



Rams WR Cooper Kupp – Media Availability – August 23, 2020

(On the SoFi Stadium and playing with artificial crowd noise)

"Yeah, well the stadium is incredible. That's my first time being there I think in a couple years. Being able to see the whole thing, built all the way up...It seems all the fans would be really just like all on top of you, probably not a bad seat in the house. The oculus is unreal. So, just walking into that stadium was an unbelievable, unbelievable thing. Very lucky to be able to play our home games there. In terms of the crowd noise, it was extremely irritating, but I didn't notice it until, it was kind of like white noise until I realized that it was crowd noise. Then I couldn't stop hearing it. It was like, you want to talk to someone, but you couldn't because you realize there's this white noise just drowning out anything you wanted to say. It was fine until unfortunately I noticed that it was the crowd noise. It was very irritating."

(On WR Van Jefferson)

"He's done some incredible things. Everyone knows he's an incredible route runner by this point. The other side of things, is just his understanding of the game, the questions he asked. You're going to have questions. If you're coming in from college, you're going to have some. No one comes straight out of college and knows the NFL game. It is a different game. But, the questions he's asking really lends itself to show how much he is grasping on to this thing. He's not asking the 101 questions, he's asking the 301 questions. Just early on to be able to be at that point is pretty impressive. I think he's going to be an incredible football player and be able to play in this league. As long he keeps progressing the way that he has been, he's going to be able to play in this league for a long time."

(On the offense clicking in the scrimmage)

"I think over the last few years you've seen the way we've been able to implement this. When it comes to game time, you know, it's so different when we're practicing versus on Sunday, we want to emulate that in our practices as well. Keep that tempo up high and being able to go slow, go fast. As a receiver, it's like playing a game like a point guard. You don't want to be going 100 miles an hour all times. You want to a little bit of feel to routes, a little bit of a feel of how to set guys up. Being able to go 75 (percent), be able to leave a little in the tank to burst guys off their spot. I think (Head) Coach (Sean) McVay, he was a receiver in college I know, so he's trying to pull that out as a play-caller and trying to be a little ebb-and-flow, a little point guard to him. Being able to do these speed break quicks, being able to do these slow quicks, being able to do some stuff that as a play-caller that helps set us up an offense better to be able to keep the defense on their toes."

(On the importance of becoming familiar with the new stadium ahead of the first game)

"I think it's very important to be able to get your routines set up. I think football players are pretty superstitious. So, for guys to be able to get into their routines, do what they do on a gameday and be able to make that feel as real as possible. I think we did a good job of that yesterday in terms of just our rhythm to the day. I know Coach (McVay) has plans for that coming up. Being able to be in our stadium for the first time, being able to be able to go through that stuff, I think it's very important. Just being in the stadium, feeling the turf, being able to run routes out there and being able to just get a feel for what the atmosphere is like is very important so there is no surprises when we step out on the field against Dallas on the (September) 13th."

(On his impressions on QB Jared Goff from the scrimmage)

"I think he made some really great throws off-balance to me, not just talking about on the run, but just being able to move in the pocket. There were a few times, I know there were throws that he wants back and I'm sure he's going to be the first to own that. There's also some great instances where he's moving in the pocket and really being deliberate with movements and being able to get the ball out. Being able to get the ball off a base that's not always there. When you go against (DL) Aaron Donald, that's the nature of going against him every single day. I think it's great work for him. We love that being able to create stress in practice is a great thing. I thought he made some incredible throws, but just like we said in our room as we watch the film, there's a lot of stuff we want to improve on. That goes for everyone across the board. Every position wants to do better and I'm looking forward to being able to back get out there this week and improve on those things."

(On if he is superstitions on gameday)

"I'm not too superstitious, I am a little 'stitious' though. I want my socks to look good. I make sure I take care of making sure my socks are in order, but that's really the only thing I've got."

(On Goff's comments about WR Van Jefferson being ahead of his time being similar to Kupp during his rookie year)

"First of all, it's really nice of (QB) Jared (Goff) to compliment me that way, I'll take what I can get. But yeah, I pride myself about knowing everything about an offense. I think early on, contrary to what (WR) Van (Jefferson) has, Van doesn't get OTA's, he doesn't get those practices. He came in here and has adapt quickly through training camp here. Being able to do what he has been doing during training camp like this, where things are accelerated, I think that speaks to just the player he is to be able to handle that load. He thinks along the same ways where I think it's stressful for me when I step on the field and I don't know what everyone is doing. I hear a call, and I know we've got some 'scat' protection or anything like that, if I don't know what the running back has, that bothers me. I want to know what the running back is doing so I know how the defense is going to react to that. I think he thinks along those same lines. He wants to understand everything. I think that lends itself to not force that stress on top the acceleration of learning the offense. It forces you to widen your scope and see that it's not just about learning one position, it's about learning about what we're doing as an offense. What's the 'why' behind what we're doing. That's really the way my thinking has been, that's what helped me kind of move through this. I think Van thinks along those same lines."

(On if the lighting on the field was dim and on heat at SoFi Stadium)

"I mean, you might have had your sunglasses on. Everything was good from our standpoint. Things looked solid. There was a nice little breeze coming through the stadium. It was definitely a little warm, but nothing like it was outside. I mean, it was scorching outside. It's a somewhat outdoor stadium, it's going to be somewhat warm. Honestly, it felt great once we got into our scrimmage and when the sun went down, it felt incredible in there. But, nothing with the lighting or anything like that. It seemed good."

(On if the team felt the breeze from the field)

"Yeah, we felt it. It was good."

(On the last time before this year he heard the word 'ecosystem')

'Ecosystem (laughs). You know, I'm trying to think of the last time I took a biology class, which is probably the last time I would have. Actually, I took a geography class my senior year and it was not as much geography as it was like specific weather patterns in certain areas. So, that's probably the last time. I'm sure I heard it there, but I can't promise you."

(On what he's learned about the Rams 'ecosystem')

"I've learned that it's supposed to be clean and that it's our responsibility to keep it clean. So, I'll keep it at that."

(On what cleats he wore at SoFi Stadium)

"I just wore the ones I usually wear, just the Nike Vapor Elites. They're coming out this year. They felt great. The turf felt awesome. Some of the guys have been wearing their Jordans and the Jordans, they said those were great as well. I had a pre-scrimmage decision to make, I had both of them on my feet – I had the

Jordan 11's, I had the Vapor Elites – and I ended up going with the Elites simply because I thought it looked better. It was good, though.”

(On what specifically he focuses on surrounding his socks)

“That’s really the only space you have to really do something maybe a little bit different. You definitely have to work within the parameters. But, it’s creating a little break up. It’s understanding what color my cleats are going to be, what color our socks are going to be and figuring out how to break those up a little bit if you need to break them up. You can look back on the film, I would put my sock game up there just about with anyone. Some guys that have it down, some guys don’t. I’d like to say my sock game’s up there.”

(On if the team has mixed in any game-planning during camp to help with preparations for the regular season opener)

“I mean, I’m sure we’ll get to that point. That’s not something we’ve done yet with all the stuff that we’re doing, it’s just being able to master our systems, being able to get down our football philosophy and be able to compete day in and day out. Within the scheme of what our defense does, we were running our plays to get open and you still as a receiver, our defense presents some great challenges. But, you know just like any other week during the season, you might not see the same thing one week to another, but you might have some of the same play calls. So, you have to find ways to win within that. Those things will change up, but I’m sure (Head) Coach (Sean McVay) has a great plan to get us adapted for Week 1 and we’ll be ready to go when we step on the field on the (September) 13th.