're doing, there's actually a lot of clarity that goes with it. So that's the part from a leadership standpoint that I've seen so far, like the extreme organization and clarity of the teaching.”

On what he has seen from David Blough so far:

“I think it's fun to see him install the whole thing, you know, in front of the room, an identity of what we'd like to be of the different teachings. So, there's quite a bit of new terminology for the players that were here from '24 and '25, so to see the different things that we're emphasizing, and him right in the front of it all, it's been excellent. One of the things I've been impressed by him is his ability and the staff to really function together. Like our receiver group as a coaching staff, I don't think you could come into a better space than to learn from [Wide Receivers Coach] Bobby [Engram] and [Offensive Assistant] Wes [Welker] and [Assistant Wide Receivers Coach] Andre [Coleman], like the amount of experience the three of them have together in the National Football League, it's incredible. And so, they're able to share different things, different points of view, vibe off one another as a coach. That's the type of environment that I'm looking for to see their vibe together. So that might be just one small example of him listening and also allowing some of the guys to make their imprint on the offense as well.”

On helping players manage their emotions throughout the day:

“Yeah, I think the first part, like yeah, it's totally expected and it's awesome in a way. Like as coaches we're also excited for them, it's their first NFL practice and we're here. And so, the first thing, man, like there's no expectations, let's go throw a great practice. And that's where I start. I want to see them communicate; I want to see them go. The practice intensity is going to be low, but what I want to see from them is just their intent. I saw it in the walkthrough; we'll see it here. So, it's just kind of like the first step in onboarding somebody into like a really successful year. And so, it's an important step, but let's not make it bigger than that. Also, there's a whole other set when all the veterans come back. How do they fit and where does that go. This is the type of team you'd want to be a part of as a rookie because there's people that would be looking out for you that have your best interest.”

On former Washington QB Taylor Heinicke's retirement announcement:

“I can remember remarking to him after a game, it might have even been at Carolina, I just spoke to the competitor of who he is and what he stands for. And so, I can remember him as a first-time player coming up and competing against him. I said, ‘Man, you hang in there. Like you got a lot to offer.’ And like, he sure did. I think it's kind of one of my favorite parts of the NFL because of like the competitive nature of people going for it. And I think he really represented that.”

On if the team will have any joint practices this summer:

“There's conversations, but nothing official until the schedule comes out because that's where it could change. So, what we do oftentimes from Combine to the League Meetings, say, ‘Hey, if it works out where we have [a preseason game], would you be interested [in practicing]?’ So, there's definitely some teams that we would like to if it lines up to where we're practicing, whether it's here or elsewhere. I like what it can bring. I like the different looks. I like the competitive nature of that. So, there's definitely some guys that you want. But until it becomes official with the league, then we right when that happens, kind of like, ‘Are we in? Yeah, we're good.’ Or, ‘No we're not.’ But we plan on that. We'll just play it out as it comes [with the schedule release].”