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, guys, we’ll get rolling. For all of us, I've talked about complementary football a lot and what it would take for us to play our best. There really wasn't a magic answer, just kind of kept coming back to complementary football. One unit setting up the next, sometimes it was one unit answering on the next drive, whether it was a touchdown or a takeaway. So, to see that finally come through last night, I thought that was our best expression of that as a team. I saw it on the field, I saw it on the sideline, talking about the next series, what's gonna be coming ahead. And the best example was, I liked how the defense started the game when they chose to take the ball. And I like how the offense and the special teams finished the game. So, that was something that's hard to put into a statistic, but I've been talking about it with you guys. I wanted to say that one to go. So, let's get rolling.”

On if he can tell when the team is about to get on a roll during the game or if that’s a dangerous way of thinking:
“I can tell when we're practicing well, so I don't know if that constitutes. It gives you a chance to play well. And for a couple of weeks, I felt us practicing at a good level. And I felt that this week too. We had that mini bye in that spot, so I thought we had a good week of prep leading into it. So, there is some momentum that goes with that, some belief that goes with that, but usually for me it comes during the week. And you've hit all the right indicators to get yourself ready to play.”

On how he’s seen QB Jayden Daniels and WR Antonio Williams develop their chemistry on and off the field:
“Yeah, for sure that. Both of them have just excellent football intelligence. I think that's true with [WR] Stef [on Diggs] too. And sometimes when you play in the slot or a Z receiver, that's a real requirement for the job. When do I sit down? When do I run option routes? Yesterday in specific, of the location for where the big deep over routes were coming in the two-minute, I thought that's a timing thing. That takes some trust to be in the right location because they have to be deeper developing plays. So that is definitely one that comes with reps. That's not one that you just saw on the practice video to go. So, seeing those full speed reps at practice, that's where those come from for sure.”

On Diggs seemingly getting angry on the sideline during the game:
“I love his fire. I do. I love what he brings, there's a lot that comes good with it where it can sound like it's mad, but it's like, some energy that comes behind it. So, I love the competitor. If something didn't feel right, I would certainly step in and address it. But that's not been the case with me.”

On turning momentous plays like the final drives into touchdowns instead of resorting to field goals:

“Yep. The last part that you just said, it is third down to me. And that is something that, for us, we added some plays in to improve upon that. We clearly have work to do into that spot. That is our best way to sustain drives. So going into it, that was one of our plans to have some third and fourth downs. We didn't end up having the fourth down ops going into the game, but for us, sustaining is gonna be improvement on third down. In the previous game, I liked how many we had in the shorter windows. That was much improved when we saw it in the Giants. And this one, they weren't obviously all smaller. We converted on some big ones, but that to me, that's the next step, finding our improvement in that area.”

On Williams’ growth and being able to step up with WR Terry McLaurin out:
“He and Stef have some traits that are similar and both of them can play the Z which is outside and in the slot. So how do we manipulate them? How do we put them in together and not in the same exact locations? And you wanna make sure if they're gonna try to lean to one player, we can work towards the other side. So, I think more than anything, is the knowledge at more than one spot. So okay, this formation, I'm here, this one I'm here. When Terry was injured in that game, we actually didn't perform as well, people moving around to different locations. And I thought we put guys into, I wanna say permanent homes, but more in that way. The Z position and the slot was where Antonio lived. It takes a lot of football intelligence at those spots and Stef and Tone certainly have that. But I have been impressed by the amount of work that he puts in. To see him break some tackles and play physical, those were some things that showed up to me too that he's bringing out in his game as well.”

On what happened to Daniels’ non-throwing hand and if there are any lingering issues there:
“Not lingering, but he definitely did get banged up on the non-throwing side. Just got hit on the scramble that went out of bounds to our offensive right, but it wasn't anything that limited him. But yeah, it was definitely a little bit swollen just from getting hit.”

