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

BigBear.ai PERFORMANCE CENTER

November 10, 2026

Head Coach Dan Quinn

Opening Statement:
"All right, what's up everybody? For us New York Giants prep locked in and today will be a combination for us of a Wednesday and a Thursday. And then we'll get into our Friday routine tomorrow and then hit the road. So, let's get it rolling."

On steps to improve the team's run game moving forward:
"Yep. Two things. By becoming more effective on third down, I think that leans into more cracks, more at bats, more shots at it. And so that's for sure one of the topics that we spend a lot of time on to make sure, how do we extend drives? How can we get more shots at it to get our run game going? And doing that alone will add more volume into it. Featuring players into certain locations, we've certainly dug into that in terms of what plays, not just for what we're good at, what have they been vulnerable at, where are they strong at? And so, some teams might have more movement than another that might be a certain type of play. Others are more stationary and that has some difference. So not wholesale changes, but just dialed in on what's called for, for that game."

On if he feels the players have a full understanding of their assignments in order to execute their assignments on early downs:
"That's right. And in those smaller distances for sure. So yes, we do. I'm very much looking forward to seeing us execute that at a level that is consistent, doing it again and doing it again."

On reports that C/G Nick Allegretti will be starting at center for Thursday's game:
"Yes, Nick will be starting at center. He was working mostly at guard some, the last couple [weeks], been banged up some and so with the full week of prep, Nick will be back at center."

On if it is hard to make personnel changes at the center position given the short amount of time in between games this week:
"Not if you have the calls, the communication where you're gonna go, and that way he can be the one directing those [all week]. And so, as long as you can start it that way, that's much easier as opposed to the shift down at the end of the week."

On what he's liked from Defensive Coordinator Daronte Jones' playcalling and the defensive group as a whole:
"Yeah, from the group, I've liked the tackling. I think that's improved. I've liked where the explosives are being limited. That's their communication, the leverage to go. I always admire him as the teacher to go, but recognizing, 'Okay, if there has to be a layer or two out right now, let's do that.' And I felt that. And I think that type of improvement over the last couple weeks, I felt that kind of from the second half of San Francisco into the next, into the next. And so, I'm looking to see us build upon that. It's difficult with both the big guys inside out. So, I like seeing their consistency."

On what the team's Week 5 game against the New York Giants earlier this season taught him about the New York Giants Head Coach John Harbaugh:
"Yeah, that's a great question. Knowing you can feel John's identity in terms of a team that has time of possession and a run game that stays committed to it. I've seen [New York Giants Defensive Coordinator] Dennard [Wilson] and their defense certainly be one in the passing game that has proven to be one of the best in the league. So, like I've seen a team that's playing closer, I'm sure, to the identity that he would like, that feels familiar."

On being prepared for the number of blitzes the Giants like to run on defense:
"Yeah. And you have to be. Those are the ones you heard the term, like answering, you know? And so, there's some opportunities for some big plays. There's some opportunities to go to convert. So, when you do that, there's some risk involved defensively when it's a blitz of five or six or seven, how many, sometimes there's a middle field player, sometimes there's not. And so, having the right answer offensively is a big piece of that. And so, yeah, going against them or anybody that likes to dial up more, like ourselves in that same way, you better have some answers that give you good solutions."

On his messaging to the defensive backs and linebackers about dropping back in preparation for New York Giants QB J.J. McCarthy's ability for elongated plays and deep passes:
"As we go into today and what it takes to win, that was certainly a part of it, knowing that was him. True from, I'm sure all the way coming up, from college to Minnesota [Vikings] to here, the ability to use the legs to create and be aggressive in that way. So that's definitely one of his strengths. Like you feel how hard he can rip outbreaking throws and deep throws, and so that's also showing up on some of the downfield attempts. So, definitely part of the game plan for sure."

On whether the situation they're facing feels familiar based on his years of experience coaching in the NFL:
"Yeah, I think there's a lot of moments like that when you, like I said, been around some. I appreciate you didn't say a really long time [laughs], so it's nice of you, like some other people do. But what it does give you is some experience to know, man, there's so much to get going on and to play and battle and staying in the fight. And I do appreciate that about our team. And the thing I kind of wanna keep hitting on is doing it again and that means all the way through until the game's over. So, the highs, the lows, consistency with it. Fighting for that will lead to better performances and the wins that we're searching for. So, doubling down on those types of things are important."

On how changes along the offensive line impact QB Jayden Daniels' preparation:
"Not as much now. It can be earlier in the year. You know, somebody let's say you add new to the club or you haven't had a lot of time with, but for, like [G] Lucas [Patrick]'s first couple weeks here might have been more adjustment than now. Nick here, they've got plenty of banked reps together, [C] Matt [Gulbin['s been here. That allows you to stay consistent with it. It's not like this is how he does it, this is how I do it. So, it does help in that way."

On whether he's had any discussions with the team regarding today's trade deadline:
"We did not. Honestly, just the focus for us is all the things we gotta get done today from a game plan standpoint and get rolling. So no, not something that we hit on."

On Thursday night's game being a must-win and on QB Jayden Daniels telling media it is a must-win:
"For me, I said this a little bit yesterday. I try to avoid the declarations of that. I've been around the league long enough to know that lots of season to play and lots of football to go. But what I do know and what everybody in this building does know is we need this and we're battling for it. That's really where the focus is, but we don't get into the big declaration stuff. Man, like all that stuff is just about how we go after it for this game. So that's kind of where our focus is and everybody in this building, they recognize the importance of it."

On whether changes are made solely based on game performance, such as pre-snap penalties, or if practice performance factors into those decisions:
"Yeah, so we had two of the false starts. If there's a repeat of the same thing, that's the stuff that would get under your skin. I liked the adjustments that we made. Sometimes that may not fully manifest itself into the game. Like you said, not pleased with having two false starts in the game, but I do believe in the process of how we're trying to streamline it to improve upon that. If I see repeats and repeats, then that's obviously when it's time to make some adjustments personnel-wise in that way."

On whether he anticipates making any personnel changes if they lose on Thursday:
"We do not. We do not."

On the team's red zone struggles and how he's encouraging them to be more aggressive in those situations:
"Yeah. It's one of the keys that we talked about today, the importance of that, of scoring into the red zone and not having to settle for field goals. So different locations on the red zone, like where shot plays take place compared to crossing ones when you get closer to the goal line, knowing you don't have the distance to go. So, having plans to, this is against man-to-man, this is against zone. The decision-making process happens quickly. So how do you recognize what you're seeing and then go attack it? That's what we're working hard on. We've added some extra repetitions for red zone over the last, well now going into the second week of that. That's one of the adjustments that we're making, put the time and the attention on it."