



## **Los Angeles Rams Transcripts - Head Coach Sean McVay, Linebacker Bobby Wagner, Running Back Cam Akers - July 26, 2022**

### **Head Coach Sean McVay**

#### **(On whether today was a heavy install day)**

“No, it’s kind of just using this as a way to get their legs back underneath them, but stress them on some stuff that maybe we’re not giving each other offensively. And defensively, still pushing our installs a little bit, but our guys handled it really well. You can do this approach when you have the right kind of guys in leadership like [LB] Bobby [Wagner] and our other veterans. It’s an important day, but it’s still very early on in the process for us.”

#### **(On OT Rob Havenstein and DT A’Shawn Robinson not practicing today)**

“Yep. Just using that to give those guys off their legs because it is truly a mental day and want to be smart with those guys that have a lot of experience. There was a handful of guys that we kind of held out. [OC] Brian Allen came out late, guys like [TE] Tyler Higbee. So, we took kind of a precautionary approach with some of those guys that have played a lot of ball that we felt like it was going to give them a chance to get their legs back for a good practice tomorrow and then a day off following that.”

**(On if there is anything the team is doing differently this season and if he can gauge how they are doing on the learning curve)**

“I think it's still pretty early on. I would say. It truly is about just taking things one step at a time. It's cliché, but I do believe that that's true and it's all about the people that you're doing it with. There are some things that you know need to go in your favor—staying healthy, having some breaks go your way. But in terms of what we can control through three days of actually being out on the field with these guys, I've been really pleased. We're further along in terms of the installs and some of the things that we're able to get done offensively and defensively than we've been in previous years. What that means leading into September 8? We'll have a better idea once we get closer to that.”

**(On rookie OLB Daniel Hardy so far)**

“He's done a good job. He's got great effort. You can see the athleticism. I think he's getting more and more comfortable with the things that we're asking him to do snap in and snap out. [Outside Linebackers Coach] Thad [Bogardus] is such a good coach with those guys to really be able to provide clarity when you're going from outside linebacker to rush in and some of our sub packages. So, Daniel's a guy that definitely has flashed.”

**(On LB Bobby Wagner and what he focuses on now that he's on the team)**

“Well, I don't know if there were any weaknesses to exploit. I think you're really just trying to figure out ways to eliminate the impact that he has on the game. He's been such a productive player for such a long period of time, but there are some subtleties and differences. Football's still football and he's been a great player at a high level over the course of his career. But there are some subtleties in some different things that we'll be asking of him, as it relates to whether it's blitz in some of the coverage responsibilities. As you know, I like to pick these guys' brains, really learn how did he see our stuff? What has he seen from the landscape of the league? What are some things that they've done that maybe we could incorporate? He's such a mature, impressive human being that I've really just enjoyed getting to know him—the way he carries himself day in and day out. But his presence, his ability to communicate with a poise, I think rubs off on the rest of the guys when you try to create some frenetic paces, especially in these types of settings. I've been really impressed with the guy that

he's been in Seattle. They've had, for the most part, a very similar system continuity throughout his career there. Then it's very different in how quickly he picked up the terminology and those guys - the game just makes sense to them and they work at it and that's kind of what the interaction has been, but really enjoyed it so far."

**(On how the coaching staff is fitting in this year)**

"I feel really good about these guys. It's a bunch of great guys that really want to pour into these players, help them reach their highest potential, do it in a demanding positive way. I was just saying to a couple guys the other day that I feel really grateful for the new additions. Some of the guys that are here that had been here earlier, whether it's [Offensive Coordinator] Liam [Coen] or [Senior Offensive Assistant] Greg Olson. Then a lot of the new coaches have seamlessly fit in, and I think that's a credit to some of the foundational stability that's been in place. But I feel great about the coaches. Anytime you feel as good as you do about our players and our coaches, that helps me sleep a lot better at night and certainly that's the case right now."

**(On his recent marriage and what the conversation was like prior to leaving for training camp)**

"She already knows how this thing works. We've been together for a long time, but fortunately she had some influence on the days off. So - no, I'm kidding. But she is definitely the boss at home, so, we'll get to see each other, and it's not too far away. So, definitely miss her, but I think she was probably ready for a little bit of a break from me actually (laughs)."

**(On LB Bobby Wagner being a local and how him and other guys on the team might have a different kind of pride than some of the others)**

"I don't know that you notice anything different. They got a couple more passes that they're asking for in the V.I.P. family tent, stuff like that. I know if I grew up here, I'd want to come back here. The weather's great, people are friendly, a lot of good things going on. So it's great to have those guys, but I feel like we've got a bunch of special guys and it's good to have those guys back at home."

## **Linebacker Bobby Wagner**

### **(On how it feels to be at camp for a new team after spending so many years in Seattle)**

“It feels good. Like I said, the weather is a lot different in Seattle. I think we even had some rainy days over there. It's nice to be out here in the sun. The guys are great. It's been fun getting to know everybody, getting to know the coaches, learning the playbook. It feels good to be out here.”

