

September 30, 2026

Head Coach Dan Quinn

Opening Statement:

"It's good to see you guys. This is my first game as a coach in England and, man, I'm pumped to be here. It's cool here at The Grove. This is our headquarters for a week. It's absolutely a fantastic setup. People often ask me or the team, what's different about international games and you say travel or customs or the venue. But the thing I've wanted to emphasize with the team the most is what's exactly the same. And those are our anchors of what a Wednesday, a Thursday, and a Friday look like in terms of our preparation to get ready. And so that's a lot of the reason for coming early, so we can get back into that process. The quicker we get to that, less focus on what's different and more focus on what's the same. So, we're pumped. We're ready to get rolling with practice today and open it up for you guys."

On their approach to the week and jumping right into practice after traveling:

"Yeah, fortunately, we also have an excellent performance team, [Sr. Director of Player Health and Performance] Geoff Kaplan, [Team Clinician] Dr. [Erica] Force, [Director of Performance Nutrition] Nick Farrell, nutritionist. They put together an awesome plan for our team of what it would look like from sleeping on the plane to getting here, staying up, doing our practice today and getting really back into rhythm as we get into tomorrow and Friday and Saturday as we're leading to the game. So that was a lot of collaboration, obviously prior to this week about setting it up, what it would look like. And we brought the whole show with us back from Virginia. So that helps a lot too."

On what he expects QB Jayden Daniels to be able to do at practice this week:

"Yes. And today will be more in a jog format, but if it had been a full practice, it would've been limited. In fact, everybody will be in that same space with one exception, [RB] Rachaad White still dealing with his shoulder. It's still banging. So, he needs more treatment and time and rehab on it. We'll have a better assessment for him as we get through for the week. But everyone else is either full or limited in some variety. So, it's good to have more of the crew back on the field."

On the weather in London being hotter than expected:

"Your autumn is quite perfect. If it's hot for here, it's honestly ideal for us. Going through the summer and into training camp and you get into this space, we're prepared for the heat. So having this here for us is actually an ideal setting for practice and training to get ready for the game. The setup here at The Grove for us to have headquarters here, the field here, locker room, weight room for us, it's honestly an ideal setup for a team to train and get ready."

On NFL Europe potentially coming back:

"I am a developmental coach, so I love anything that's associated with that. Not just for players, but for coaches, I think it could have a big impact as well. Anything that we can help grow it in a significant way and help develop players as they're getting into the league, it's a really big deal and

I would support anything that had that part with it.”

On keeping focus on the game even though traveling outside of the country is a big deal for many:

“As much as we can get back to normal. So, today's about our competition. We even did that, some of the meetings tomorrow, the process that we go through, that's the key. As many things that could feel different, a new location, a new venue, how to travel, customs, et cetera. How do we get back to us? And that's what I want to make sure the play style, the attitude, the effort, and most importantly to get us into that space, the practice habits. And those are the things that lead us to playing well. So, the quicker we get into that, I think that's the real key.”

On what he wants to see from RB Austin Ekeler this week:

“Yeah, we're very early into that process. I wanna see how he responds, number one, to the week and workload. And we won't see that as much today, but certainly into Thursday and Friday, new system. A lot to go through for him. He's working like crazy to learn it and study. That was evident in the way, you know, you see him already looking at playbook and into that space. But I'll have a better assessment in about three days to see where he's at. But there's no rush on it. Just like with any of the players, where's their readiness, their knowledge of it? We'll make a better assessment as we move forward.”

On if S Percy Butler is out of the concussion protocol:

“Yeah. Everybody else is working through some. It could be limited fashion, but Percy will be working still through the protocol, but he'll be participating today.”

On G Sam Cosmi and S Nick Cross not traveling to London to work through their injuries:

“Yeah, just knowing that by the game, they weren't gonna have the readiness in a short order to make it. So, we thought the best option for them would be to stay back and maximize all their time in hopes of into next week. It was nothing more than just, you know, we ran out of time for this week. So, we could do everything we can to hopefully push that into next week.”

