

September 16, 2026

Head Coach Dan Quinn

Opening Statement:

“All right. Wanna get rolling. I told you I’ll have some injury updates for you, so I’ll give you some of those as we start off. The first one will be [LB] Jordan Magee to IR. He’ll begin his return to play process beginning today. [S Tyler] T.O. [Owens] will be out there today, so that’d be good to get him back into the mix. [LB] Frankie [Luvu] and [TE] Chig [Okonkwo] will be out today. Some uncertainty there for sure as it gets to the weekend. I’ll definitely have some insights for you by Friday, but they’ll be out today. As we head into Week Two, the message I kind of hit with the team is I wanna see us level up. There were definitely some things that I liked. What I saw from our first game. I liked how hard we played, toughness, but I also think, man, there’s a lot we can grow on. And that doesn’t start on Sunday. That’s today and tomorrow and Friday and as we’re going into the week for us to level up. So, that was the message as we got today, but we’re pumped, man, division game. Back to it and we’ll get rolling with you.”

On the possibility of Owens’ role on defense expanding after his success on special teams:

“Yeah, I think like most things, just wanting to like as much consistency as we can. We like him down by the line of scrimmage as much as we can. So, he’s played some nickel for us. He’s got range to spy on the quarterback. So, we’ve done some of those things, almost like some specialty roles. But the one that he’s really carved out for himself is on teams specifically in the cover side. Kickoff cover and on punt as a gunner. So, that’s the real specific part.”

On handling disappointment with player performances to avoid mistakes moving forward:

“Yeah, for sure. And that’s what we kind of talked about of leveling up when we ask the team what’s the thing you wanna see specifically different by the time we get to Sunday. And as we get towards the end of the week, you wanna say like, ‘Did you do what you said you were gonna do in terms of the changes to go get through that?’ And so, the good news for us, the things that we saw there, we definitely feel are correctable and we certainly anticipate seeing that.”

On WR Antonio Williams’ performance in his first game and throughout training camp:

“I liked his feel in the game. I thought he was very level-headed. In a moment where it could be a big third down catch, a touchdown catch. And so, seeing him just very steady in that spot. I thought he and [LB] Sonny [Styles] almost demonstrated a similar quality in that way. Coming into the camp, I’d seen him having field to go, and then as it gained, it got a little stronger, a little stronger. [WR] Stef [Stefon Diggs] being here, some of the other veterans, and continue to see him grow, that’s what I saw. And I think that’s what we’ll continue to see through the season. But he’s confident, knowing the feel of how to play, in a good way, not in a boastful way or anything, but in a very strong way. I do think the whole group around him from a developmental standpoint makes a big deal. This is an ideal space with [Wide Receivers Coach] Bobby [Engram] and [Assistant Wide Receivers/Returners Coach] Andre [Coleman] and Stef and [WR] Terry [McLaurin] and some others

to help push along. And so, I think he's in a good pocket of people and then add his skills on top of that and his work ethic. I think there's a big development side for him.”

On CB Mike Sainristil's time to improve:

“Yeah, I've got a lot of confidence in Mike. I really do. I love him. And I'm certain that he'll be one leveling up on plays that he knows can be controlled. Somebody beats you on a good play, man, we tip our hat. But that's the spot that we wanna see just, man, staying in constant things that he can control, the call, the technique and that. I've got a lot of confidence in him. I'm certain that'll get done.”

On the biggest challenge heading into the game against the Dallas Cowboys:

“When you bring all 11 guys back on a team that was hot and hit it in good space, that was good. Not every year plays out the same. How they may play might be different based on the defense and the people they've added to it. But they definitely have the ability to be explosive. And so, from the defensive standpoint, that's where your eyes go. Offensively, for us, [Dallas Cowboys Defensive Coordinator] Christian's [Parker] an excellent coach and part of a very good system. And so, we don't see it being the same as anybody. Like if you had a playbook and I had one, we'd both call it, it'd feel a little different. And he'll have his own flavor and stuff on it as it goes. But heading into the division game, I think what I do like about that is maybe not as much defensively as people knowing one another into some spots. But the explosive plays, that's the thing that keeps you up at night when you see a team like that, that has especially two premier receivers outside.”

