



Rams Head Coach Sean McVay – Media Availability – December 3, 2020

(On today's practice at SoFi Stadium)

"Yeah, it was great. I'll tell you what, I was very impressed. I thought the guys handled doing all virtual meetings really well. I'll be interested to get their feedback, but I thought there was a good bounce in our step. Obviously, being able to come over to this venue, the best in the world, it was special. To be able to take advantage of that, I think was big because I didn't make my way over there (Rams Training Facility), but I heard it was pretty windy. We were able to get a lot of really good work in that I thought was very necessary for us. Definitely felt like it was the right decision and the players handled it really well, so that's the most important thing."

(On the injury report)

"(DL) Sebastian Joseph-Day didn't practice today, his hip's bothering him a little bit. We're just being smart with him. The hope and anticipation is that it won't affect his game status. But we'll revisit that tomorrow and I'll make sure that I fill you guys in on that front. (OL) Brian Allen's knee is still bothering him a little bit, but other than that, everybody's feeling good."

(On if he would consider practicing more frequently at SoFi Stadium)

"I definitely would not rule that out. I think ultimately, you got to make sure that it fits with the schedule with things going on here. But this is a luxury and then what we've learned about being able to get a lot of stuff done virtually, for the efficiency of the day and just with consideration to travel and all those types of things. With the way that today went and how smooth it was, I certainly wouldn't rule that out. I think we all know just as it gets later on in the year, and you guys would know better than me just from being here longer, but it seems like ever since I've been here, whether it's been the fires, the winds, our practice facility and the location is not conducive for getting work done towards the latter half of the year in terms of throwing and catching and things like that. This is a real benefit and today we were able to take advantage of it."

(On WR Josh Reynolds not getting many deep-ball opportunities)

"I think we've just got to keep trying to execute, pick and choose when those opportunities do present themselves. I don't know why, but I'm hopeful that this is Déjà vu. The last time it was brought up with me, he ended up having some good things that following game. So we'll see, but (WR) Josh (Reynolds) has done a nice job. I don't think it's anything reflective of what he hasn't done. (Inaudible)."

(On TE Tyler Higbee wearing an elbow brace and his health)

"Yeah, he got through the game, did a good job. He's so tough that you've got to basically really get it out of him (inaudible). I think it's really for protection, more than anything else. I didn't feel like or notice that it restricted him in any way today at practice. I think he's making good progress, but I think he'd probably be better apt to answer that because to get him to complain about anything... it's why you love him."

(On if waiving OLB Jachai Polite is an indication of OLB Ogbornia Okoronkwo returning and OLB Derek Rivers passing the eye test so far)

"Yep, you're on it. That's exactly what it has to do with. Looking forward to seeing if we get (OLB) Jachai (Polite) back in the practice-squad capacity and it is exactly reflective of what you just said."

(On if he has heard if the new stay at home orders for California will impact practice or games)

"Have not. No. Haven't heard anything of that nature. I think you would probably know as soon as I do if anything was affected. But we know we're focused on the Cardinals and don't anticipate that to be an issue with next week's game, if that's what you're alluding to as well."