



ARIZONA CARDINALS VS. LOS ANGELES RAMS
December 1, 2019

Rams Head Coach Sean McVay

Opening statement:

“Pleased with the team win today. I thought our guys did a great job really in all three phases coming out ready to go. I think it’s a real credit to our coaches, our players and their ability to respond from a disappointing game last week, but that’s a tough football team. You look at what Coach (Kliff) Kingsbury’s done, they’ve gotten better and better, and that’s a team that’s going to continue to get better. But I thought today our guys did a great job, and we’re pleased with the win.”

On how badly QB Jared Goff needed this performance:

“I think for our team, that’s exactly what Jared is. He’s the epitome of a team guy for us. I thought for our offense to be able to sustain some drives, for him to be able to make some plays on schedule, off schedule, for us to be able to run the football efficiently on some of those early downs and then open up some of those things off it, he was great today. He distributed the ball. Guys made some plays. It was a great game for Jared, but that was the game that we expect from him. Those are the things that we know he’s capable of, and it’s always a collaboration of the unit. But I was really pleased with his ability to command and control the game, and I thought it was one of his best performances for sure, and that was needed for our team.”

On what made TE Tyler Higbee so effective:

“He just made plays, capitalizing on his opportunities. He’s a complete player. You could see how capable he is as a run blocker, and then when he gets his opportunities he shows up in the pass game – a lot of YAC yards that he ended up making, big third down where he comes on a crossing route, made a couple plays on the play-action game. So, he was outstanding. He showed why he’s a true, complete tight end today.”

On how rookie T Bobby Evans performed:

“I thought he did a great job. Really, one of the things that you love is the leadership from Aaron Kromer, from Andrew Whitworth and that group. You just see Andrew has always been so great for those guys and for Bobby (Evans) to be able to learn from Andrew and then to be able to come out and play as confident as he has, really the last few weeks since he’s been starting and filling in for Rob (Havenstein) is a big thing. As those guys continue to get experience together, I think they’ll only get better, and I was really pleased with Austin Blythe and his ability to control the communication at the center spot. You see the development of David Edwards, and then watching Austin Corbett continue to take steps, I thought our offensive line as a whole was outstanding.”



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On WR Robert Woods' performance following personal issues a couple weeks ago:

"He's got a great ability to just be able to handle whatever it is, and he is extremely mentally tough. His teammates love him. He's a special human being, and he made some special plays for us today. I was saying I don't know that I've seen a screen where you end up catching it, cut all the way across the green for 49 yards, and then you see your quarterback throwing lead block to really spring it down the right sideline, so a lot of good things for our team today."

On why they chose to stick with the wide receiver screen that was not working the first couple of drives:

"There were just a couple things, and they weren't all the same screen, so there were some different types of screens that we activated based on the situation. I thought our guys did a great job executing it, and there were a couple plays that didn't go our way. We kind of knew what the issues were, and we wanted to be able to get them solved. Our players did that, and then we were able to come back to them as the game progressed."

On what the difference was for Goff today:

"I thought just great decision making. I thought he played like he's capable of. I thought he did a good job of recognizing some of the looks, getting the ball where the coverage dictated, and then guys made plays for him after the catch. But just his overall ability to manage the game, and then I thought our efficiency on the early downs enabled us to do a couple different things. That hasn't been something that we've been able to have as much success with over the last few weeks, or really consistently throughout this season. But I thought today was a great game for Jared, and very pleased with him."

On the Cardinals offense and why the Rams were successful in slowing them down:

"They're a tough offense. I thought it was really just a great plan by our coaches, but I also thought our players' ability just to come in and be physical and understand exactly what we wanted to get done. There was a mindset that this group had really throughout the whole week, that I thought was special. There was kind of an opportunity that they couldn't wait to really take advantage of in terms of just competing again. They showed that today, and I think it's a combination of the coaches and players, and you see it all come together against a really tough unit offensively that's played really well."

On S Taylor Rapp's interception returned for a touchdown in the third quarter:

"It was great. It was great for him to be able to make that play. I was trying to give him a game ball. He was probably doing an interview and was late to get into the locker room."



