



Rams DL Aaron Donald– Media Availability – January 13, 2021

(On when Head Coach Sean McVay started calling him the terminator)

“(Laughs) I don’t know, you’ll have to ask him that.”

(On how he’s feeling)

“I feel good, real good.”

(On if he has any pain)

“No pain. I feel healthy.”

(On what it felt like when he left the game on Saturday)

“Obviously I hurt it, but I just felt some pain and just tried to figure out what it was.”

(On if he hurt his side from falling on the ground or Seahawks QB Russell Wilson falling on him)

“He fell on me. How he fell on me, I guess my body twisted.”

(On what he felt or heard when he got hurt)

“It was just pain. I really didn’t hear or feel it. It just felt like I got the wind knocked out of me or something. That was it.”

(On specifying what the injury actually is)

“Man, my side is just sore, I’m good though. I’m not going to sit here and talk about my side the whole time (laughs). I’m good. I just had a whole workout. I feel strong. I feel healthy. So, I’m good.”

(On if he has ever had to play through an injury)

“In my whole career, just anything, I’ve never had a real injury. I had a couple of ACs, obloquies and things like that, but nothing like this. So, this the first, but I’m good. I think ‘Reg’ (Vice President, Sports Medicine and Performance Reggie Scott) – they do a great job. I always trust the process with them as far as having me on a routine that they want me to do. Just being cautious, being smart and making sure that come game day, I’m ready to go. So, I trust that process. I got to do some stuff yesterday in the weight room. I still feel strong. So, I feel good.”

(On if he was trying to come back into the game last Saturday)

“Yeah, I was going to come back until we got that last touchdown, that kind of put it away. So, it was like let’s rest up for next week type thing.”

(On if this was a regular season game would it be a bigger issue for him to play)

“No, I feel good. I’m not going to go out there if I feel like I can’t help these guys win. So, the way I’m feeling right now, and then it’s only Wednesday, we have until Saturday, I’m not too worried about it.”

(On if he will wear extra protection for his side)

“I don’t know. All I can tell you right now is I feel good, I feel strong and I’ll be ready to go come Saturday.”

(On what he sees from Packers QB Aaron Rodgers)

“He’s a great quarterback that’s playing lights out this year. He’s making some great throws and good decisions. Obviously, he can do things with his feet, not the fastest guy, but he can move. He can get away from you and make things happen so we have to do a great job as far as bottling him up, getting pressure on him and not letting him have a clean pocket to the point where he can make all those great throws. So, we have a challenge, but that’s what you expect in a playoff game. So, we just have to go out there and play how we’ve been playing all year – trying to dominate, trying to get to him, trying to affect him in as many ways we can. At the same time, they have a good offensive line, they play good together and they have a strong running game. So, we have our hands full, but I’m trusting these guys that we have on the defensive side of the ball that we are going to do our job. We have a great game plan, if we stick to that we will be fine.”

(On what the doctor was saying to him on the sideline after he got injured)

“They were just trying to talk to me, and I was just telling him, ‘Back up, I’m good’. I was trying to figure out what was wrong. Like I said, I just thought I got the wind knocked out of me. So that’s it.”

(On if he needs extra reps if he has protective gear before the game)

“No. Like I said, I was doing some stuff yesterday. I will do some stuff today and then we still have another practice tomorrow and I’m going to do some stuff. You have to trust the process. They aren’t just going to throw me out there and just see what happens. So, we have a nice little thing set up, as far as a day-by-day type of thing. Then like I said, I feel good, I feel strong and I’ll be ready to go.”

(On if he would like snow for Saturdays game)

“I wouldn’t mind it as long as it’s not too much snow. I haven’t played in a snow game since I was about seven-years old. So, it’s been a long time. Those types of games, you know it’s going to be a dog fight. So, I wouldn’t mind that, but as long as we are still able to do what we need to do out there, guys still flying around, it’d be different, but we’d be fine.”

(On never playing a game in the snow)

“I think the coldest game that I played in at Pitt, there was snowflakes, it wasn’t really sticking, was Rutgers my junior year. So, I really didn’t get to play in too many snow games like that. When I was younger in little league football, where it was just a bunch of snow on the ground, that was about it.”

(On if he is concerned about the weather affecting his side)

“You’re still taking about this side, man (Laughs). Once you’re going out there, you’ll be playing football, you’ll be moving around so I’ll be good. Right now, how I’m feeling, I’m not too worried about it. Talking with Reg, it’s not anything I really have to worry about for now. Like I said, I still feel strong, I still feel like I’ll be able to do what I do. But once you’re out there playing football, you’re out there running around. You guys are going to be cold if you were out there, but me, I’ll be warm.”

(On what it was like watching the defense perform after he hurt his side)

“I’m happy and I’m celebrating on sideline. But that’s expected, next man – if I’m down I know that there’s not going to be any drop off pretty much. I’m just a piece to the puzzle, but there’s other guys that can step up and make plays just like if I was there. So, that’s the best thing about having this defense, definitely this defensive line, to the point where if there was something wrong and I couldn’t go, I know that the guys that’s behind me – I know if (DL Morgan) Fox is out there, I know that the production is still going to be there rushing the passer, as far as getting pressure, quarterback hits, or whatever he needs to do, it’s still going to be there. So, no drop off from that point. We feel good, we just have a lot of good football players that can, if need be, they can step up and make things happen, so you really don’t have to worry about that part neither.”

(On how to game plan for a quarterback like Rodgers who can move and throw)

“That’s with any quarterback pretty much. You’re just trying to find ways to affect him. If that’s quarterback hits, in his face, chasing him around, not letting him be comfortable, we’re doing our job. But if you let him sit in the pocket, you let him move around comfortably, sit on the field and make things happen, it can be a long day for us. We have to do our job as pass rushers and as a defensive line, as far as affecting in all different types of ways and not letting it be an easy day for him.”

(On what makes this defense so great)

"I think guys are just playing good football, great football. I've been saying it all year, it's the whole defense and at any time, at any part of a game, a different guy can make a big-time play and win the game for us. It's not just one or two guys. When you have a group of guys, all 11 out there that's pretty much playmakers, that can make the game change any play, at any time, you have a great group. Then we have a bunch of guys that's a close group, that loves playing with each other, loves being around each other and holding each other down, that makes it that much better. We just have a special group and it has been showing. Every single week we've been consistent, as far as production, the way we've been playing at a high level, dominating, flying around, being excited, picking your brother up if he's down or vice versa. So, when you have a group like that, good things happen, and it's just been showing this year."

(On what's the key to disrupting the Packers offense)

"We just have to do our job. When it's playoffs, your mindset is dominate every single snap, every single play. You have to try and find ways to affect him, we know what we can do. He's been doing it for a long time, at a high level and that's what makes them great. Our job as far as a defense, definitely as a defensive line, is trying to affect him and trying not to allow him to be comfortable, not allow him to make those throws. If we do that, along with stopping the run, because I think they have a strong running game that make a lot of things happen and open up the pass game for them, if we do that, we'll be fine."

(On what it meant to be the first Rams player to get six First-Team All-Pros)

"It's a blessing. It's just working, trying to do my part to help this team and organization win games, that's what it's about at the end of the day. Anytime you put the body of work in, you have success, you see the certain things you can accomplish just from what you do from working and translating that to a football field. It's just a blessing."