

August 4, 2026

Head Coach Dan Quinn

Opening Statements:

“Let's get rolling with everybody. First thing, I'll kind of give you what I liked [on the] first day of pads for us to go into it. I liked the red zone work. I liked our tracking. Obviously, we're not doing live tackling, but it's important finding our spaces to get the thud. It's also important for the running backs. Can they break a tackle? Can they see somebody open the field and try to break them off? Those were the things that I want in the red zone. We've got a lot of work to clean up, and I loved all the competition. We started with the red zone, spot the ball third-and-goal from the three yard line and play it out. A lot to clean up what the guys are putting out. I like the effort, the standards that are sitting in that way. This three-day block that we have is about powering up, so think about putting a little more weight on the bar. To the next set, racks of the plays are a little longer. There'll be some extended drives into practice where five, six play drives, building momentum into that. That's kind of where we're at for this block and the tag I've been hitting on this one's powering up and thinking about that. Add more to it.”

On the thought behind adding CB Fabian Moreau to the roster:

“I think versatility. He's got good playmaking experience and so some of you also get to know him. So from covering the team in the past, [a] fantastic teammate, so we're very much looking forward to him. He's been somebody that we've obviously visited with for a while and have talked to. To get him to be part of the crew, we're excited. He'll work in just individual today and we'll start ramping him up in the days ahead.”

On whether limiting hard hits creates a missing component to camp:

“I think you want to work back from, if you had a thousand plays in a camp, install-wise, what are you getting in? How many are padded? I would say the run game is the most physical and the toughest part to get going. And so offensively and defensively, it just takes a lot of work to get to that spot. I'd say that one oftentimes takes into the season to really get where you want to get to in terms of like hitting all of your strides, hitting all of your marks. So that would be one. I think the situations are similar. We put a lot of those in now, so with less time and less practices, things like that have to go because you're not gonna short change your third down, your red zone, your two minutes. I think you want all the fundamentals that you can get. So each practice, man, it's almost like a game performance. All that leads up into it, as a coach, there's so much to it knowing there's not a second one this afternoon to make up on the mistake from today. So maybe it's the extended reps for fundamentals would say might be a byproduct of that. And so how do you find drills that [are] gonna apply from the game and we're gonna do it right here. Oftentimes as coaches, they'll show the drills to the players in the meeting. This is what applies to the game, this is why we're doing it. Just to have that drill be that much more effective.”

On C/G Julian Good-Jones and the interior offensive line:

“We've got a lot of faith in him. Number one, because he's been back and forth days where he rotates with the ones and not. And so, he's one of those guys, man, that puts in the work. His body, he's stronger, he got the things that, ‘Hey this is what you need to do.’ He answered those questions through the offseason in terms of getting stronger into the program. He's definitely a player that's on a mission and he's competing really hard.”

On the one-on-one drills between the offensive and defensive lines:

“On that one, we two-spot it because at times, like 20 people watching and two going isn't the best use of time. So, I try to just make it where as much as we can to go. On the defensive side, you're looking for initial quickness. Can they get their hands onto somebody? And then work their moves from there. On the offensive side, they need the full speed sets. As much as O-line helps O-line in drills and D-line helps D-line, you need those full speed, all you can get. [There's] nothing like seeing [T] Laremy [Tunsil] or [OLB Odafe] Oweh or [OLB] “KC” [K'Lavon Chaisson], like that skill, full speed. You're gonna win some, you're gonna lose some. It's not all the way realistic, but it is one of the good ways to say, man, full speed, what do you got? Your best shot against mine.”

On the running backs during the first pads practice:

“I liked that [Running Backs Coach] Anthony [Lynn], and you probably saw it too, like it was almost even across the board of reps. And so, that's the opportunities I wanna see. What are you going to do when you get to that space? I like the targets, who was in pass protection. There wasn't as many, [it] didn't feel like as many catches on the perimeter with that group. But, in the run game, the extended plays, that's what I'm looking for. Are they making the right cut, the right read? So tomorrow's, Saturday's, the ones moving ahead, days like that are maybe a little elevated at offensive line, defensive line, running back, tight end, certainly in the run game. So, they get a little more emphasis and it favors more of those plays as well.”

On LB Leo Chenal:

“I think there's no denying you have to have really good standards, and Leo has them. As a ballplayer, he did coming out. He furthered those at Kansas City. He demonstrated not only offensive, [but] defensively, like in special teams, the block that he had on our kickoff return drill. Finding different areas to show I got this technique, I can be counted onto that. I like him on the edge. He's a good blitzzer. Those are the things that we've been featuring him with.”

On highlighting strong players like Chenal:

“There's a number of guys here that have been into that space. [C] Nick's [Allegretti] one, Leo's one for sure. It's good standards, you know? They've definitely embraced him, just who he is as a teammate, his work to go. He's been off to a good start.”

On their decision to sign Oweh:

“The first part is the rush ability. Him on the edge, the speed that he can beat somebody to the punch. AP [GM Adam Peters] and I were just talking about it yesterday. What would we see him in? How would he play? What would it look like? This run game, this pass rush, this technique, I liked the competitor to go finish and thought of that skill of a closer. All right, here it's two minutes, it's the end of the half, it's the end of the game. This is my time to go battle for. During the process, his little brother was actually still playing in the NCAA tournament, so he wasn't here day one, and that was for a very good reason. But we had obviously plenty of conversations about it. He had known some players that I've coached at the position, much like KC did, so that helped with the vision of what that could look like. Just take some trust on both sides. I love the work where he's at. He, KC,

[DE] Charles [Omenihu], I'm looking forward to [OLB] Dorance [Armstrong], excited to get back. The four of them have just elevated stuff to them and bringing [OLB] Josh [Josephs] along with them. They have a very competitive nature in their own group, so it's been cool to see."

