



Rams QB Jared Goff – Media Availability – December 2, 2020

(On how much better the Cardinals defense is this year)

"Yeah, they've improved tremendously. I think you can see it right away on film, just the stuff they're doing differently, defensively. Then just their players, they've made some moves in free agency over the offseason and did some good things and it shows up."

(On how he felt about Head Coach Sean McVay being open about him needing to protect the football)

"Yeah. If he was lying, I'd feel differently about it. He's absolutely right and I'm a big boy. I can handle it. We have a great relationship and I'm accountable for myself. I need to be better than that. I need to take care of the football and he's absolutely right and I will. I have done that for majority of my entire football career and will continue to take care of the football better."

(On how he is able to not let previous mistakes to influence his game)

"Yeah. I think it's just being smarter decision-making. You're still being aggressive. I don't think that will ever leave me and just confidence wise, I've always been confident and been able to overcome mistakes, but at the same time, I don't want to keep sitting here and saying that I need to take care of the ball better. I mean, I'll just be smarter with it, make better decisions. I think, prior to last week, I thought I was doing a pretty good job of it and then last week, I let it get away from me a little bit. Just getting back on track, I've played for a long time and have a lot of confidence in myself, in my ability and my ability to take care of the football and so, just get back to being me. Just taking care of the ball and still being an aggressive, like you're saying, absolutely. I still need to be aggressive."

(On his thoughts on Cardinals CB Patrick Peterson)

"(CB Patrick Peterson) Pat, yeah, he's got obviously, I think the number one thing you see with him is his ball skills. He's a receiver playing corner with how good he can catch and how his ability to break on the ball and then, I think as he's become older, he's gotten so smart and understands concepts and understands where guys are supposed to be, reads the quarterbacks eye, he reads the quarterbacks feet. He's an all-around good player and has been for a long time, a great player and continues to be."

(On McVay mentioning the missed practice and if he believes it had an impact on the game)

"Oh, I don't know. I'm thinking whenever a game ends up like that, you probably look back and think maybe some of those things, but we we've had games in the past before here where we haven't practiced throughout the week and have played tremendously. So, it's here or there, who knows, but obviously he knows better than I would on how we want to practice."

(On when he learned how to absorb and process criticism as a quarterback)

"Yeah, that's a good question. I mean really when I was in high school, I think I kind of understood the responsibility of it. You're not receiving nearly as much praise or criticism in high school, but you start to understand your responsibility of being a quarterback on a team and what that comes with. I think through college, I had my fair share of bumps that kind of hits you in the face and I think that's part of the job, is getting through those things and right now that's what I'm doing. It's part of it and I had a rough game. You try to limit them and move on, but for the 24 hours after it, I was not in a happy place for sure. Really, really, disappointed in myself but you move on. You've got a game this week, we've got a big game this week, you move on, you play well, and then you just keep moving on. That's all you can do and stay confident and it's just part of the game."

(On what he is like during games when things are not going great)

"That's kind of what I was just saying, just stay the course. I mean, I've had plenty of games where they've gone tremendously and we've lost and plenty of games where they've gone poorly and then they flipped around in the third and fourth quarter and you finished the game with a win and you feel great about it. And so, just it's play after play, just staying focused and staying in it and doing your job."

(On what challenges the Cardinals defense brings)

"They're a great team. I think I kind of touched on it earlier, how much I think they've improved defensively and overall as a team this year and how well they're playing, but yeah, that'll be a good challenge for us. They do a lot of good things. They do a lot of different things. I think (S) Budda Baker is one of the top players in the league at his position and overall in the league. They do a lot of things that will give us challenge, but we'll be ready for it."

(On his relationship with Offensive Coordinator Kevin O'Connell)

"Yeah, extremely comfortable. (Offensive Coordinator) Kevin (O'Connell) has been great for me. I think when I first think back to when we first got on the field, because it was really training camp. It's only been a handful of months now and at this point we really have been working together, but it's just continue to grow and we continue to understand each other better. I trust him, he trusts me, we're able to have pretty good dialogue during games, after games, before games, just completely open and trying to figure things out, work through things. He's been tremendous for me and my development."

(On if he believes he has ownership of the offense)

"Oh yeah."

(On what he sees differently that he didn't have last year as opposed to this year)

"I think in the run game, I've taken a step forward. Absolutely. Just kind of understanding our scheme and what we're trying to get down on each run. Where the point of attack is, why we're getting out of it versus certain looks. Really diving into that a little bit more has been a good thing for me."

(On what is meant by not letting the 49ers beat you twice this week)

"Yeah, it's flush it. You can't control it, we play 16 of them and each week's a different week. We're going to be upset about that game, like I said, for 24 hours and I was over it after that, and we all were and we move forward. We were bummed about it but we moved forward and it's really easy to move forward when you have a good team you're playing, another division game, another team that you have to really spend a lot of time on and focus on. So, it makes it a little bit easier."

(On if practicing at SoFi Stadium helps him as a quarterback)

"Absolutely. Yeah. Anytime we can get out of this wind and get into an area where we can work on some throws and do some different things in the pass game. Absolutely it helps getting those reps and continuing to get on the same page which is huge."

(On when he thinks a quarterback gains veterans status)

"I think as soon as you get your second contract, probably. That would make most sense, right? I don't know. That's usually four or five (years). Yeah, I mean, I don't know. It's not a very good answer. I guess you could still be young in year four and have a second deal. I'd probably, I don't know. I think it's different for everybody. I don't know. That's a good question."

(On if he feels like a veteran)

"Oh yeah, I do at this point. Yeah. I think a part of it too, is being with the same coach and being absorbing that offense for as long as I have and being a part of the same organization for so long. Absolutely."