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On the defense finishing with six sacks:

“They did, and they did a great job I thought just being able to consistently apply pressure. A lot of that was with some four-man rushes, so to be able to do that and play sound coverage on the backend, I thought was the theme of the day. Then being able to be as efficient as we were on third downs, really both sides. We didn’t start out as great offensively as we would have liked, specifically in the red zone, but I thought once we settled in, we made some big conversions, and then really defensively, until the latter parts of the game, they didn’t really do much on third down as a result of our defense’s pursuit and just consistency with what they were doing.”

On if there was any special pleasure in winning because of his relationship with Cardinals Head Coach Kliff Kingsbury:

“No. I think he’s done a great job. I’m really happy for our team. We needed it. It’s a good step in the right direction, and we’ll enjoy this one. Then we’ll get ready for a great football team next week.”



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Rams Quarterback Jared Goff

On if he feels like he was better tonight:

“I was definitely better. We all were. It was a full team effort. Keeping your head down and putting in work over time will always pay off, and today we saw that.”

On what clicked for them to be able to score in the red zone:

“Some of those big plays you saw. Making those big plays that you’ve been accustomed to in the past. Today was no different. Distributing the football, guys outside making plays and being able to put it in the red zone and being able to punch it in at the end.”

On what he saw out of WR Robert Woods to want to target him a lot:

“Nothing different than I’ve seen from him in other games. I think he was just in the zone today, as was I with him. He was able to get himself open a lot and came into my vision a lot. It was great.”

On TE Tyler Higbee’s performance:

“He did a great job. He stepped up huge just being in there as much as he was. Him being banged up and fighting through it and being the type of teammate he is, I couldn’t be happier for him. He played really well.”

On if this was a game that could turn the tide for them:

“No doubt. You always want to play your best, and this was one where we did play our best. We needed one like this. You come in off of last week that was my first time with Sean (McVay) that went that poorly, we were beat like that. It always will be and has been how you respond, and our team responds well. It’s part of our mentality and part of our attitude. Bad stuff is going to happen, it’s not going to be perfect. But how do you respond? Today we proved that we have a strong team that will respond.”

On Woods’ screen play:

“We have been practicing that all week and we decided to call it this week. It was a play where he cut back and it was supposed to be just a quick screen. It’s happened before and often I try to get out there, but I never get a chance to hit somebody. Had it been someone other than a defensive back, I’m not sure what I would have done. (Patrick Peterson) isn’t a small dude, but I just tried to get in his way a little bit and I was able to. Robert did the rest. It was a good play and one that sprung us into what I was talking about earlier. Making those big plays that maybe we shouldn’t make, but we do make. That’s the difference in being able to move the football.”



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On if their early success changed up their game plan:

“I think the early success, yeah. You never really know but you do have a plan coming in. As the game went on, I thought Sean (McVay) called a great game and gave us a lot of chances in the pass game as well as the run game. I thought we ran the ball great to finish with 500-something yards of offense. Whenever you do that, it’s clicking.”

On how important this dominant win was:

“Being able to show that we can respond, and show that we do have the resiliency among us, it’s great. We’ve had some rocky times in the past few weeks. We did have that one win against Chicago, but the other two games were not how we wanted it to go, especially offensively. For us to come out and play the way we did, feel the way we did and just come out and get that confidence back and that feeling back that we have felt for the majority of the time with Sean. It’s great. It’s really good. I don’t know if I’m going to say we needed it, but it’s going to definitely help us and make us feel good.

On what Higbee’s best catch of the game was:

“The one on the sideline. Easy. All the other ones were easy ones.”

On what it means when Higbee is having a good game:

“It’s incredible. It just makes us that much more versatile and that much harder to play against us on defense. He’s always been a guy that we want him to get involved and get the ball to him, and we’ve got such good receivers and Todd (Gurley)’s always ready in the backfield. There’s only so many footballs to go around, but Tyler showed what he can do. I wouldn’t be surprised if he continued to get the ball like that.”

On S Taylor Rapp’s play tonight:

“He was due. He was very due. We’ve been giving him a hard time about it. He had his first pick six. That’s pretty good.”

