THE WASHINGTON COMMANDERS
21300 COACH GIBBS DR.
ASHBURN, VA 20147

BigBear.ai PERFORMANCE CENTER

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Head Coach Dan Quinn

Opening Statement:
“All right, we'll get rolling. We just finished up; this is a good week of practice for us. This is what we needed and good battling all three days, so I was pleased with that. As far as injuries go, we're still working through a couple of guys, and we'll huddle up, make a final decision tonight. And lastly, but most importantly, we're honored and also excited for [Former Washington RB and Hall of Famer] John Riggins and his family to see his jersey retired on Sunday. He is the definition of identity and a true BMF. So, I thought not many players can say that about what an identity can bring, and I think it's pretty cool to be a part of that for this weekend. So, let's get rolling.”

On WR Treylon Burks not practicing and if he will be available on Sunday:
“Yeah, it's harder, and those are all part of the considerations for sure. If a player can participate in the walkthroughs and do some of that, then that is some grace, but it's definitely part of the decision.”

On what happened to WR Dyami Brown:
“He injured his calf.”

On the severity of Brown’s injury:
“Yeah, like I said, we're gonna huddle up on those guys tonight.”

On having a limited number of receivers available for Sunday’s game that have caught passes from QB Jayden Daniels in past games this season:
“They've caught a lot in practice [laughs]. I would say that because I don't think there's a way to compensate in that for the game, but going into it to have the trust to get into it, it is part of what we do when we think of our 70-man roster. It's not these guys here, these guys here. So being part of that and these are those times where it does benefit to say, ‘Everybody gets reps, everybody's playing’, so there's not a natural tendency to work back to not put in the work, for that gameplan, just because you just don't know when it's a moment that comes up and you need to do it.”

On if it’s hard to develop coaches and players during the season:
“I think you can. It may not show up in the regular ways. I try to give feedback when I'm into meetings and I'm hearing a coach give a presentation and doesn't have to be in front of the whole team but seeing like specific teaching points being made on the field, I oftentimes do it like in a two-minute drill. So, there could be like for instance, who was running the [Los Angeles] Rams offense in a two-minute and vice versa. So those are the two windows. And then I try to give those guys feedback when I can and develop them. Even if it's running cards, the details, the execution of it. So, I don't give a grade or measure it, but I do try to give feedback as often as I can to help.”

On the offensive line needing to be more communicative heading into Sunday's game against the Rams defensive front:
"I would agree. This is a front that can move and they've got quickness inside and outside. So, I've been impressed by [Los Angeles Rams Defensive Coordinator] Chris's [Shula] system. They can blitz, they can move, they can rush with four. So having guys with really good quickness, it's a challenge to prepare them. So, in the practice I was kind of referring to why I liked just the guys battling. We did a lot of good-on-good competition to get the speed rolling, but it does take that level of communication, different alignments, different people. And sometimes when you're playing a team like this with their front, other players also get special attention. And so where are they aligned? How does that go? So, I'm glad to hear that they are ramped up on that as well."

On teams planning to cover S Tyler Owens and what he's seen from the special teams unit this season:
"Yeah, and the first person that comes to mind and talking specifically like on covering punt is [S] Percy [Butler]. And I feel like these two men, they are a tandem, a true duo. And they deserve the extra attention based on their speed and their physicality. But I liked what I saw, especially last week from the return units and to see guys staying on blocks. And so that can come across, there's not a stat for that for a good block in space, but I felt that in being attached. And we'll leave that kind of effort Sunday for us to create field position to help us win. But the better you get, the better you have to play because there's more attention to you. And TO is still thriving into that. But [LB] Jordan Magee is another one, [LB] Kain, I like the speed of our linebackers. They can run like safeties. And so, a traditional big linebacker position or defensive end in our system is really more speed. And so, on the way that kickoffs are covered now and returned and the amount of them, you need that kind of speed."

On how the position coaches have responded to learning new systems this season:
"I think number one, I like hearing them teach and as you get into the season, like in the spring or training camp, you put everything on the wall. Everything goes up. Everything goes in. And then you start sorting who do you have? How do you feature players? And that's a natural progression that takes place. So, by this point in the season, there's no more, 'Let's see what this looks like, let's try it out.' Those days are over. And so that's important for the coaches to be able to communicate like, 'I feel confident with this player executing this assignment.' And so that's the feedback that you want. I think the first four games or so of a season, it's back and forth still as you're putting it in. Certain things like the run game takes time to get going or a certain blitz package. But by this point, now it's go time from here on. So, like things you do best, division of labor, who does what best, and then try to feature the guys in that way. And the coaches are a big piece of that."

On expectations for RB Robert Henry Jr.:
"Stay tuned. Yeah [laughs]. One, we're excited to have him back. And you hope that a moment comes where you get a chance to, and so where it can work out, and this is one of those instances where it is. So, what'd you learn, what'd you gain, you know, in that spot? But I liked how he picked up quickly. This week, he spent a lot of time actually with [Running Backs Coach] Anthony [Lynn]. It was early mornings here getting ready. And so, I liked the intent of him saying like, 'I got everything in and I'll be ready if called upon.' And so, we liked what we've seen from him and from [RB] Devin [Neal] as well and [RB] Craig [Reynolds]. So, the running back room, although some don't have a lot of experience playing, I like how much they're putting into it, knowing when called upon, they'll be ready."

