

October 7, 2026

Head Coach Dan Quinn

Opening Statement:

“Let’s get rolling. I’ll fill you in a little bit about what I discussed with the staff last night. As we’re hitting, the early part of the season, so much is about us and even more so than the opponents, and sometimes the early new schemes, new play callers, but really just trying to get our football right. And we’ve definitely had some moving parts for sure, I told them, but this week, I want to make sure our emphasis was on our mental discipline, and our pre-snap penalties. And we have got to get that right. Added some officials for practice, but wanted definitely our focus on that for sure. So yes, big division game, but if you walked inside in the halls right now, I think you’d feel urgency, energy to play like us, period. Fast, aggressive, and playing cleaner. And that’s not opponent driven, that’s us driven. We’re ready to get rolling. We’re excited that we activated the 21-day windows on [CB] Trey [Amos] and [DE] Deatrich [Wise Jr.] and [RB Jeremy McNichols] J-Mac, and it’ll be great to have them back out at practice. They’ve worked extremely hard through the rehab process, so it’ll be good to have them back to it. So, all that said, ready to get rolling with you.”

On how players can be better on both sides of the ball in winning time moments:

“Yep, I thought, I’ve liked over the last couple weeks, the third down, there’s been improvement on that side for sure. So, each week you’re kind of, ‘All right, where are the marks of what you wanted to hit? What targets did you want to hit?’ Somebody just won a drinking contest right there [Laughs], I just saw. So that’s good. I saw there was the comment on markers. I’m trying to get them out, you guys, honestly [Laughs]. Let’s have some fun with that. As we’re going through the situations, I want to make sure that we do them in practice. Might have been a red zone one, might’ve been a fourth down op, might’ve been a third down op. It might’ve been a scenario in the two-minute piece that we like. So, we try to hit those as often as we can. I liked how we did some in Seattle. Didn’t love the end of the half this week. So, it’s constantly one that we’re digging in on. And as we get through it, there’ll be kind of ones that I like, ones I don’t, but it’s on the front of my mind almost every week, every game.”

On an update on WR Terry McLaurin and his injury:

“He will work off to the side today and we’ll have a better report as we get through tomorrow and Friday.”

On where he sees a disconnect between the tight ends in the passing game:

“I’m hopeful that one, like talking about [TE] Chig [Okonkwo] specifically, that he and [QB Jayden Daniels] Jay have spent like all of training camp working through together. So that’s a big deal. And we didn’t get as much of that [combination] so far this season [with the injuries]. Certainly felt like he had, you know, part of the plan, a little bit got derailed in this last game. But going into it, having him back out at practice, back into the mix, I definitely see that trend going up.”

On if he likes the defensive performance and if he feels the defense wears down in the second half of games:

"I definitely want the response in the toughest spots to go nail it. And, in the third quarter, I think there was a drive for a touchdown, one that was a field goal maybe on a shorter field, but that's definitely one of the topics that we've hit on. I love the energy that we start with, but for sure the second half has been something that, defensively we've had a lot of conversations about over the last couple days and finding our ways to respond in those strongest moments at the ends of the game for us. And that was definitely one that is at the high part of our list. I just liked the third down improvement, communication improvement, a number of things. So those would be the next steps for me is seeing that response and when it's time to go close the door."

On how cautious Daniels will be playing with a sensitive elbow post-injury:

"It's a good topic and the best way I explained it to him and if he's normally scrambling, he slides, when to throw it out, if you know, in a group, think of it like a running back who clashed the ball, you know, rolling to the ground. So, I thought of him as that player, and that's the way we explained it. And those are, honestly, just some practice drills that we'll be doing today. But it's definitely something we talk about. We're gonna practice it and this is him moving forward and how we'll play."

On how optimistic he is about QB Marcus Mariota's return in a couple weeks:

"We're optimistic that the injury was similar, that hopefully they'll follow the same plan for him. And if we can do that, that would mean sooner than later being another game and the bye week. So, we're encouraged about what his return could look like."

On how quickly they can bring Amos up to speed on the plays and on any extra precautions they'll take with him:

"Not extra. [RB] Austin Ekeler ruined it for everybody [Laughs]. So, practice is important. I think that's the main thing with Jeremy, with Deatrich, and Trey. So, no guidelines into it. Let's go see where we're at, play some ball. But as far as into the game, like way too early to call. Let's really go out and push it and then get into practice. And the three of them – we'll kind of customize for each of them when that's the right time."

On CB Mike Sainristil and on his decreased snaps and overall struggles in coverage:

"We moved him inside to nickel and we wanted to feature him there. More often than not, if there's a focus, a thing you can fix cleanly, we will. And Mike is definitely doing that. Confidence in him is high. We know what he's capable of, so we're gonna continue to push him. We'll lean back on him. I'm certain that we will."

On T Laremy Tunsil and when there might be an update on his timeline:

"Not a timeline yet. He had the last checkup recently. They were pleased, but they're still in the process, this part of the healing. It's a longer recovery in that spot, but nothing at the timetable just yet."

