

September 18, 2026

Head Coach Dan Quinn

Opening Statement:

"All right. Let's get it rolling. I thought first thing I would hit with you is the captain for this week will be [DT] Daron Payne. He'll be the one that is in addition [to the five seasonal captains]. I thought, man, for months of work, off season camp-wise, you're seeing like real havoc and good play with him. From Week One to Week Two, some of the things I'm looking to see is us leveling up and specifically turnover margin, explosive play margin. Like those are things we're capable of. That's all three phases. Could be explosive return, plays, covering, they got good cover groups. And then clutching our winning time moments. We had ops in all three phases to nail that and certainly ready for those. From the injury front, [LB] Frankie [Luvu] and [TE] Chig [Okonkwo] weren't able to make it back this week. Guys are working hard. We'll see what it looks like for next week. So, I wanted to give you all the info I have before we get rolling."

On compensating for the loss of Okonkwo in Week 2:

"It'll have to come obviously in different spaces and people of how we would deploy them. I'm pleased with the work that I've seen from him, but at that position, we do have guys with some speed that can still bring things vertically down the field. Specifically, [TE] Ben [Sinnott] and [TE Colson] Yank [Yankoff] into those spots. But it's definitely significant."

On what the team loses when Luvu isn't out there:

"I think the play style is the thing that jumps out to me when you ask the question about Frankie. There's an energy that comes with him. I like him as a blitzer. You've seen us feature him in that way this year as opposed to last year. It was more like we did his first year here. And that's a good role for him. He's aggressive. He's flying. So, he does bring a certain energy to the whole group in general. From a communication standpoint, both [LB] Sonny [Styles] and [LB] Leo [Chenal], too strong suits for them in control, in command, but we'll definitely miss Frankie in that space."

On DT Javon Kinlaw's status:

"JK was out at practice. So, it was good to have him back out [there] today. And we'll do a designation for him this evening, but it was nice to see him back out at practice and Wednesday, today. So that's trending right."

On G Sam Cosmi:

"He's one of the players that sometimes they catch your eye in the very best ways. And I loved also in training camp; how many had singled him out on Wednesday. And I also think Daron and JK and [DT Jer'Zhan] Johnny [Newton] and [DT] Tim Settle and [DT] Shy [Tuttle], all these guys, how can you not but get better also, by putting it in and going. But like, Sam is really hitting the top marks of his game on both sides. Oftentimes, offensive line, he's a really good pass protector, he's really good in the run game, what's standing out to me is like significant in both. So, we'll need that good

matchup again, especially on the interior this week.”

On if you can coach creating turnovers:

“You can. It is definitely a mindset. Some have more enact, it's called like a feel, ‘Okay, this play's there, I can go do that.’ I'd say some is, but I definitely think it's a trainable thing. It's not necessarily the first person there. Oftentimes, like, I'm talking about fumbles specifically. Can I force them as the second guy there, the third guy there to go? Sometimes the tip passes just by being in zone to create one. So, I do think the speed can create it, the hitting can create it. But it is a skill and I do think there's a level of that. Like if you come in being able to take the ball away, I think that does factor in. Much like production in college, like guy has a lot of tackles there, like it's likely that's gonna carry over. And oftentimes you'd see somebody with these measurables or this type of speed without the production. Sometimes you can be ‘eh’ but in this instance, I think you can go to another level. Maybe not two or three levels, but I think you can, you can certainly go up one.”

On if there is more being asked of Styles with Luvu out:

“Not in this sense, in terms of like from like when Frankie left. So, Frankie was making more calls to the huddle, but that was something that we've been doing with Sonny for a while. I think you want like the contingency planning whenever these things come up that you're ready to deal with that. And so, Sonny's been in that spot, Leo's been in that spot. So, it helps when you have some experience doing it, but no additional duties.”

On how to know when a rookie is ready for more responsibility:

“Yes, and I think it's important that you set certain blocks and standards that you wanna go to, and that's starting in the spring of call, command and owning your technique. Oftentimes the veteran players will look to the rookies and, ‘Okay, can this, can this man help us?’ He's dependable, he's reliable, he's onto his calls, he's onto the details. Those are the things that usually jump out to the veterans. Okay, I think we got something here and like where it can go. And so, it has to hit those markers first, and then it's into the training camp piece. And how does that leveling up continue? And so, for Sonny, it's been pretty consistent. And that's all, as a rookie, your teammates wanna see from you is like consistency and improvement, like knowing there's ups and downs that go with it. He's got an excellent group to go with, as well as a coach that can really instill belief and technique, talking about [Linebackers Coach] Ken [Norton]. And when you put that part together, I think it allows an environment for somebody to really take off. But make no mistake, like Sonny came in really as a man on a mission, to get it right and to be really detailed and accountable. So, it was kinda like a perfect environment for some of his skills to be accentuated even higher, if that's a word, accentuated. I think it is [Laughs].”

On G Lucas Patrick and how quickly he thinks Patrick will acclimate:

“I think, good on [General Manager] Adam [Peters] and [Assistant General Manager] Lance [Newmark] and somebody they've identified as they played good experience ball at two positions inside. And so, for him coming in, this was something we've discussed before to add somebody to the room in that spot. He's picked things up well on the first week on the job. Oftentimes at that position, much like some others, ‘Okay, that was called that, that's called this, but it's still a slide here. It's still a double team here. Yes.’ And so, learning that language can be some of the most tricky parts, but it does help to have experience in different systems. So that's a big deal where they ran wide zone this way, this technique is it the same exactly? Yes. Or is it different? Okay,

what's the subtle difference?"