On the weight of good versus bad snaps:

“Yeah and it's, those positions – you see a corner, a tackle on the edges is like where some of the big plays exist. And the same thing happens at other positions, but those are the ones that you shine a light on more. And I think what we're looking for in those spaces is not a repeat of an error, staying consistent with the technique. And if you're demonstrating those things over and over, over time, I felt like those would be out of your game. And so that's what we're looking for into those spaces to make sure you love the splash plays, but you wanna make sure you're consistent and not being up and down on those.”

On if CB Trey Amos will be ready to play as soon as he's eligible to return:

“I'd say it's too early to say today. That's certainly the goal but I don't know if we're ready to say that just yet, as he's going through on the return to play process. Once it gets closer and the ramp up hits higher, then there's also some practice time too. And if somebody's had a lot of practice time, I think that window can happen more quickly. But if he hadn't had a lot of practice time, I think you'd probably need a little bit more. But we've not had any discussions about that yet. We're excited to get him back; I can tell you that. He's in the meetings, so it's like, you see him and you're like, ‘Man, I'm ready. I'm ready.’ And the same thing with seeing some of the guys, [T Laremy] L.T. [Tunsil] and [DE Deatrich] D-Wise [Wise Jr.] who are around you and there's going to be a time, but it's not today.”

On T/G Brandon Coleman's performance:

“I thought especially like run game, pass game, all of it to go, he's got really quick feet off the ball. I thought that's one of the things that can set him apart and why we like him in the zone game. So, he can get outside, work on the backside, cut off. I'd say when you have drop back passes, some you win, some you lose onto those spots. But I wanna make sure over the course of time, kind of like Mike [Sainristil], we are talking about consistently the right thing over and over. But I like where

he's headed. I like his determination to get there. I see his game is gonna go like that. The more reps, the more time of the live exposures. It's a big deal for us."

On going against Dallas' wide receivers CeeDee Lamb and George Pickens:

"Yeah, I think it's the coverage style. What are you playing? How are you playing it? When it's just purely isolation and some of them run different types of routes. So, if it was just a deep ball down the field, that's one thing to go. But those two have been battling that, I would imagine, for quite some time. And it hasn't necessarily got them in that spot. But it's a natural question in that. But playing through the hands, using your techniques with players like these, it's hopefully not too many times where, 'Hey, you are by yourself and everybody knows it and here you go.' [laughs]. So that would be certainly one way to help onto that. But also playing your technique, going through it, depending on where the throws are, high, crossing all those factor in as well."

On how significant OLB Dorance Armstrong's return is for the defense:

"It definitely helps. He's got really good rush skills. He's very complementary in that, that he can work outside, inside. So having him get the practice reps since I guess probably what, maybe the middle of camp, that was a big deal. When you're coming off an injury, you need the reps, you need the timing. So, to see his speed back, his explosion back, that's a big deal. We're talking about Antonio having feel, Dorance is a player that has feel. He knows when this happens, he knows what to react to. And so having more players like that who have that type of versatility, that adds a lot of value. So, we're excited to get [OLB Odafe] Oweh, and [LB K'Lavon Chaisson] KC and him all back in the rotation together. We were ready to see that. And it'd be nice to put it into action."

On Williams coming alive in the fourth quarter against Philly:

"Thought a lot of things clicked, honestly. And I thought as we were going into the game, we were getting, I felt a little stronger even as the game was going on. I think overall, the group's in good shape. They're into that space to go. Like most things, I think there's a, 'Okay, I know what works.' Where do you go? Like the longer you're in a fight, this happens, this is where I can go. So, he is somebody that has good feel and good sense. Sometimes even being in receiver, the locations, what are you doing, what route are you on, where are you featured? If they're going specifically to one player, you may get more matchups. So, I think Antonio has the awareness of that and it was good to see him really be comfortable in a big moment."

On WR Luke McCaffrey and WR Treyton Burks being inactive for Week 1:

"Yeah, it's a problem as a coach, you love. It's hard as the competitors. In this game we had, you know, five receivers and four tight ends and other games that may switch around. Both of them provide a lot of value in different ways. Both have high special teams ceilings for us. Luke on the return side, Trey and in a couple of other ways. So, this was how we played it for Week One. And Week 2-4, I think, you know, depending on the opponent, there could be some changes as that goes. But in this instance, this is a position that we're very deep in, and it was just by the game plan."

