



**Rams Offensive Coordinator Kevin O'Connell – Media Availability – January 6, 2020**

**(On what it's like to prepare for a game for two quarterbacks)**

"It's one thing to have two guys that from a standpoint of how we run our offense, that you would really need to run two separate offenses for. We feel so good about our entire inventory of things that sometimes we activate certain things by game plans for certain defenses and structures that we see that may look specific to one guy versus the other. But really, what we try to do from a game-plan standpoint varies week-in and week-out, however we give our offense that best possible chance to have success playing a good defense that played really, really well a couple of weeks ago up there in Seattle – physical, fast, flying around. So, that big picture mindset of just how we want to operate is really important and both those guys can handle those aspects of our offense."

**(On how QB Jared Goff looked today in practice)**

"It went good. It was a normal kind of, I even forget what day it is, but for what a 'Thursday' of a game week normally would be. I do know that it is not Thursday, at least I think I know what day it is. He looked good. He looks like he's gaining confidence each and every throw. He was able to do everything from a normal practice standpoint of what we asked him to do on days like this."

**(If Goff had any trouble handling the football)**

"We'll have a full debrief and kind of get with (Vice President, Sports Medicine and Performance) Reggie (Scott) and the medical staff. I try to stay out of all that. But, from my standpoint just coaching him, calling out plays, cadences and things like that, I think it was pretty positive day for him."

**(On playing against the same opponent for the third time this season)**

"I think especially a divisional opponent, too. You look over the last three, four years, same coaches, see a lot of the same players that have had some really, really competitive, big-time games against one another both up there and down here in L.A. So, I think these teams and our group and to them, we know them well, they know us well. There's a ton of respect for what they do defensively, both from a personnel standpoint, a coaching standpoint. It's a heck of a challenge, there's a reason why they're hosting a playoff game. They're a really good football team and that's not even getting into the other side of the ball with that quarterback and what they can do. So, tremendous challenge. But, when the team's seen your inventory, not only over a season twice and now you're playing them a third time, which can only be a division opponent. They have inventory from the previous couple of years, two, three years as well. So, that's definitely a factor in putting together a plan against a group like this."

**(On the mindset of an injured starting quarterback and dynamic of supporting the backup that's showed success)**

"The first part is definitely a situation where, although that's one of the things that's made (QB) Jared (Goff) so durable is his toughness and his ability to overcome those bumps and bruises that happen throughout seasons. Obviously, when you get surgery on something that's a little bit more than a bump or a bruise. I think he's handled that so well. I learned a lot about his toughness watching him in that game. Obviously, everybody saw the video of him resetting his thumb or whatever he did out there. But then to actually continue to play and not show any kind of blink, was something that I really learned from him. But then the second phase of it for me, knowing Jared, knowing his leadership style and his ability, he is one of our captains and he's also our leader in the quarterback room. So, the second part shouldn't be hard for him. We support one another. That's coaches, players. But there's a certain aspect, I think we've talked about it

maybe on another Zoom call before, where the quarterback room and the foundation of support for one another. Just as Jared, I expect (QB) John (Wolford) would be there for him every step of the way through those first 15 games. Week (17), there was nobody helping out John and being there for him in a supportive role more than Jared was last week. So, that was not anything we had to talk about. That's something that just as one of our captains and a leader on our team that he did naturally. I was really happy to see that."

**(On QB John Wolford's confidence)**

"It comes through his preparation. The only way that he could feel that way and go out there and operate fearlessly, I think that's a great way to put it. To have the type of conviction he had to execute certain plays in the game plan that we had for him, that stems from all the way back into training camp and we talked a lot about his reps on the scout team throughout the season. But, it's not easy. I've been there before being a backup quarterback and trying to make yourself day-in and day-out, maintain that routine, maintain that laser-focus to constantly be ready, knowing you're one snap away. I give him so much credit for maintaining that process throughout the season. Relying on myself and (Assistant Quarterbacks Coach) Liam (Coen) and those other quarterbacks to help him throughout that process. Then to take it to the game and maybe not get off to a great start, but to really, truly rely on that and show resiliency to kind of continue to battle and lead that group out there. I was really pleased with the way John responded and how he carried out that momentum through the rest of the game."

**(On Seattle's ability to turn their defensive performance around)**

"I think you notice the attention to detail at which they're playing. I think that coaching staff up there has done a tremendous job, just kind of weathering whatever took place early on. We didn't get to play them early. So, sometimes it's one of those things where all you know is what you're preparing for, however many games you use in a breakdown. So, they were starting to do some things that first time we played. Then obviously, the addition of (Seahawks S) Jamal Adams at the safety spot. Then just getting more healthy throughout that defense out on the perimeter and some of the other aspects of it. They were a challenge in that first game when we played them here, there's no doubt. When we went up there, just the energy, even though there were no fans up there in Seattle, you could just feel the energy of that team. They're playing with confidence. That's something we're going to have to respond and match as well with our group. That's one thing about our group, I know that they're focused. We've had a good start to our preparation as we get ready to play on a short week. I know our guys will respond."

**(On any consideration to play two quarterbacks in the game)**

"I think it sounds good a lot of times to be playing multiple guys and use them for different things and all that. But, a lot of times it just comes down to the game plan, the rhythm of the game, if that even becomes a focus. One of the things that John did the other day is after getting off to a little bit of a slow start, I don't recall what his next 10-to-15 completions or attempts were, but it just felt to me like he was able to stack some completions, put positive plays together and kind of maintain that momentum for some long drives. We weren't able to finish in the red zone like we want. But that comes from being on the field and sustaining that focus and success over a course of a period of a drive and then it's the challenge of can you maintain that throughout a game? I think sometimes that's tough to do when maybe you're trying to play multiple guys for whatever reason. We really haven't gone that far in our preparation. It's more about putting the plan in. My job is making sure both those quarterbacks, and really all of our quarterbacks, (QB) Blake (Bortles) and (QB) Bryce (Perkins) as well, have a great feel for the game plan and the attention to detail we need them to execute with. Then as we move closer to the game, it becomes starting to have that laser focus on what we really want to do."