

Rams Running Back Todd Gurley II - Media Availability - October 4, 2018

(On Cowboys RB Ezekiel Elliott crediting Gurley's success to teams being more willing to use first round draft picks for running backs)

"I appreciate it. I guess, I kind of did start the first-round thing again. Those guys are great players, so they put themselves in a great position – (Cowboys RB Ezekiel Elliott) him, (Jaguars RB Leonard) Fournette, (Panthers RB Christian) McCaffery, all those guys – they put themselves in great positions to be where they're at today. You see why they're having success in the NFL, just like me."

(On the importance of running backs to the passing game and if yards per touch is a better measure than yards per carry)

"I don't really care about any one of them, honestly. As long as we get the yards and win."

(On if he enjoys playing in the Seahawks loud environment)

"It's cool. It wasn't loud last year. I forgot how loud it was. Hopefully, it won't be loud again."

(On if he recalls having a long run last year in Seattle where he broke free for more than 50 yards)

"It's like 3rd-and-20, everybody was playing off. They probably thought we were just going to do a little screen or something like that. (Head) Coach (Sean) McVay called the outside-zone run, (G) Rodger (Saffold III) had a great block and just kind of ran free, honestly."

(On when he gets into the situation of running free and what's going through his mind)

"I'm just like, 'Oh, snap!' Kind of just look at the screen or look around and it's kind of like too good to be true, honestly. Wish those came like once or twice a year. Don't very often because teams are great. Teams put themselves in good positions. They get paid just like we do. It's just one of those plays, honestly."

(On if there is any other way to look at this game other than an NFC West matchup)

"Yeah, every game is a must win. We just started off pretty hot. Had a 10-day rest and divisional game, so definitely want to go out there and get this win. Can't give them anything to feed off of and just go up there and try to dominate."

(On if he likes to hear others calling the Rams the best team in the NFL or if he blocks it out)

"If I'm watching TV, you hear it, but it is what it is. We know we're good. We don't need anybody else to tell us that."

(On being at the center of the offense and everything working based off of him)

"Yeah, I tell those guys they need me out there (laughs). I tell them, 'Thank me all the time.' When I go in motion and they get their little touchdowns (laughs). But no, man, obviously Coach McVay – we want to have a well-balanced offense. It starts with the run, then the play-action and then everything else is going to take care of itself. But, at the end of the day – like I said before – if they're going to stop the run, they (expletive) sure not going to stop the pass. We've got some great receivers. The O-line is fantastic. They keep (QB Jared) Goff back there clean all the time. So, whether we run or pass the ball, or whether I'm in there or not, everybody's in their doing their job. They're just balling out."

(On if he still feels like defenses are keying in on him a quarter of the way into the season)

"Yeah, I would hope so. That's what a smart defensive coordinator would do (laughs). I mean, I know players on every team and we talk all the time. They're like...man, they tell me during the game. 'We're not going to give you nothing. So, you're going to have to earn it.' You hear it throughout the week, press conferences, whatever it is. Even in the game, guys are like, 'Uh, uh (No.) 30. You ain't getting nothing.' But at the end of the day, we're going to line up, we're going to run the ball and you're still just going to have to stop us. O-line does a great job of blocking for me. Even the receivers, man. Those guys – tight ends, can't forget about those guys – but the receivers are out there. (WR Robert) Woods is doggone – he's the lead blocker. He's doggone a fullback some plays. So, credit to those guys, the receivers, just wanting to be out there and blocking for me and vice versa."

(On if last Thursday's atmosphere at the Los Angeles Memorial Coliseum was what he imagined when he envisioned football in L.A.)

"Oh yeah, it was great. It was just one of those moments, man. It was definitely a fun moment. Thursday night game, lot of high energy. It was like a dream come true. It felt like a night college game. You don't get too many night games in the NFL, so it was definitely great energy. The Coliseum was rocking. Obviously, (celebrity hip hop artist) YG's always there supporting at every game. It was just a good moment."

(On if there are any celebrities in particular that he'd like to see come to a game) "No, not really."

(On Goff saying he's confident in his pass protection skills and if he's always been an enthusiastic blocker or if his blocking skills have evolved over his professional career)

"I mean, I'm just doing my job. One thing about this league is if you're not going to block for the quarterback, then they don't care who you are, you're not going to be in the backfield. You know, that's my job not to let my quarterback get hit. It's not that hard, you just hold the guy up for two, three seconds, and then we got great receivers so they're not getting shut down. Those guys are separating in the one-on-ones and doing their thing. He does a great job of just stepping up in the pocket and well awareness. But it doesn't start with me, it starts with (C John Sullivan) 'Sully' up there making the right calls and everybody just really being on the same page. I'm a big guy so, hopefully, I can't get ran over too much."

(On having to take on players that are really fast and big while blocking and not being able to run past them)

"Yeah, especially when DBs come off from the slot or something. You just got to study guys honestly, because different guys are going do different stuff. Might get a spin move, you might get a fake and try to come underneath. You just try to do your job and stay grounded, not try to go for all the movement. Just study, and that's why we practice. We deal with this stuff, do one-on-one stuff at camp and we always do fit drills with (Running backs) coach (Skip) Peete. That's definitely a thing we pride ourselves on."

(On what he's seeing from Seattle's defense this year)

"Obviously, definitely, a whole new change from years in the past. Still a lot of new guys figuring out the system. Like I said, they're a simple defense anyways. They're going to run what they run, line up, do their stunts and twists up front. Used to have (DE Michael) Bennett but now they have (DE Frank) Clark and (LB Barkevious) Mingo. Those guys are great — have a knack for just finding the ball. Like I said, starts with the protection up front, we all being on the same page and just taking care of the rest – winning on our one-on-ones. But great match-ups, very disciplined secondary. Got one of the best linebackers in (Bobby) Wagner. He's always a great competitor to go against. Obviously (Seahawks LB) KJ Wright's out right now, but hopefully we see whoever steps in for him. I'm pretty sure Bobby will have him in the right position to make plays."

(On the barbecue at WR Brandin Cooks house and how great it is for them as a team to get together away from the field)

"It's cool. I see these guys all the time. I appreciate (WR) Brandin (Cooks) inviting us to his house and catering food. The food was real good actually, put me to sleep for like — I woke up at like one o'clock. It's just cool. Guys had their families there so you get to see the kids and the wives and just say hello and watch some football. It was pretty cool."