

May 8, 2026

LB Sonny Styles

On his first day on the field:

“It was good. Good to go here, compete a little bit, have some fun. I'm just excited to be here, excited to finally be on the field.”

On seeing his jersey in his locker:

“It was good. It felt right. It felt like it was meant to be, so I'm excited.”

On what he felt walking on to the field:

“Just grateful. Grateful to be here. I know there's a lot of work put in to get here, but it's just the beginning. So, like I said, I'm excited to keep putting work in and keep being better.”

On his message to the fanbase:

“Yeah, I mean, I think I'm going to give everything I got to this team. When I was at Ohio State, I gave everything I had to Ohio State and the University, I took pride in that. I'm going to take pride in being a Commander and giving everything to this team and do whatever I can by any means necessary to help the team win.”

On learning the new defensive system:

“Yeah, we came in yesterday, meet the team, meet everybody, kind of get settled in and today just going through with the coaches, going through some of the install, it's super basic right now. It's pretty easy to understand for guys right now. So, I think they do a great job the way we describe the defense, the way we teach it.”

On if he got the playbook after the draft:

“I took a look at it, yeah, but I haven't been able to really meet with the coaches on it, so yesterday kind of my first time to really, really talking on it. So, I'm just glad to be here in the building. So, yeah, I think Coach DJ [Defensive Coordinator Daronte Jones] does a really good job. Just the way he teaches the defense. It's easy to learn, easy to digest.”

On why the defense is easy to digest:

“I don't know. I think when I was with Coach Patricia [Ohio State Defensive Coordinator Matt Patricia] at Ohio State, he was just a great teacher and I think the same with Coach DJ. He's a great teacher. Coach Norton's [Linebackers Coach Ken Norton Jr.] a great teacher. I think some coaches do a really good job the way they articulate the game and articulate the way they're describing the playbook. It's easy for everyone to digest.”

On watching tape:

“We haven't really watched that much tape, our first time really watching tape today. On my own I

watched a little bit of like the Vikings stuff last year, but I mean, we're still learning the playbook. Everyone's learning the playbook at the same time right now. So, you can't really look too far ahead.”

On mapping out how he will learn the defense:

“Right now I'm just, I got the plays that they gave me and I'm just focused on those right now. Once I start getting more plays, I'm going to make sure I attack it.”

On not being too aggressive during minicamp:

“Yeah, I mean, you gotta learn how to practice. Sometimes you're running up, you gotta make sure you slow down. Guys are cutting, they're still trying to avoid you and things like that. So, just trying to stay on our feet and be a pro.”

On picking 52 as his number:

“I'm not really a big number guy. I wasn't really big into single digits. I like zero. [CB] Mikey [Sainristil] has zero. So, then I was telling Coach Norton like when I look in the room, you got [Former Washington LB] London [Fletcher] on the wall, London Fletcher, [Former Washington LB] LaVar [Arrington], I think it was [Former Washington LB] Ken Harvey and [Former Washington LB] Monty Coleman. It was all 50 numbers and I was like, shoot, I'm going to pick a 50 number. And I was thinking about it, I remember growing up watching like [Former San Francisco 49ers LB] Patrick Willis, [Former Baltimore Ravens LB] Ray Lewis. I was like, ‘Hey, 52 would be cool.’ And then my dad was like, ‘Hey, five plus two is seven, so that's your draft picks.’ I was like, dang, that's cool. That seems pretty cool. So, that's really how I landed on it. I didn't have no special number to pick, so I was kind of just picking anything.”

On if he checked in with Sainristil for 0:

“Nah. Nah, he got it.”

On how much he can continue to grow at linebacker:

“Yeah, I think, I mean the more reps you have with the position, the better you get. This is going to be year three for me at linebacker, so I'm excited to keep growing at an exponential rate. I'm excited to get around some great coaching. I had some great coaching in college, about to have a great coaching here as well. So, I think I'm just going to keep getting better and better.”

On handling expectations:

“Yeah, I think the expectations I have for myself are already high enough so anyone else's expectations can't exceed those. So, I think when you look at it like that, it's like why would you feel pressure for anyone else? If you have high expectations for yourself and you're always attacking and striving to get better, the outside world, what they think or expect of you doesn't really phase you.”