On the offensive penalties and if he considers removing some players off the field at times if they keep committing penalties:

"I would definitely consider that and I'm certain that we are gonna get this fixed. Certain. We have to. There's no if, ands or buts about it. So, losing big plays due to a pre-snap foul, and then the defensive case, a post-snap foul cost us, and we're gonna work really hard to attack that."

On C/G Nick Allegretti's playing time being reduced:

"Yeah, I think there's a lot that goes into it. It's like most things in the discussion. I think one, missing a lot of camp obviously has a factor and he was also banged up with a calf, hip. And so, I am very much, the conversation with him, I'm looking forward to getting 'Nick Allegretti ball' back. Like his toughness and will is strong. And so, as we're in the last week, this week, I'm looking forward to seeing that technique really improve. That's who Nick is. And I'm certain that we'll see that continue up. Just his kind of will and toughness, allowed him to go, but I'm looking forward to him really getting into a good working rhythm at the position."

On his main stressors to the team at this point:

"The first one, like we talked about earlier, was the pre-snap fouls and the discipline that goes in for that. That's a big piece. Different sides of the ball, different ones to go, like, looking forward to getting our run game going and establish that. I'm excited for [G] Sam [Cosmi] getting back into practice as well. It's been nice having Ekeler and J-Mac back as well. And so, we've got a very strong group of running backs. On the defensive side, there's still work to do and creating more takeaways where in the last two games that's going. So, in my mind, what I usually hit with the staff, myself, what did we learn and what do we got to continue to build on and where are the weaknesses that needed shoring up? And so, this is that week where you kind of get into that where you can. And the pre-snap fouls were my biggest one offensively. Let's stay on schedule, stay on track for that. Defensively, the continuation of really attacking the football, that's gonna be a big piece. And then on the return side, I like how we're covering. I felt like we've not hit our kickoff returns and punt returns at the level that I think we're capable of based on who the returners are."

On what he's seen from the secondary and what improvements he still wants to see:

"I think standing here probably after the Dallas [Cowboys] game, you guys heard me talk about communication a lot and that's always king defensively. And I felt that part has improved over the last two games. Seattle [Seahawks] had a lot of yards, but the improvement, there wasn't a mix up, a bust in that spot to go. I'm excited about the improvement. I'm excited that [S] Nick Cross also is back into this mix as well, back at practice. But that alone has been significant for us. I'm looking forward to more technique, all of those things you wanna constantly improve. But starting with that, that was a big step."

On the conversation around activating QB Sam Hartman:

"It was definitely things that we had discussed for sure in the last week and [General Manager] Adam [Peters] and I will have those same discussions this week. Yep, so definitely like a lot of confidence in Sam and thought the improvement he made going into this year was the biggest jump he's made in two years. And so, it's definitely a conversation we've had."

On lessons he's learned from dealing with team injuries last year that he wants to carry over into this season:

"It's a great question and the biggest one that comes to mind for me, and you've heard me say it, is the 70-man roster. And already leaning into that through four games has been a big deal for us. And going through the injuries sucks and the silver lining that comes out of it is that later on in the season, later on in football, now you've got some experience with people like [C Matt] Gulbin, you know, [LB] Kain Medrano, others that have gained starting experience into it and your whole team gains a little stronger and a little more depth as you go. And so, you wanna be at your best when you're improving as the season goes by playing more, it's not fun in the moment, but when you do

do that, there is something to gain that the whole group is getting a little bit stronger and you don't get to really fully show that till later. But I think that's the big lesson knowing that like every person here is up. Like the phrase in the Navy, all hands on deck. It doesn't mean every person has to do everything, but it does mean like this is your job, gotta be ready and deliver when called upon. And I think that started even way back, if you guys remember like in minicamp and playing more people and into the practices. So, we're gonna continue with that.”

On RB Jacory Croskey-Merritt’s performance this season compared to last season:

“Yeah and when you get those ones, that does change the math on it. And we're excited for Bill. He's in great shape. He's worked really hard to go. So, we will find those keys to make sure staying on course, staying on the tracks, and also finishing our blocks downfield so it's not on one person in the run game. And so, as we're going through the team, myself, all of us, we're very excited for him and getting him on track like we know we're capable of.”

On if the roster is strong enough to absorb injuries if players perform to their capabilities:

“Yeah, to the capabilities. And we do have a strong 70-man roster. And although difficult, definitely the capabilities are there to do that. We've been tested over four games at linebacker, at quarterback and other one-offs. But those two specifically, so to see with [LB] Leo [Chenal] going down, [LB] Frankie [Luvu] was down, Kain steps into that spot, that's a big deal. And know when to deliver, be counted on, that's as important as it gets. And there'll be others that have that, so it is capable. It's not the same, but there's always a way to go. And I like that we've kind of pushed everybody along in that spot this year.”