On how he’ll be watching the Vikings vs. Seahawks game:

“I’ll watch it probably on my couch with a friend or too and some food. Maybe a little water and see what happens.”



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Rams Wide Receiver Robert Woods

On dominating both sides of the ball in the win:

“Just playing complementary football, able to get it done on offense, defense and special teams. (Safety) Taylor Rapp with an interception and a touchdown. Just playing together, it was one of our complete games. Got it done on offense on the ground and in the air, just playing as a team.”

On having a breakout game after struggling the last few weeks:

“It feels good, just staying the course. You never know when it’s going to happen. It happened this week. It’s really just staying in it and being able to stay focused and when the ball comes, make a play.”

On QB Jared Goff’s performance after recent struggles:

“Good, just being himself. We just had to get back on track, be able to just be ourselves, be this Rams offense. We finished up with 400-plus (yards) and really were just slinging it around. Everybody was getting their touches. Everybody that’s a part of this offense had a part in this win. But really just being himself and slinging it around.”

On what he was focusing on individually:

“Just being able to come off the ball pretty well and start early, always. I tell our receivers coach to give it to me early and just be able to get in rhythm. I think I was able to get in rhythm early in the game, being able to get some touches. There was a lot of grass to be able to run, I trusted my blockers and Jared (Goff) to put the ball in a catchable spot. I was able to do a lot with it today.”



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Rams Wide Receiver Cooper Kupp

On Rams QB Jared Goff making a downfield block:

“I heard about that. I heard ‘PP’ (Patrick Peterson) gave him a little shot on that one. I typically discourage Jared from blocking as much as he can.”

On what he thought of Goff’s performance after a rough November:

“Just being able to stay even-keel, it’s the nature of humans when you start messing up and things don’t go your way, you make some decisions you don’t like. Everyone deals with it; it’s not just the quarterback position. When things start going wrong, inevitably you get tight and you start to question things, and you aren’t confident with your throws. You start second guessing yourself, and this is something that happens across the board with everyone. To respond and play the way he did, play free, it just shows you the confidence he has in the system and the confidence he has in the guys around him. It was incredible to see him play the way he did today.”



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Rams Tight End Tyler Higbee

On what it was like and what he saw on the field:

“Just out there doing what I’m asked, having fun. (Tight end Gerald Everett) wasn’t here with us today. He’s a big part of our offense and this tight end room, so we had to pick up the slack today with him not being here.”

On if he looks at stats and how it affects his confidence:

“It’s always about the W. Stats are awesome, are great. I’m not saying I don’t look at them, but just getting the W is all I’m trying to do. I’m confident, so getting a win, that’s all I’m trying to do.”

On if he is surprised by the team’s bounce-back performance from Monday night:

“Not at all. We lose a couple games, start getting some outside noise, just have to block it out and go to work. The coaches that we have around here, that’s how it’ll continue to be.”

On if Everett being out added any motivation to today’s game:

“I had a college coach tell me and I’ve said it before, just prove to be reliable. When they call your number and it’s your turn to make a play, just make the play. That’s all I’m trying to do.”



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Rams Safety Taylor Rapp

On how important it was for the team to play well defensively coming off of a loss:

“It was really important. Obviously last week we kind of had a tough game from a defensive aspect, but we just came back to work this week. We went back to basics, simple stuff, and just playing our ball. Everyone dialed in very well. The coaching staff had a great game plan, and all the players were dialed in all week. We were ready for this one.”

On if it means something to him to get the highlight-reel play with his pick-six today:

“Yeah, definitely. Going back to my freshman year of college, you try to do your job and just play ball and not mess up. As the season progresses you start to feel more comfortable and play loose and you try to make plays. I feel like I’ve been able to feel more comfortable game-in and game-out, keep progressing. Now I finally feel like I’m just out there playing loose.”

On what his mindset was finally getting an interception after two close opportunities early in the game:

“The first one I was so mad at myself, and the game back in London too I dropped another sure (interception), so I was super mad at myself. I was thinking about that one all the way up until I got the one that actually counted, so I was happy I could get one under my belt.”