On the progression of confidence from Williams throughout camp and into Week 1:

"Yeah, I think number one, most of the guys from the rookie class to go, like how hard you have to run to be in NFL receiver shape, and so I think seeing that and seeing the other guys do that, when he came back to camp, he was ready to be into that space. When you're first coming out of college and going through all the preparatory stuff for Combines and Draft prep and that, you know, you're not into that same space. So, I think that was good, and that's not that different for him or any of

his other rookie teammates. But to see that get elevated and then the skills kind of continue to work through the camp, I think that was as big a factor as any.”

On Williams’ ability to score a TD with such a low catch against Philly:

“Yeah, a couple things. One, good on he and [QB] Jayden [Daniels], knowing on that specific one, it was designed for man-to-man. And so sometimes the catches that are below your knees can be the most difficult when you're moving. Not if I was just stationary, you can go, but on those ones to go, I thought even for me re-watching it on the replay, like the grip – it does touch the ground, the ball didn't move. I thought he had a really clear understanding of what it takes in that space. And I think that goes a lot to his preparation, to the quarterback, to the receivers, to the whole group. I think he's really ready for the challenges.”

On WR Terry McLaurin not getting the ball much during the game and Offensive Coordinator David Blough’s plan moving forward:

“Yeah, I think on all systems, even that, that makes sense, but that won't be the case if it's not available in that spot. One of the things that we all appreciate also with Jayden is like, man, he's gonna make really good decisions. And I think Terry's the ultimate pro and knows that it may not come to him on every one, but he knows when his time's there, he's gonna go make it. We certainly want he and, like all the other guys that can make the explosive plays their chances to go get it, but sometimes the game has to dictate that too. So as we move in, I think there'll be games that he has more than that amount, and there'll be some that'll have less. As we go through it, we'll kinda see how those games play out. But I think there's a lot of factors that go into that as opposed to just every game, you know, this many targets, this many shots.”

On what he didn’t see from Jayden against Philadelphia that he wants to see against Dallas:

“I honestly, I saw a lot from what I've seen in the camp part of things. I saw a very good decision-making process, remaining a passer in the scrambles, you know, deciding when some throwaways were the appropriate time. I wouldn't say this, I didn't see this. I'm very much looking forward to seeing him in a lot of clutch moments ahead. He has such confidence in that space with the system, with the guys, so I'm very much looking forward to seeing that.”

On what the next steps may be when they see a guy on special teams make such great plays like Owens:

“It can, and in this instance with Tyler, fortunately for us, like, for a couple years now, he's been making these types of plays where he's got great speed to offer. The covering is what sets him apart. He's got speed and length, so that's the role that he's best at today. And that doesn't mean you don't give him more chances or more ops, but what I do love about him, he's nailing the role that's given to him, and there's no denying that. It does happen some but, like most things, I don't wanna force anything. If it's earned it on special teams, keep doing that. If it's earned on offense or defense, you keep rolling with that. We'll make it specific to the job first, but we're really pleased with the role and where he's at.”

On his thoughts on the run game specifically from RB Jacory Croskey-Merritt and on his fumble:

“Yeah, I think the ball security, that's definitely the premium for us. You've heard me talk about it a lot. I love kind of the twitch that you see with Bill. You know, when we can get him onto the second and the third level, that presents a real problem from a tackling standpoint. I think we saw that almost on the opening play, where there's a chance to go onto a big one. He's decisive in his cuts. I

think that's been a stronger part of his game as it's going. He's a stronger person right now, just from the offseason and development, so you're seeing those things. I think the zone game suits him because he's got the cutback ability. So, I think just the more reps he gets in it, the more [he's] got time, he's seeing the blocks, the offensive line knowing where he is. Those are things that just, we need time on task, but I'm pleased with what we've seen so far.”

On if putting RB Kaytron Allen in the game was a response to Croskey-Merritt’s fumble or if that was the original plan:

“It was both.”