



Rams DL Aaron Donald – Media Availability – September 3, 2020

(On the end of training camp, how he felt it went and if the team is ready for Week 1)

"I feel like it went good. Went good. I think we got better – had some good work, feel fresh, feeling healthy. A lot of guys are fresh and healthy. So, I think overall great. I liked the way this camp went, how I felt, how it was. So, I'm just ready for next week."

(On where he feels the defense is at heading into Week 1 and the twists he can put on this defense)

"No, I feel like I'm at that point, could still fix the things here and there, but overall, I feel comfortable knowing this scheme, knowing how I got to do things, knowing when I can take my chances and do what I do. So, I'm feeling good."

(On if there was anything specific he wanted to work on in training camp)

"I'm just working on my overall game. There's things that I wanted to work on personally, but you know, I'm not going to tell you guys what it was (laughs). I definitely feel like I got a lot out. I learned a lot from 'Coach Henney' (Defensive Line Coach Eric Henderson), as far as certain technique things I needed to work on, as far as playing the run certain ways and wanting to take my chances and things like that. So, I felt like I practiced it, put it on film. I'm able to get myself better overall. So, I'm feeling great where I'm at right now. Like I said, I'm feeling healthy. I'm so ready to go."

(On what rookies stood out to him)

"There's a bunch of guys that stood out. This week, the wide receiver 12 (WR Van Jefferson), was making some real big plays. He's definitely going to be a guy that's going, you know, if he continues to work, continues to get better, can definitely make a big impact in his league right away. But there have been a bunch of guys. I'm not going to sit here, keep naming all the guys, but you know, he's definitely a guy that was on the radar this week from watching him practice and the way he was competing and all the catches he was making."

(On the different type of training camp with no preseason)

"No, it was great. I wish we could do training camp like this every year. It was fine. I liked how the schedule where we got great work, were in and out. I felt like we were able to do certain things to keep our bodies fresh and keep ourselves healthy. But, at the same time, we got great work. I think that's what it's about, getting great work, you're in and out and at the same time to keep yourself fresh, keep yourself ready. So, I think overall as a team, I feel like we are where we need to be, obviously we've got a lot of room for improvement, always, never be satisfied. But right now, if we had a game tomorrow, I think we'd be ready."

(On the first team meeting in LA if he thought he would actually play in the stadium with the Rams)

I really never thought about it. I just played and went with the flow, because you never know what can happen. Came a long way from St. Louis, to here now in the new stadium. I'm excited to have the opportunity to play there. Can't wait until we actually get some fans in there to cheer for us. Definitely pumped up to get on that field and play a game now live. So, it's definitely going to be dope. Great experience."

(On making the relocation journey with guys like DL Michael Brockers, P Johnny Hekker and RB Malcolm Brown amongst others)

"Yeah, because there ain't too many of us left. Definitely got the guy that came from St. Louis, it's been a long, long ways, you know, a long ways, from we started to where we at now. We're just blessed to be here still and be in a position where we had the opportunity to, you know, to start a legacy at this new stadium."

(On the importance of in-game music especially now without fans)

"The music isn't that important to me. So, I don't really care. You're talking about the make that make up for the noise because the fans aren't there? Oh, well, yeah, you want as much noise as you can, if you can. You lose that excitement, that loudness from the fans, from the crowd. So, hopefully they can substitute something and create something, so we get that same feel."

(On a player's mindset entering the season with ongoing contract negotiations)

"You want it done. You want to have the opportunity to get what you work for, what you deserve and to the point where the business part is handled, to the point where you can go out there and play football and be free. That's what it comes down to. There's a lot that goes through your head, because at the end of the day, you want the business side to get handled so you can just go out there and do what you do."

(On his mindset on gameday)

"To go out there every Sunday, just to go out there and compete – do what I've been doing since I was five or six years old. Fly around and give the fans, the crowd, something to cheer for and watch. You make a name for yourself and you help win games by being productive and making plays. I want to continue to do that. So, I got to continue to work, continue to get myself better and not be satisfied and not let myself slow down."

(On if there's anything he hopes is carried over to next year's training camp from this one)

"We can keep this same schedule next year, how about that? The same schedule we did this year, we can do that next year. I don't have any complaints for camp if we do that."

(On wanting to go back to the dorms for camp)

"No, I liked staying in my house, sleeping in my own bed, coming to work and getting in and out. If we keep that same schedule. I'm good with that."

(On pumping up the crowd in the scrimmage with no one there)

"You want that feel. That's what you feed off, the fans. So, you make big play on a third down, you usually get to do that, you hear the crowd go crazy, man. That's what you're going to miss. That's what you want. So, that's why I hope they can figure something out to the point where, if we don't have fans to the point, they can create something to the point, we still get that type of feel – If it's a big-time play, we need that crowd behind us. You know how I feel about that though."

(On if he's going to wave his arms to increase crowd noise in a game)

"It depends on how I feel. Yeah, if I need to. 'Hey, turn the speakers up, turn them up, I can't hear you!'"

(On how no fans might impact offensive touchdown celebrations)

"I don't know, you've got to ask the offensive guys that. I'm not sure."

(On if he expects the first games to be more mistake filled)

"I think it's going to be different. I don't know how different, just from the aspect of not having fans alone is going to be different. I'm anxious to see that the first game played that Thursday night game. So, see how that is that feels, how the guys are moving around, how they're out there playing. What they're feeding off as far when they make the big plays. It's definitely going to be different, but we won't know until we actually go out there, we actually play in game and get the opportunity to experience that."

(On what OL Andrew Whitworth said to the team at the end of practice)

"That was just between us. It was just some things we got going on but that's between us and the team right now. You have to ask (OL Andrew Whitworth) 'Whit', if you want him to speak on it."