



Rams QB John Wolford – Media Availability – January 7, 2021

(On his preparations in case he is the starting quarterback on Saturday)

"I'm trying to treat it like I would any other week. Whether you're the two or the one, in my mind, your preparation should be the same. You've got to be ready to go. You don't know when your number is going to be called. So, not much has changed in that regard. I'll keep doing what I've been doing the past 17 weeks."

(On his experience playing in wet weather conditions)

"I played in Florida growing up, so we had a few rain games. I think at Wake Forest, I had a few, a few cold weather games as well. I've done it before, and I think I'll be fine if I'm asked to play."

(On his evaluation after reviewing film from last week)

"I think I made some plays in my legs, obviously, that sustained some drives. I thought I threw the ball pretty well. There are a few balls that were a little bit short. A few misses here and there that I would love to have back. So, the challenge for me is how can you execute those plays when you have those opportunities, because that's the difference between throwing for 230 (yards) and throwing for 350 (yards). So, it's a little bit more on tune with the receivers and that comes with reps. I can't make those decisions like I did the first play of the game that put our defense on the field at the 15-yard line. Which is just pretty much a punch-in touchdown for the other team."

(On if he knows if he will start on Saturday)

"Yeah, that's a question for coach. I'm preparing and I'll be ready to play if asked to. But I would defer to (Head Coach) Sean (McVay) on that one."

(On how many times he's been asked if he's going to be the starter)

"A lot."

(On if he returned all 350 text messages he received following last week's game)

"Those are still outstanding. Most of them are outstanding. It's a short week, so."

(On what he says to people asking about the starter scenario for Saturday)

"I would defer that to Sean."

(On how QB Jared Goff has looked in practice)

"He's looked good. He's a tough dude. I think he's progressing well. I think he's looked good."

(On if he feels calmer this week compared to last week)

"I think getting that first start out a way, it just gives you some confidence. You're always confident in your abilities, but candidly, you never really known until you actually play in a game. I think I've definitely gained some confidence by going out there and playing in a pretty meaningful game, getting reps. So, less nervous. I probably put on a poker face the last time we Zoomed last week and said I was doing fine. But good, definitely less nervous feel more comfortable. The accumulation of reps are valuable, especially game reps."

(On if he had to tell some of his teammates to be quiet in the huddle)

"No, no, no, they told me to be quiet because I too loud. Sometimes the microphone's loud, so then I talk loud because I feel like I have to talk over the microphone."

(On working together with QB Jared Goff)

"I think we have a great relationship. It's one where we're both helping each other, trying to get each other better and we both have a lot of respect for how the other one operates. I have nothing but respect for (QB) Jared (Goff). He has made me a better player, and hopefully he would say the same about me. We're a part of a team and within that team, we are part of a group and the goal is to be the best that we can be in our position group. I think we have an understanding of that. (We) have pushed each other throughout the year and helped each other throughout the year."

(On the possibility of using two quarterbacks in the game on Saturday)

"Anything game-plan wise, just because I know Seattle probably watches this. That could be in the cards, that could not be in the cards."

(On how many more reps he's put in this week as compared to a typical week)

"I feel like I've gotten enough reps to be ready to play, if I'm asked to play. I'm not going to give you a number."

(On if he's ever been in another situation similar to this week regarding the starting quarterback)

"In college, there was a period of time where I wasn't playing well and week-to-week we didn't know if it was going to be me or (Broncos WR) Kendall Hinton, who actually started for Denver this year. Who was going to play. That was my, I think my sophomore year, so yes I have."