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Rams Cornerback Jalen Ramsey

On if today's game felt better:

"Winning always feels better."

On the defense's performance:

"The defense played a really good game. There were a lot of sacks, guys played well, guys got opportunities, stepped up and played well."

On safety Taylor Rapp's pick-six:

"It was a sigh of relief I'm sure for him, and for all of us. We kept telling him it was going to come back to him. The first one slipped out of his hands – probably wasn't expecting it. Then he got one and it got taken away from him. Then he finally got one and it was sweeter than the other two would've been. It was a nice pick-six."



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Rams Defensive Tackle Aaron Donald

On the Rams defensive performance:

“We just had a gameplan. Everybody was flying around, swarming to the ball, and everybody made plays and was consistent with it.”

On if the Rams had an extra edge after last week’s loss to the Ravens:

“We knew we had to show up, so we just moved on and stuck to our gameplan. We prepared well, and I feel like we played well as a team today. That’s the type of football we’ve got to (play) for the last couple of games, and we’ll see what happens from there”

On what it was like to see S Taylor Rapp get his first career pick-six:

“I was happy for him because they took the first one away from him, so for him to come back and get the pick-six was big, and it definitely helped us a lot. You’re excited for your guy every time guys are out there flying around and making plays. You’re happy for that.”

On how Cardinals QB Kyler Murray compares athletically to Ravens QB Lamar Jackson:

“He’s a mobile guy, I feel like we did good as far as getting after him. He made one guy miss, he made two guys miss, and then the other guys were there to swarm him. We did a better job of doing that (in this game).”

On what today’s performance means for team morale moving forward:

“We just have to keep it up, go week to week, keep getting better, and we cannot be satisfied. As long as we keep doing that and stay hungry, we’ll be fine.”



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Cardinals Head Coach Kliff Kingsbury

On the Cardinals effort tonight:

“Just wasn’t acceptable. First game all year I didn’t think we competed like we’re able to. I didn’t think we had juice, coaches or players. Fans deserve better. This community deserves better than a product like that after a month off and coming back home.”

On why the team did not compete to its potential:

“That’s something we have to figure out. We had the week off and felt like we were in good shape health-wise, but we didn’t coach well, didn’t play well and have to get it right this week.”

On what was being said to the players in effort to stop the Rams big offensive plays:

“You try to find answers, and we didn’t have enough today. We knew we’d get their best shot. I said it all week. They came out and looked like a team that had been in the Super Bowl 10 months ago, and we didn’t. We didn’t play like we’ve been playing with the same intensity, effort, passion and things we’ve had all year. Even when execution wasn’t there, we’ve fought. We didn’t look like the same team tonight.”

On the performance of opposing tight ends:

“Any answer I give isn’t good enough at this point. We have to get it fixed. We have a month left to get it fixed. We’ll continue to try and find ways to do it, but anything I can say at this point will fall upon deaf ears, and it should. We just have to get it fixed.”

On QB Kyler Murray’s performance:

“I’ve said it all year, every one of these is going to be a learning experience, and he needed to stay in and try to work through a tough situation, get completions and settle in. Even the negative experiences, you have to learn from, you have to get better from, and this was certainly one of those.”

On if there was any discussion about taking Murray out of the game:

“No, simply because we feel like he needed the work, and we needed the work as an offense to try and get better. We have to work through those things. When you’re playing that bad, and everything’s going wrong, you have to find a way to get yourself out of it.”

On if he thinks Murray’s hamstring injury impacted his performance:

“I don’t think there was too much of an impact. I think offensively, coaching-wise and playing-wise, we just weren’t very good.”

On if he is optimistic that the pass defense can improve:

“I am. Today, obviously, it didn’t look that way, but I am. We have to keep working. Guys have to step up and play better, and we have to coach better. We have two more at home, two on the road, and we have to get it right this week.”

On if the Rams interior pressure disrupted the passing game:



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“I’ll have to see the film to know exactly what was going on, where Kyler (Murray)’s eyes were and what the issues were. Anytime you have Aaron Donald, he’s going to make an impact, and I saw him doing that today.”