On the high shotgun snaps during the game:
“We thought looking back at it today, it felt inconsistent in terms of location and the speed. And so, it's something that we definitely need to improve upon. And when you identify that, those are the things you have to spend extra time to get it right. But it can take your eyes off being downfield. It can take your movements up about how you wanna get set up. So definitely something that we need improvement on.”

On what was the most important thing for him to tell the team after a win to maintain momentum:
“For us, the term we've used is, can you do it again? And I know that's, not just in the general sense, but what did you do this past week that can carry into this week? What were the things you did extra? What were the things that helped you prepare well? And that's for every person on the team. And so that's what we dig into to make sure of the things you liked, how are you carrying that over into the next week? For the last few weeks, I've been pleased with the team's preparation. I grade each practice of how we're going through things. And so, to see us throw good practices in the way that we're preparing, I want us to stay in that pocket of preparation. It'll take that same level and [we’ve got to] do that again this week.”

On what he’s seen from DT Shy Tuttle and DT Tim Settle Jr. inside and on the defensive tackles performance overall following Daron Payne and Javon Kinlaw going on IR:
“What I've seen and it was good to see Tim make a play honestly on the first sack of the game. So, I

thought I just kinda see him on the improving side. His movements, his mobility, I think coming off the injury, it took time for him to get those movements back. I've always been impressed by Shy, how square he can play. It won't go into the stat sheet much, but the third down stop that he got underneath before [LB] Frankie [Luvu] got the fourth down stop was a significant play. [S] Nick Cross ended up hitting the receiver that came into the C-gap on an inside style run, but Shy had very good leverage inside. He does a lot on and off the field. He's somebody that's got some leadership to him that the guys follow. So, I've been pleased with what I've seen with him, [DT Jer'Zhan] Newton, Settle, and then [DE Charles] Omenihu on some of the passing downs, playing on the inside. But those are big shoes for those guys to fill. And so, I don't think it was one player but a nice combination of them."

On if the team had more duo and gap run blocking schemes Monday's game:
"We did. We felt we wanted to see if we could get some push inside. In our last game, some of the outside zones just didn't feel as productive as we were hoping they would be. And in this game, we thought the best format for us would get more downhill, and I thought we got more push on those. We had [RB Jacory] Bill [Croskey-Merritt] back in, but it was the same true with [RB Austin] Ek [Ekeler] or otherwise. But yeah, we did have more inside and some pullers that went with it as well."

On how he evaluates Daniels' progression this season:
"Yeah, I thought number one, I kind of give you some of the things that I also like that makes him so unique. I think it was like a third down-and-nine scramble. I thought it was probably one of the plays of the game that got a first down that like wasn't a completion or a play that we talked about, but a gain just enough to go get a first down and continue a drive. There was a play on a blitz where he dirted the ball to, I think it was [RB] Rachaad [White], and so as opposed to taking a sack getting in and out of some plays, but where he is literally at his best is when it's like at the most heightened spot, seeing that last week. The last two games I've been pleased with the end of the halves and the end of the games that was at the [New York] Giants half and game and then Cincinnati, the half and the end of game. And so, we put a lot of extra work into that. And so, over the last couple weeks, I've certainly felt that part of our offense and Jay take a real step forward and I'm looking forward to continuing with that."

On if CB Rasul Douglas had an injury that led to the loss of a timeout towards the end of the game:
"I didn't follow up with him, but that is, yeah by any means necessary. If you're injured, if you can get out, if you can't, obviously you can't. But if there is an injury – so, once they call it, there's no recourse on it. So that was a big play because that would have resulted in and could be a difference of 35 to 40 seconds. And so, on that play being incomplete and not being able to use it on the next one, we ended up getting a sack. And so that would have been one that you could have. So, I did not follow up in the chaos that ensued after that [laughs]. But for sure something that I'll discuss with him and it's both sides, offense and defense. And if you can get off, and that's how we would train the guys by any means necessary if you can. If you can't, obviously, then the timeout's the penalty and that's understood."