On what was different about today's practice that the team needed:
"I wanted to finish it the whole way through. We've had some times where two out of three were good or both phases all the way through. And I especially liked yesterday's, just the competitive nature of it. It felt like this is a game we're gonna need some sparring good-on-good, battling for it. And I felt that into the practice week. And that's what you want. You want to see. Like the elevation of the team, the communication, the execution. Those were the things that I grade practices for, what I'm looking for. And so, it gives you the best chance to play well, you know? And that's really what we're trying to do. So that's what I was pleased with."

On how much more important the team chemistry is with having multiple injuries in the wide receiver room:
"Right. And we're still working through some of the ideas, but I think what you're speaking to is you wanna make sure the contingency plans are there. And how do you adapt and adjust? Cause one thing we do know is that the plan oftentimes has to change. That's no different than if it happens in game. This is what we would do if this happens. And so, you're constantly kind of tweaking that. There's sometimes at practice that we also do that just intentionally to say, 'Hey, let's see where this player is, where their knowledge is.' Not every play is featured for the specific player. So, we do try to stay connected to that. I do like our group, wideouts, tight ends, running backs, how we feature them. So, we do sometimes have different personnel groups, but they play the same position. That's how we adjust to that."

On what he thinks makes LA Rams DE Myles Garrett unique in the run game:
"Yeah. I think it's hard to simulate any type of explosiveness like that. He's long, he's bigger than you think. He's been a player that you admire watching just because of the play style and the attitude and the things that he can do. The rusher part of it takes the production at, you know, defensive end or outside backer. That's what you're kind of measured on, but this is a complete player in every way. So, it'll be a challenge for us, no doubt about it, but it's somebody that we definitely regard."

On wide receivers needing to have premium awareness to get open:
"It could. I would say most things; it could be a combination of both. For instance, in a zone, you may not be able to lean too much to somebody to get to a landmark, but it does mean, in a man-to-man, can a post safety help to that side? If you're playing a roll coverage, can you make sure he gets a re-route? So, not every play that you can. It'd be nice if you could on every play, but there's certain players that dictate more attention and more time. And at receiver, at tight end, at running back, how do you match that? How do you find out who's best? Sometimes it's a double team on a critical down. Sometimes it's if you're playing a zone where you can get more hands onto somebody. So, it can be the other way as a pass rusher, you know, how do we gain someone else in protection where they don't have blitz responsibility? So, those are kind of both sides of it."

On how he feels about the wide receiver room with WR Van Jefferson now a part of it:
"I told him, I think it was maybe before he came up, I said I really appreciate him putting his trust in us to come back here. We knew it was a deep group during training camp, and so he wasn't here the first time on our practice squad. And I knew there would be a little bit of a leap of faith knowing he was gonna come back on the practice squad with still a deep group that we had, and sure enough, here it is where he was gonna commit to it even though this may not happen where he had chances to go play. But I liked his approach, I liked his readiness, and so when called upon, I'd

expect he'd play well based on how much he stayed into it. I think just for me, gratitude for him staying to it."

On if having first-year coaching assistants has made him change his focus on groups during practice:
"I did as much as I could, probably more than I ever have during the offseason, as we were building a lot. We had some summits that we were off-site together. We had more back and forth coaching offensively to defensively. So, it was the most intentional I'd been to bring the group together. We oftentimes film the installs so they can see and I can watch them and give them feedback. So, I was intentional about the teaching of it, but just because they may not have experience doesn't mean they can't be exceptional at it. It's like, how do we develop them? How do we put the time and the effort into it? I was once that young coach that other people poured into me, and so that's never been lost on me to say, it's not just add water, like, give feedback, give hard truths at times. And that's definitely been the case where I've had to do that, but that's also how you get better. And this group is a close connected one as a staff, and that's not always easy with 25 guys. You know, they all think they're pretty tough and ready. So, to see them connect and be on it as an entire group, I think that speaks a lot, some of the adversity we had in that first part of this season. I think because of their standing strong, that also showed a pretty good example to the guys that are playing to say, do the same."

On how WR Jaden Bradley has progressed:
"I like the development. He's put in excellent work. He's usually the featured player on the scout team. And so, there's some benefit that comes with that. You're studying that player, you're looking at some mannerisms, you're doing some things, you're getting more of the targets in practice. I don't have any numbers to support it, but I would bet that type of player develops faster because they get more targets at practice, the contested catches, they gotta go. So, I've been impressed by that. I've seen he's made some incredible plays just in the competition of it. He stayed in the playbook. Obviously, that's the biggest part of it. We wouldn't give anybody ops if they weren't ready to do that. And so, like I said, we're gonna huddle up tonight and then put a plan together of how we'll go through it."