On if he is disappointed with the pass rush:

“We would’ve liked to get more pressure on (Jared) Goff. They had a good plan. The ball came out quickly, and guys were open. He wasn’t holding it, and we weren’t able to get there.”

On why the running backs were not effective:

“We just, offensively, never got into a rhythm. We couldn’t get anything going, never sustained drives, a bunch of negative plays, sacks that put us in third-and-forever situations. We just never had a flow where we could get all those personnel groups in the game.”

On if he saw anything in practice that suggested the team would play as it did:

“I did not. I thought practice was good this week. I thought we were healthy for the most part, and we just didn’t do what we’ve been doing.”

On if the running back pecking order will remain the same:

“We’ll continue to evaluate everything week-in, week-out. We know we have three talented guys, and we have to do a better job of putting them in positions to be successful.”

On the lack of offensive production and what was not working:

“Everything. I can’t pinpoint one thing. The negative plays were huge, and I wasn’t calling good plays, wasn’t getting us in rhythm. I can’t point to one thing. I think overall, we didn’t play well, and didn’t coach very well.”

On how he will get over this game and if the team needs to ‘flush’ it:

“Yes, you have to. Like I said, this hasn’t been who we are all season, and I don’t think it is who we are. We get back to work tomorrow. We have a Pittsburgh team coming in that’s on a roll, and we’re back at home. We’ll play better.”

On his decision to put LB Joe Walker instead of LB Haason Reddick:

“We wanted to reward Joe. We feel like he’s played better, understanding our system, and the last few weeks has made big strides.”



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Cardinals Quarterback Kyler Murray

On the team's energy level:

"I think that from the jump we were flat. They obviously came out with more energy than us, they wanted it more, and they played harder than us. You can't do that against a good team, or you'll get beat like that, and obviously nobody in this building or on this team wants to feel like that. It's not a good feeling. I know we're better than that and we've got another opportunity next Sunday."

On the offense's inability to get going:

"I think just not getting into a rhythm. Obviously, the negative plays hurt us but there's no explanation other than we got beat today."

On the pressure throughout the game:

"For me personally, I didn't do a good job sitting in there and trusting it, maybe because of the pressure, but next week I'll be better. If I get hit, I get hit. I just have to stand in there, it's part of it."

On if the bye week impacted his play:

"I don't want to blame it on that, but everything just felt off. I don't want to put it on the bye week though."

On (Fitzgerald):

"For me personally, I don't like getting away from it. I just like to keep playing. I'm not saying that if we didn't have the bye we wouldn't have come out here and lost today, or however we played, but that's just how I feel. I just don't like getting away from it and then coming back."

On if this is the most lop-sided game he's been in:

"This season, yeah, or in my life probably."

On how he's feeling after the loss:

"I was fine, they just beat us. At the end of the day they just beat us."

On when the game plan got thrown out the window:

"We just didn't get anything going on offense and the defense was out there. I think they had the ball for like 11 minutes and we had it for three minutes at the end of the first quarter. That's tough to do to put your defense out there on the field like that for that long. I think we had a couple three-and-outs, that's not a recipe for success."



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On how they move past the game:

“Just go back to work and be better. This is the first time all season we’ve felt like this. We didn’t just get beat by a bad team, they’re a good team.”

On evaluating his performance:

“I’m not into saying ‘Oh we kind of got it going at the end,’ because they took out a couple of their guys. I guess it feels good to score or see the ball get moving, but we got beat today pretty bad.”

On if Kingsbury’s decision to keep him in helped:

“I’m not shying away from playing at any moment. I obviously wanted to get that feeling, get rid of it, but it’s over now and we’re on to next week.”

On the message to the team moving forward with four games left:

“I think everybody understands we have four more games. We have four more opportunities to be better and win those games. We’re not just here to go through the motions and lose. I think everybody understands that and we just have to go back to work and get better.”