On if the accountability that was shown by the players is helping with the team's improvement:

"Yeah and near misses, they sting. And so, I love the leadership from the captains because it really comes from them first about this is what we like, this is what we need to hit on. And so, when we refer to leveling up, it was specific, what's the one thing you wanna do this week to like make sure you're the best version of yourself by Sunday? And then as we get into tomorrow, did you do what you said you were gonna do? And so, to me, that's the accountability from player to player. So, we talked about it in the meeting room to the person you were sitting right next to, what's the thing? And then as it gets to tomorrow, did you do what you said you were gonna do? But that's the sign of a good locker room of guys that wanna own it and they felt connected, disappointed, all of the things that we had. And so, you don't get the 'except for plays' and they know that as well. So, I like the work that we put in to take the improvement up."

On having injured linebackers and how that changes decisions for Sunday's starters:

"The good news on the team at the linebacker speed, you're referring to like [LB] Kain [Medrano], that helps a lot because it's not where, 'Okay, this matchup or that to go.' So generally, that person who's got like [LB] Jordan [Magee] and he on the special teams side, man, like you gotta be able to fly. So, the experience of him taking another step, that helps. We're fortunate in the safety world that we've moved some of the guys around. More often it's like a nickel position, generally not a backer one, but the nickel to back. That's a big piece of it. But yeah, it's hard losing one. It's more difficult when two are missing the time because there's a trickledown effect on special teams as well. Okay, somebody played all four, okay, this person may take two of this one and we'll supplement the other two units that he was on with someone else. So, it presents some challenges for [Special Teams Coordinator] Larry [Izzo] as well, but those are the contingencies that we've practiced. You've heard us all the way back from spring. Who's what? Who's where? Can the next person step in? We've been pretty mindful of that, and the roster feels significant to me in that way."

On if he views this as Week 2 of year three with this group or a fresh new year:

"Interesting. I would say probably, this is gonna sound like a weird answer, but a little bit of both. For the new players, I think it's important [that] they're understanding philosophically what we wanna stand for, how do we wanna do things. And we have had a lot of new. That's why I'm saying it is both because I wanna make sure I was as intentional as I could be with new coaches and new players. Philosophically, this all through the spring and through training camps, I thought we detailed that out. And it's also the responsibility of players who are into their second or third year of that to help bring them on. 'Hey, what Dan is trying to say here is X, Y, and Z. What he wants from you on this practice is being here. And so, this is the shit that pisses him off. This is what he's good with.' And as funny as that sounds, that's an important thing, so that's my answer. The standards are high and we expect the guys to meet them, but I think it's important to have high standards because, man, push it and see where you can get to. There's a lot of the first-year players that improve the most. Many of them are much better than they were on July 23rd. Here we are, you know, six, seven weeks later and having their first games, that helps. Everybody's to the standard, but I'd say it's a little bit of both."

On the impact of having long-term injured players like DE Deatrich Wise Jr. and T Laremy Tunsil be at the games supporting their teammates:

“I saw them in the meeting last week and I just thought it was significant to see both of them. I want the team to know how much they appreciate it because, when you're detached, it can feel like you're away from it. But Laremy in specific has such a good connection with [T] Josh [Conerly Jr.] and checking in, seeing where it's at, that's a big deal. And Deatrich, he has been like incredible in his rehab. It's a year. And that's how significant the injury was. I believe it happened on 9/11 [last year] because that was in Green Bay. That's a long time. That's hard. So, knowing that the light is getting at the end of the tunnel, he's the same person he was six months ago when there wasn't as much light. And I thought for the trainers and them to say, 'Man, we enjoy being around this person every day.' He brings a lot of life to people and belief, and we're excited that he's getting closer into that space. But it's significant when they want to be a part of things in that way. It's certainly not required, but it does add a lot of value.”

On the challenges he thinks Dallas will bring to their team this Sunday:

“Almost like, two different ways. Here's why I'm saying that. 11 starters returning with [Dallas Cowboys Head Coach] Brian [Schottenheimer], you know, seeing that group in the same. So, you can look further back. You know where some of the weapons are. That's easy to see. And that was evident in the game last week. It was just as easy, could have gone their way. They played well in third down in lots of ways. They caused some fumbles, didn't get them all, but I thought it could have been easy the other way. Defensively, somewhat different because much like us with systems that are different. So one is familiar, although difficult, and the other is new. And two, trying to experience both of those. One game helps, but it takes usually to really see some tendencies and where you're at, it takes a few, to say, well, some things different both sides of the ball than we did in Week One. They will as well. So, that's my assessment on same but different. Same offensively with some new wrinkles, defensively different as they're putting in new guys into some new spots with some new faces too.”

On OLB Joshua Josephs and the new schemes in Week 1:

“Let's talk about Josh for a moment. Playing on teams and that's something that's going to develop more as the season progresses in his role. And it's good because of his speed and his length with the other guys being out for a bit. He got some extended time during the preseason, which for any rookie, it's like, man, this is a gift for me knowing that I probably wouldn't have played as many reps. So, we got a better sense for he and [OLB] Javontae [Jean-Baptiste]. I thought for training camp for him and Javontae, they were significant. They got more playing time. They got to work their skills into different spaces. As far as, [WR] Antonio [Williams] and Sonny and some of the others stepping in to contribute right away, there was a readiness that they showed. I thought maybe, I wouldn't say all along, but near all along, it was never too big, never out of whack in that spot. So, I wasn't surprised to see both of them really ready to contribute. Their teammates know that from them, because they've seen that too. So, I was excited to see where they can go. And these are the types of players that you wanna see this on the way up. It's not one size fits all, you know, different position, different people. But, to see Josh and the guys start gaining their traction and feet to go, it's a big deal.”