On if he plans to keep G Lucas Patrick at center and G Nick Allegretti at guard:

“Yeah, we're still working through the combinations. We liked some of the things that we saw with Lucas inside. So, he's a little bit limited as he's starting the week. Same process of the best five for us right now, but I did like what I saw from Lucas first lap out.”

On bringing Ekeler back after having such a serious injury:

“Yeah, certainly the insider knowledge helps on this one. You know who the competitor is, you know what he's made of, so that definitely is a big factor. Knowing him, he was gonna go through every step of the rehab to get into that space. So, we thought the time where it would be, and then seeing the video of him, what it looked like, this was the right time for us. As far as readiness for the game, I don't know that yet. And I think it's too early to call, so we're not in a rush to do that. We're gonna find the best space for him to do that. But we are definitely pumped he's back.”

On the injuries of the linebacker room and how they're moving forward:

“Yeah. So, we'll lean in with [LB] Frankie [Luvu] and for him to be back, that would be a big push for us, like a big shot in the arm in an excellent way. So, he'll get some. [LB] Kain [Medrano] will also work into that space. The three of them, including [LB] Sonny [Styles] will be the way that we'll go about it. But that's how we'll move forward.”

On the cornerbacks and how he thinks they played in last game:

“So we moved [CB] Mike [Sainristil] to nickel[back] and we wanted to feature him into that space for a while. And I liked the results from seeing that. I thought that's the best spot and thing that we can do right now. We added some reps into [CB] Fabian [Moreau], experienced player, good knowledge for it. So, I liked seeing that. [CB] Amik [Robertson], I thought for three games has really shown his intensity and competitive drive a number of times, but we'll continue working in that direction with both Fabian and [CB] Rasul [Douglas].”

On if Daniels' injury and return to play has a foreseeable timeline:

“So as we're getting started for this week, today is, it's a little bit limited, so we're gonna call it a jog through for us. So, he would be limited in that spot. But as we're working through the week, he'll get more reps as we're gonna go. It's part of our return to play process where guys, individuals, that's kind of the limited portion, then some of the team reps and then more. As we get into Thursday and Friday, we'll see what that load looks like, and then by Friday, we'll have a definite determination of where we're at. But until then, we'll work and start the process, but it'd be too early to call it.”

On if Daniels has a shot to play on Sunday:

“Yep.”

On if Daniels' recovery and return to play looks different than it did last year:

“Both of them are good. I would say one, his drive is always strong to return to play. Any athlete would probably tell you when you're going through something a second time, there's a known of what the road looks like. And I think we'd all feel that way, whether it's a sprained ankle, okay, I've had this before, I know what this could look like, how I could deal with it. In his instance, although unfortunately he does know what that process looks like of the mobility, the strength. Certainly, having the brace is gonna be a big part of him. He'll wear that the entire season, but I would say there's a known entity of when you're ready. Without going through all the steps, we just don't know yet. We're not going to put him out there before he's ready. So that's why it's important for us to trust the process as we're going. But him being back on the field is, man, that's a good step for us. And then we'll take it from there.”

On QB Marcus Mariota having played in London before and if that affects any decisions on who will start Sunday:

“I haven't talked to him about that, but I think there's, anytime you have experience, there's wisdom to gain from that. Some of it might be, I wanna do exactly something that I did previously, or I wanna do the exact opposite. So, there's definitely wisdom to gain. I've not discussed it with him, but he is somebody that's on top of the details. I was pleased with the team's readiness getting into this. I thought this started, we even talked a little bit about it Saturday, and then into Monday, we did quite a bit of preparation with the players, what they would do on Monday night, how that would go into Tuesday for getting ready for the flight, from meals to sleep to getting into the day and staying up through the afternoon to get back onto the rhythm. So, I like the game plan we've had, but it would definitely be something I'd follow up with Marcus about.”