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Cardinals Wide Receiver Larry Fitzgerald

On if the team didn't compete for the first team all season:

"I don't want to say we didn't compete. What we put on the field wasn't good enough to deal with a team that got beat pretty handedly on Monday Night Football last week. I would say probably embarrassed on the national stage and they're a prideful group. Defending NFC Champions and they have a lot of talent over there. When you're playing against a team that is that good and used to having success, you have to be able to play and match intensity blow for blow and we didn't do that from the start."

On if this is the kind of game that snowballs out of control:

"They have some really good players. Coach McVay, Coach of the Year. Wade Phillips is one of the best coaches this league has ever seen on the defensive side of the ball. They have a wealth of talent on both sides. When you play against teams that are that talented, there is no margin for error. When you come out and get off to a slow start and come out in the second half and can't get anything going, it's an uphill battle against a team like that."

On if this is where veteran leadership comes into play:

"There's nothing wrong with having a bad series. Sometimes you can even overcome a bad quarter, it just can't be something that continues to happen throughout the course of the game. The playmakers, leaders, everybody has to chip in and compete better. We have a quarter left of the season and we have a team that's fighting and scratching to win the division race. The Pittsburgh Steelers are fighting for Wildcard position and is another hungry team coming in and the week after that we have another team that's fighting for their playoff lives as well. There's nobody coming in here that's laying down and the only answers that we are going to find are the ones in this building."

On what is says about QB Kyler Murray that he kept competing after getting hit:

"Kyler is a winner. He's won at every single level. He's a competitor, fighter and that's who he is. That's his mental makeup and there was never a point in that game where he put his head down. We have to do a better job of supporting him and making plays for him. There's nothing that gets a quarterback in a rhythm and a groove than guys making plays and we didn't do enough of that for him today. We have to get back to work tomorrow and figure out what mistakes we made and figure out a way to scratch out a win next week against Pittsburgh."

On if there was anything that changed for Murray between the first three quarters and the fourth:

"Not that I could see. Nothing that was noticeably different with his demeanor or anything like that. He's pretty even keeled, he stays the same. He's not all that demonstrative. He just competes, puts his head down and goes to work. I didn't notice anything different."

On if this loss is tougher:



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“We don’t take any moral victories. Losing close games is still an L on the board as opposed to losing an ugly game like this. Losses are never good. But we just didn’t have the fire that was necessary and we have to be able to play with passion, energy, flying around and making plays. Just being men at the end of the day, having some pride about yourself. That’s what it boils down to.”



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Cardinals Cornerback Byron Murphy Jr.

On what made tonight difficult:

“The communication still has to get better as a whole unit on the defensive side. We can’t keep going back and forth. We have to stick to it. We have to go back tomorrow [and make] the corrections and keep getting better and keep fighting as a team.”

On if the group is still staying together or if it’s getting harder:

“I think we’re sticking together. Even through the ups and downs we’re always going to stick together. That’s just how we are. The communication just has to get better. I feel like once everything comes together we could be a great defense. We just have to keep working, make sure we’re all on the same page and keep communicating and getting better as it goes.”

On if he was surprised at the performance after a bye week:

“We just have to come out and fight in every single game. This is a game I feel like the energy wasn’t there. From the first play of the game we all have to be on the same page. The energy has to be high, and as a whole team we have to be better.”

On losing five straight and how he is dealing with it:

“Losing is never a thing that myself or anyone on this team wants to do. We’re all grown men. We have to take this [loss] and keep moving forward. We’ll come back tomorrow and make the corrections and keep playing. We have four weeks left. That’s a lot of football. We just have to keep working. Obviously, no one wants to lose.”



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Cardinals Linebacker Jordan Hicks

On what happened tonight and what his team needs to do:

“We just didn’t execute [and had] miscommunication. It’s taking what we’ve done in practice and applying it to the game. We’ve got to grow. We have to mature fast. Four games left, we’ve got a lot of football left to right this ship going into the offseason. We have to get better. Have to.”

On if he is surprised that the improvement hasn’t come yet:

“I wouldn’t say that. I think if you look at where we were the first few games in the first month of the season and where we were this past month, I think we’ve grown a lot. We just took a step back today and that can’t happen.”

