



Rams DL Aaron Donald – Media Availability – September 10, 2020

(On how the Rams can limit the Cowboys rushing attack this year vs. last year)

"Well, that's last year. We aren't going to talk about last year. Pretty much got a new team, new coach. We just got to get there. We got a game plan we need to stick to. We know the player we're going against, they got good talent on the other side of the ball. So, we just got to do our job and do what we're being coached and we'll be fine."

(On his thoughts on ESPN ranking him average as a run stopper)

"It doesn't matter. Everybody is entitled to their own opinions. I just go out there and play football."

(On if he was aware of that ranking)

"Yeah, I'd heard. Some friends had called me and told me that they were kind of mad about it, but I really don't mind. Like I said, everybody's entitled to their own opinions. There's people that's going to think one way, other people that think another way."

(On if he will use the ranking as motivation)

"Yeah. I would use it for motivation."

(On his reaction to CB Jalen Ramsey's contract)

"I was happy for him. I know it's a long time coming for him. I know he worked hard for it, deserves it. I know it's a lot of stress and other things off his plate. Now he can just go out there and play ball. So, I'm just happy for him. He got what he's been waiting for. Now we can just go out there and ball out."

(On anything he can share about Ramsey everyone might not see)

"Yeah, through the camp process I saw him doing that every day, helping the younger guys, giving them little tips and things like that. That's leadership. That's what you want from a guy like that. He's a great football player. He's accomplished a lot from the way he plays the game. For him to pass that to the young guys, trying to bring them up so they can have some type of success. That's what you want. Those are the type of guys you want on your team."

(On how he feels about the new defensive system)

"I feel good. Feel comfortable. I know how to play the defense; I know what I need to do. I know when I can take my chances. I know certain things I need to do. Overall, I feel comfortable with it and I'm ready. So, I'm liking the defense."

(On how different the system is from previous defensive systems he was in)

"I'm not going to talk about it, just say, 'It's going to be the same.' So, they think that. It's the same exact defense, we're doing the same exact things, nothing's changed at all, nothing. The same stuff you've seen, that's what you're going to get, write that. (laughs)."

(On what it says to have himself and Ramsey signed through 2024)

"You're making sure that your best guys are here for the long run, to continue to build off the success we've had in past years and try to build a legacy. You know, that's what you want. That's what you expect from our organization. You want to make sure your top guys and your top playmakers are here for the long ride."

Again, that'll make the guys comfortable and make them want to go out there and do their job at a high level, to bring guys around them along as well."

(On the feeling of no preseason games and if it feels like college)

"You've got to remember, we haven't been doing preseason, the older guys, you have got to ask the younger guys that. I feel like we put ourselves in position, as far as the scrimmages to get a feel for football and things like that and what to expect the best way we could. Me personally, I don't think it affects anything. I'm ready. You've got to think, I went two years without even coming for camp. I think guys, just from watching guys at practice and the way they're going about it, I think guys are ready to go. I don't think that's going to affect anything."

(On what it means to go up against a highly regarded offensive line)

"We are always ready, no matter who we playing, we got that mindset we're going to go out there and dominate. We know they got a good group that just because they've been playing with each other for a long time, so they know how to play with each other, they know certain things, certain calls. But at the same time, we've been playing with each other for a while and we're going to do what we've been doing."

(On what makes Cowboys RB Zeke Elliott a tough matchup)

"He's just a strong running back. He can do it all. So, you just got to make sure you try to bottle him up the best way you can. Not let him get started, because you let anybody get in the groove, it'll be a long day for you. Trying to do our job to slow him down, make his day hard. Because if we make his day that's going make our day easy. We just got to do our jobs."

(On what gives him confidence about this linebacker group)

"They've been flying around, they've been making plays, they're making all the right calls. They're comfortable. They seem confident out there in practice, during the scrimmage. They just need to translate it to the game. As long as they go to the game with the same mindset they had during practice – be comfortable, be confident, had that confidence that they're going to be able to translate what they did in practices in a game. It's going to be a big day for them guys. I truly believe that, but they just got to go out there and put it on film."

(On what makes Cardinals Chandler Jones an elite pass rusher)

"He's been consistent like that since he came in at league since he was with the Patriots. He's a guy that that's going to get you double-digit sacks every single year. He's just one of those types of guys that you know, he's going to get you at least 15 sacks every single season. He's got technique, he uses long arms well. He's got different ways - he switches up on the offensive linemen to keep them guessing and not let them get a jump on him. So, he's just one of them special-type pass versus yeah."

(On if he anticipates getting double and triple teamed this year)

"I'm not sure. I'm hoping not. I've got to go to the game thinking that I will. I just got to go out there and play my game and do what I can do and at the same time, trust the guys around me that they go make their plays."

(On what he can share about DL Eric Banks)

"He's (DL Eric Banks) been getting better each day, each week. He's a big guy, long guy, and been taking a lot of coaching from the veteran guys, to the coaches and translating it to the practice field and getting himself better. He definitely got better from the start to the finish and he's still working to continue to get better. When you tend to put stuff on film and show these coaches what you're about, you tend to be in a good place and that's where he's at right now."

(On what it's like playing for defensive line coach Eric Henderson)

"It's great. I love playing for him. He's one of them coaches that understands how to communicate things to his players. As far as teaching certain techniques that I felt like is going to take my game to another level, just having two years with him and having two camps with him and being able to take his coaching and the things he's trying to teach me and the way he breaking down a film and things like that. Even though last year was a tough year for me, I felt like as far as, as much as the attention I was getting, but just different

schemes and different things he was able to do with the D-line was able to free me up to give me some type of success. So just building off of the coaching and things he teaches me."

(On if it helps that Henderson played in the league)

"Yeah, you could say that, yeah. He knows the game, knows how it is. He relates to his players well. That's the type of coach you want."

(On some of the things that he's learned from Henderson off the field)

"Just certain techniques that I need to work on. This off season, he reached out to me and he pretty much told me all the bad plays and showed me different bad plays that I had, the things I needed to work on. That's what you want to be able to take coaching. So, I can take my game to another level and get myself better. I'm taking his coaching and listening to what he's saying, practicing nonstop every single day. It becomes second nature, you do things one way and then you start working a little thing before practice during practice, it just starts translating. Then you start playing certain things better and able to have more success. I think he's definitely going to continue to take my game to another level and I'm just excited about it."