On Indianapolis Colts QB Daniel Jones and his play style:

“As a coach, I've faced Daniel a number of times through his time at the Giants and not only is he, his ability to create, use his legs, get outside, his accuracy. So, he's always been somebody that we viewed as an excellent competitor. You're seeing more of that now, again, through some of his time

from the games from last year and then even into the games for this year. But it is his legs, his ability to create the second play. Similar to Marcus and Jayden in that way, where the second play can begin and then matching routes, get into that, and he's an accurate thrower on the run."

On their run defense over the last three games:

"I like what I'm seeing from the big guys, that's [DT Javon] Kinlaw and [DT Daron] Payne and [DT Tim] Settle and [DT Shy] Tuttle and those. It's building a wall out on the edges with the outside backers. We've seen that from them and that's gonna be at the top of the priority. [Indianapolis Colts RB] Jonathan [Taylor], their offensive line, the tight ends, they've done a good job in the run game and their run actions through the year. [Indianapolis Colts Head Coach] Shane [Steichen]'s had that background from Indy, from Philly, from Chargers. So, this is a successful coach in that way that really has understanding in the run game and the run actions and that's the priority."

On moments from last year that they learned and don't want to carry over into Sunday:

"We actually waited one more day before traveling this year and we wanted to give the coaches as much game planning time as they could. So that was all of Monday. I did my meeting alone with the players just so they could have more time into the game plan that included into yesterday. So, getting a jumpstart for them, knowing that coming here, getting everything organized quickly, the video, all your analytics, all the things that you need to get started, we thought the extra time for the staff would be well spent. And they're off to a good start with getting here and getting things quickly set up. But I gotta give a shout out to the team of having an advanced team come, being here in the spring, seeing the site, the field right here for our team. We don't even have to get on a bus until game day. It's like being back in college, man. Go to school in the classroom and you come out to practice. And that's a big deal for us, knowing that we have all the setup that we need to stay in a really good process here."

On the 'clutch gene' and if players either have it or can eventually gain it:

"I think it's a lot like leadership. It is something that you can be developed with, but you do have to be in those environments and stressful spots to feel comfortable doing that. And we try to make those at practice as much as we can so when we do get into the game, those feel more normal. Are they exactly the same? No. But when you see a guy like [WR] Terry [McLaurin] go up for it or, you know, on a fourth down target, it's not by accident that he's able to deliver into those spots because of the work that he's put in. So, I think there's some trust that goes along with that, knowing when those moments come, I kind of lean into them. The best competitors do that almost to a fault. They wanted every play and that is a good thing. When you want the ball in your hands or make the play in that spot, so I think it's something to be developed, but it does come from confidence in the work, knowing that like you're really ready to deliver into that spot."

On how much a player's development is driven by themselves versus by their coaches:

"Yeah, I think belief is a powerful part of that. We all need it, whether it's a ball player or a coach to say this is something that you can really nail. But it's up to the coaches to provide the environment for that work to take place. When you start doing that in practice and you kind of get known for that and you deliver on it again and again, then you can really demonstrate that to say, when this time comes, this is the person we need for this job. And it does take time. It's not a one-time thing. It's over and over, but the more you deliver on it, kind of the stronger and more confident that you grow."

On the importance of an international game for the Commanders and having Daniels here:

“Yeah. It's a big deal for us and we're hopeful at the game that we see a lot of burgundy and gold in that crowd. After all, it is our home game. And we certainly expect to see that. It's awesome having, honestly, the entire team together. As a coach, you want environments that the guys can be together. So, for us to be together here on the road for a few days, they'll spend time together, have meals together. It just builds our connection stronger. This is an ideal place to do that for the entire team.”

On if Daniels' recovery is more about pain tolerance or comfort to be able to play his best:

“Yeah, I think first part is the functionality and the strength. So, the pain tolerance for him, he already has the high one end of that space. It's more with this specific injury, the functionality, the strength. And once we get to that space, then we can go. But part of returning to practice is a piece of that. As he's going in today, it's limited and then we'll get more reps as the week goes. But, it's really all kind of encompassing into it.”