On the lack of energy in the game tonight:

“You say lack of energy, I say lack of execution. When you’re out there and you’re executing, good things happen. We have to do a better job of executing and doing what we’ve practiced. We’ve practiced 95 percent of the plays where guys were running wide open. It’s absolutely unacceptable.”

On what the trouble was out on the field:

“I’d say it was the communication. It’s tough. A lot of it’s communication. A lot of it is our guys being on the same page. When somebody is running wide open, most of the time it’s us. Most of the time somebody is supposed to have that person. When one or two people are playing something different or playing a different leverage than what everybody else is playing, you are exposed [as a defense]. With one person out of position, you are going to get exposed. That’s what it’s all about. We have to execute at a better level.”



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Cardinals Offensive Lineman Justin Pugh

On Head Coach Kliff Kingsbury's statement that this was the first game this season where the team wasn't competitive:

"Obviously we got our asses kicked today across the board. Every phase we didn't do what we had to do, and we have to take that on the chin. We have to go out and be really critical on the film on what we're able to do. I can only look at myself in the mirror right now. I got Kyler (Murray) hit early and obviously going against 99 (Aaron Donald), you let him get in Kyler's face and it's not a good thing. I take the blame on that. Everyone has to do the same thing. I have to play better. They got embarrassed on Monday night and they came out here and embarrassed us tonight. So now what are we going to do about it? Are we going to sit back or find out what we're made of right here? I know who we have in this room, so I know we will come out fighting next week."

On if the loss was due to not playing well enough:

"I have to watch the film and see. I think it snowballed on us. You get down 20-0 the first half and it plays right into their hands. So everything we wanted to do in a game plan, it was the opposite for us and that's on all of us."

On QB Kyler Murray getting hit:

"I think any quarterback that gets hit its going to affect him. Our job was to neutralize 99 in this game, he's obviously one of the best players in the NFL, if not the best player. I didn't do my job on this one and got him hit. That's something I'm going to have to live with. We have a chance to play him again. I get to go out there again and compete with him and we have to do a better job when we go out to their place."

On if there's a point when being embarrassed sets in:

"Yeah, I think as a man when you're out there on that field you never want to get embarrassed. I am proud of how we fought back and kept playing. We can take some positives out of that, but it's just too little, too late. They kicked our ass, there's no getting around that."

On if the Cardinals performance was disappointing coming off a bye week in contrast to the Rams coming off a short week:

"For sure. That's definitely disappointing for us coming off a bye week and they were coming off a short week. At the end of the day it comes down to pride. They got embarrassed on Monday night by Baltimore and this team was in the Super Bowl last year. They have some good players on that team, and we got embarrassed. So now how are we going to respond? What are we going to do? And it will show the character of the men on this team. I'm excited to see where we're going to go. I am going to take the positives out of it. Obviously, we have to correct what we did wrong, but if we are just going to wallow in this loss, there's four more games and we have to go out and win these next four."



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Cardinals Wide Receiver Pharoh Cooper

On facing his old team after the bye week:

“Obviously not the result we wanted coming off the bye week. Having a week and a half, two weeks to prepare for those guys, the energy wasn’t there. We didn’t match their momentum from the get-go, and they got the best of us. It’s not the type of football we want to play, and it was probably the worst energy we had all year. We have to come back and correct that.”

On the team’s direction moving forward:

“We have to stay positive. Like I said, that’s not the football we know that we can play. We just have to keep our heads up. We’re all grown men, we’re all in the league for a reason. We know, as a team, what we can be and you just have to stay positive moving forward. That’s the only thing you can really do.”

On the respect he got from his former teammates after the game:

“It means a lot. I’m not going to be playing this game forever so it’s the relationships you build in life that matter. I feel like relationships are important. I was over there for three years, it’s a close-knit crew over there and I have respect for everybody in that organization. Football can come and go, but the relationships will be there for a lifetime.”

On how the team will respond after the loss:

“Everybody has to take accountability for themselves. Everybody has to look in the mirror, and we have to take that step forward. We’ll watch film, see what we missed, see how we can adjust and just come back and play our game. That’s what practice is for next week and we’re definitely going to come out with a lot more energy than we had this week.”