On what he wants to see in order for this block of camp to be considered successful:

"Yeah, I think the execution is key. But having that conditioning certainly helps that, but just great pride and standards about the execution. And, like, 'It was good enough.' That's not, you know? It's 'Can I get it exactly how it's supposed to be? The right depth, the right drop, the right route, the right read, the ball security.' So that's what we're chasing hard to have absolute elite execution. I also recognize there are gonna be mistakes, and I want them to happen when you're working right on the edge of something, you're going to make them. I encouraged [LB] Sonny [Styles] just the other day, make them. I want you to test yourself to see, can I go to that space to get the ball? Can I be in that location? Can I go take my shot? I want them right on the edge, knowing that mistakes are part of it, and then when they happen, that they don't get repeated. And so, that's the execution piece. Can we ramp that up again? You're gonna like seeing this team's connection, what they stand for together but they're hungry and that's a good thing."

On what goes into ensuring execution:

"Most often the execution piece in the classroom, they can answer it. They can go, 'Can I do it when I'm just gassed?' Like yesterday, towards the end, just, you know, heat beaten down, loud to go. So, into those moments, can they go execute when the play changes or it's not exactly like the diagram said? He was over here, not here. So, that's kind of the transition to say, 'Here's the playbook part of it.' And knowing that is the absolute baseline, like, has to be done. Now, can I adjust? Can I get to the right play? Can I make the right check? This safety blitz, now I gotta go block the corner. So, it's those small things of learning how to play when the picture changes. And it's hard to simulate that in the classroom, but you can do it in the walkthrough. And so, in the evenings, we like to go through those as often as we can. Each night, we also do some specific game scenario. It's an out of bounds play or one time out with seven seconds. So, I just try to constantly put them into the stressful spots to see how they respond. But the baseline is general knowledge of all the systems."

On QB Jayden Daniels' red zone work yesterday:

"I think the thing that's not just specific to the red zone, but even this part of camp, it's the location of the throw. And so, it's one of his superpowers is the accuracy, but during zone if the defender's to this side, 'Do I put it away to maximize some run after catch opportunity?' So, he has the ability to pinpoint the ball into the right location. He's always had that trait. Now in a new system, can he even elevate that further? So, that's the command that I'm looking for from those spots. And that's the thing I would say right now that's so impressive to me. There was a deep ball to [WR] Terry [McLaurin] that was completed just in probably the best location that went over [CB] Mike [Sainristil] into that location. So, that's not luck. You know? And that's super hard to do. But, like, the amount of unseen work to have that throw is evident."

On where WR Antonio Williams is fitting in compared to WR Luke McCaffrey and WR Jaylin Lane's rookie starts:

"He's probably some ahead of where Luke was due to Luke's changed position early. I felt the competitive nature of Luke right away, just like, he was a dog, throw him bone, he'll come, bring it back where I think probably Antonio's feel for the game, when to sit down into the zone for the longer history of playing receiver is there. Antonio, like Jaylin, has good hands as a returner too. So both have been back in kick, both of them back in punts, but he definitely has good feel. And that's

one thing that certainly has jumped out to me where Jaylin early on was like a returner who then added value as a receiver, where Antonio's the receiver that I think has the ability to add value as a returner. And so, that's what I see so far."

On what he wants to see differently from G Chris Paul and G Brandon Coleman this season:

"I wouldn't say it's different. We're putting them both at left guard, even though they have ability to move around, but we wanted to keep them parked there during this part of the competition. We run a lot of zone and play passes that go off of that, so the movements to go. You've probably seen Chris is lighter by about 20 pounds, and he's always been strong as hell. So, him being down, I think, adds to his quickness. Brandon's always been somebody that's quick off the spot. So, it'll take a while for those two honestly. But I wouldn't say it's a different skill. They both have it. But it's just a matter of playing day in and day out."

On G Timothy McKay and C Matt Gulbin's versatility:

"So, McKay, we've worked him some inside to snap but I've been pleased with Matt, what I've seen so far. His command, he's featured more at center, just targeting where to go. I like that he's got [C] Nick [Allegretti] and [C/G] Julian [Good-Jones] with him a lot. 'Let's look at this. Let's look at this idea.' So, he's not just learning on his own. He's got some pretty cool teammates to help into that space as well. But he's off to a good start."

On when he knew Oweh was ready to pick his own spots as a pass rusher:

"It's during these times that you have to find out what are some of the very best things that they can do. And so, you have to do some experimenting. And for a guy like him, left side, right side, off the ball, it'll be a little bit ongoing, but we definitely trust him and know that based on a certain move or a certain thing, what are some other ways we could counteract, you know? If we're gonna set you up on this player, how would we cover and go to contain? So, he is definitely somebody that you wanna feature into that way to find matchups, to go after it. But I've been impressed by him, man. Like his attitude to come to work and be an excellent player. It's been evident in the work that he's put in. When he steps out here, man, he's all about it."

On having less veteran days off compared to last season:

"It was just based on the personnel that we had [last year], for sure. That was the best thing we thought for that group, but in this group, there won't be as much of that."