



LOS ANGELES RAMS

Rams Head Coach Sean McVay – Media Availability – Nov. 27, 2019

(On if the abnormalities of the week will test his motivational skills)

“I think it really is a good opportunity for us – on a short week – to respond the right way from a night that we all want to be able to move on from. That’s really what it represents. I think it’s good to be able to appreciate and enjoy your family, friends on Thanksgiving. If anything, I would say it’s kind of similar to what a Thursday game week preparation would be in the early stages of it. But, we’ll get a chance to practice a little bit later on in the week on Friday.”

(On taking a ‘glass half full’ approach)

“I don’t know any other way than to approach it. What we can’t do is we can’t look back at what has already occurred. We can’t change where this game fits and the fact that we played on Monday night during Thanksgiving. Want to make sure that we’re mindful of keeping those priorities where we’re enabling guys to spend some time with their family and friends in shortening that day tomorrow a little bit. That’s how we’re going to handle it. Like I’ve said, we’re excited about the opportunity against the Cardinals this week.”

(On if there are similarities between Cardinals QB Kyler Murray and Ravens QB Lamar Jackson)

“There is a similarity in terms of these are elite athletes that are playing the quarterback position, that are legitimate threats as runners when they do decide to tuck it. There’s a little bit different approach schematically that these guys take. You look at some of the instances when they have utilized (Cardinals QB) Kyler (Murray) as a runner, it’s been impressive. He gets around the corner quickly, he’s got great acceleration, he’s got a great feel for how to manipulate and maneuver through traffic while avoiding taking those hits. Then, some of the things that you see with just his ability to change the launch point, his ability to speed it up, make all those different types of throws in the pocket, out of the pocket. It’s been really impressive in how good of a job he’s done of taking care of the football. They’ve truly improved throughout the year on offense and they’ve had some really impressive performances as of late against some top-tier defenses.”

(On what stood out to him from Arizona’s games against San Francisco)

“I think just the efficiency. Their ability to change up – they’re in no huddle a lot, but they have different tempos that they can activate within the framework of their ‘muddle huddle’ or no-huddle tempo. You see them change that up, put pressure on defenses. You see the explosive plays, you see the ability to run the ball, making plays off the screen game. I think it really just was a collaboration – really in both games – of big plays, but also efficiency in both phases – the run and the pass. It’s all led by Kyler.”

(On if he addresses the sense of urgency regarding L.A.’s playoff picture)

“No, because we have the same sense of urgency. Every single game is an important one for us that you look at as – you’re going in with the focus and concentration that you have to find a way to win. Whether you’re 0-0 or whether you’re 8-0 or whether you’re 0-8 – whatever that is. You want to be consistent in that approach. The guys know what’s at stake, but more than anything, every single week is so vital and it’s the next game. It is very important but I think you start getting ahead and you lose perspective because I think it’s a consistent approach in terms of how vital every single win is for us, regardless of what the stakes are.”

(On the difference between being positive while also addressing the reality of what took place against Baltimore)

“You don’t run away from the humbling night that it (Week 12 against Baltimore) was. Everybody can look inward to do better. We certainly don’t just put that game away and say, ‘Oh, we positively move forward.’ There’s an urgency with how you address things, but once you face that, you address it. Now, we move forward in the right way. What I think is the important approach – because it’s not this fake optimism, ‘Everything’s okay.’ That’s not what it is. It’s that, ‘Hey, what happened in that game won’t have anything to do with our preparation and how we play next Sunday against the Cardinals unless we allow it to.’ I think there’s a great example. They (Baltimore) played a very similar game against a very good Houston Texans football team the week before. On a short week, they (Houston) go and beat a really good Indianapolis Colts team on the Thursday night game. There’s a lot of different examples in sports where you have a setback and as long as you don’t let it deflate you, that can be a set up for a comeback, if handled the right way. We’ve already started handling it in that way. But, that doesn’t mean by any stretch that the other night was acceptable, that it was okay and that everybody knows they can do better.”

(On watching QB Jared Goff and some of the challenges Goff has gone through and if he sees areas that he can make definitive improvements for the rest of this year)

“I think every game presents that. There’s been a lot of different things, like anything else, the experience and the accumulation of experiences is a valuable learning tool if used the right way. I think as we’ve now gone into working through our third year together, there’s a lot of things that both he and I, and really a lot of our team in general, can continue to learn from and make sure that we use those as things to improve upon or the things that you did do right, let’s continue to do that when those things or when those defensive structures, or when that play is being run versus a certain look ends up coming up in the future. The accumulation of the experience, and we always talk about that repetition is the mother of learning. Those will kind of go hand in hand.”

(On if the things that Goff might learn from are physical, fundamental, or mental things to adjust to defenses)

“I think so. I think, really, it’s a combination of all of them because there is something to be taken away. I think if anything, what I’ve mentioned before is, you continue to be impressed with just the competition in this league and humbled by how difficult it is to win week in and week out. How many different factors are at hand and you never take winning for granted.”

(On his thoughts on going up against Cardinals Head Coach Kliff Kingsbury for the first time)

“I think they’ve done a really good job. I think what’s a great reflection of (Cardinals Head Coach) Kliff (Kingsbury) and their coaching staff is that this is a football team that when you look at it from when they started to where they are now, they’ve gotten better in all three phases. I think that’s a great indication of the players being receptive to things. You want to see that steady improvement throughout the year. I don’t think their record is at all indicative of what type of football team this is. They’ve played teams really tough. We’ve kind of mentioned some of the teams that are playing at as high of a level as anybody that they’re going down to the wire with. It’s going to be a great challenge for us. They’re coming off a bye. They’ll be fresh, they’ll be healthy. We’ve got to be ready to go.”

(On the Cardinals doing different things schematically with Murray and if there is a similarity that he also sees them tailoring the offense to Murray’s strengths like the Ravens are doing with their offense)

“Yeah, absolutely. I think that’s a great reflection of the coaches is doing a good job. It is about your players first and foremost. Whether it be the Ravens with (Ravens Head) Coach (John) Harbaugh and (Ravens Offensive Coordinator) Greg Roman, or whether it be the Cardinals under Kliff, you can see that. Both those guys have made a lot of plays and those are exciting players to be able to build around because of the skill sets that they possess.”

(On S Marqui Christian’s status with his injury)

“It’s one of those deals, because we have two walk-thrus today, he wouldn’t participate. But, it’s more just, more than anything else, precautionary. We’ll have a better update on where he’s at tomorrow.”

(On if Christian is on track to play)

“Yeah, he is. Unless I change my mind later in the week (laughs). I’m just kidding.”

(On if he has any special memories from Thanksgiving)

“To be able to spend the time with your family. One of the things that I thought was unique about just the high school that I went to and just where Thanksgiving falls in terms of the playoffs, typically the high school that I went to was fairly successful in football. If you made it to the second round of the playoffs – now I don’t know exactly where that fits now – but if you made it to the second round of the playoffs, you would be practicing on Thanksgiving. There was a tradition at Marist School that it was a special thing to be able to practice Thanksgiving morning and you didn’t take that for granted. I had some great memories there, but I think more than anything, it’s just the time spent with the family and the people that you love the most and watching a little football is always a good day.”

(On his favorite Thanksgiving dish)

“I’m pretty easy. I like stuffing, I like mashed potatoes. I’ll put on about 12 pounds tomorrow I’m sure (laughs).”