### **(On his dreams at Colony High School in Ontario, CA and what it's like being back home)**

“When I was at Colony, we were just trying to get to college, to be honest. My class was the first class to go freshman through to senior, so I was just trying to get to college. Once I got college, I think that's when the dreams started to open up more. I think it's just surreal being back here. I was just thinking about it, although the Rams were in St. Louis, there were so many Rams fans in the area. So to be back here, to play in front of family and be close to family, it's definitely a surreal feeling.”

### **(On having the plays called with a walkie-talkie)**

“The walkie-talkie has kind been funny. Normally it's in our helmet, but because we are doing little walkthrough, I got to do it through the walkie-talkie. It's funny because Rah (Defensive Coordinator Raheem Morris) talks a lot of trash in the walkie talkie too. It's been cool. The adjustment has been real easy.”

### **(On if he has responded on the walkie-talkie because he can't in the helmet)**

“I tried. They cut that portion off. They must have known I was going to say something back. I tried to hold the button but I didn't get any static back, so we'll work on that.”

### **(On if he expects to have the mic in his helmet this coming season)**

“For sure. It's the Mike Linebacker. That's all I know.”

**(On how he and the other linebackers learn each other and how they all move or if they follow his lead)**

“No I got to learn them because they had a way established way before I got here. So for me, it's my job to kind of understand everybody that's around and understand the way they've done things over here and just kind of add a little bit of experience when needed. I've definitely been more focused on learning them than the opposite.”

**(On how it feels to be ranked the greatest Seattle Seahawk of all time by Oregon Sports News)**

“I didn't know that. I guess that's news to me. It's an honor, I guess. It's cool. I played with a lot of great players. I think our team that we had will never be matched. The guys that we played with will never be matched in my opinion. That group of guys being able to be around each other for a long time, I think it was about seven years, before we kind of start dropping off.”

**(On the expectation to fill holes in the defense and how the new guys will fit in)**

“We are all professionals, to be honest. Everybody's preparing. This is what the training camp is for is to maximize your game and maximize this time. There's a lot of guys that were waiting for opportunities behind the guys that you were talking about. A lot of the young guys are going to get an opportunity to showcase how special we are. I think we have a lot of great depth at every position, which is why I'm excited to be here. I think we'll be fine when September 8 comes.”

**(On about what has stood out to him about the standard and culture that has been set at the Rams)**

“I think it's just that, the culture. I think how close everybody is. I think it's not just the players either, it's the coaches, everybody. The coaches are close to one another, the players are close to one another. The accountability is off the charts. I think because you have that cohesiveness and everybody being close, it allows you to get checked

when you need to get checked. You don't take it personally because the guy that's checking you wants the best for you. I think that's a symbol of a great team. Being able to hold each other accountable and respect each other. From top to bottom, from the coaches to the players, everybody's on the same page and that energy has just been refreshing for sure."

**(On the battles between him and Matthew Stafford during camp)**

"It's been nice. I'm still learning my tools, but we'll be good."

**(On working with Coach McVay instead of going against him and how his energy has changed)**

"I think it's been a little bit higher because normally when I see Sean (McVay), we're going against each other. Now we get to kind of put some stuff together to feed off one another. His energy has been crazy. We've been in constant communication, even in the offseason. Reaching out, just checking in and stuff like that. It's been cool. These last couple of months, being able to be coached by him has been a blessing for sure."

**Running Back Cam Akers**

**(On today being an 'above-the-neck day and what that means for the rest of the week)**

"Very much so, very much so. A lot of blitz pickup, a lot of 50 percent, half tempo or whatever you want to call it. Above the neck like you said, above the neck."

**(On how he keeps the intensity and focus up during these practices)**

"Just knowing that it is above the neck you want to lock in mentally. I don't know everything, so I approach each day like that. Whether it's a hundred percent or 50 percent. That'll give me the ability to stay locked in."

**(On what it is like being back in training camp)**

"I missed it. You know when you take a year off, almost a year - it felt like a year, you miss everything about it, the small, the hard days, the easy days, good, bad. I'm just happy to be out here."

**(On what it means for him to be out here in this training camp environment)**

"Just to be out here with the team, man, it feels good. Just to have that camaraderie that I missed out on last year, going through the camp, the dog days. To be out here with the team, just feels great to be back at work with them."

**(On what the biggest gap he feels he must fill)**

"No gap. I would say chemistry, maybe chemistry, trust. Those are probably the biggest things. But no gap as far as the playbook or conditioning. I'm caught up to speed."

**(On RB Kyren Williams coming back and how that feels for him as a mentor)**

"Just being there whenever he needs me. Just being there if he needs to talk or if he got a question for me. Just being there where he needs me. He's been handling it very well. We got a good team and he'll be back on the field in like a couple weeks, I think. So after a surgery, that doesn't happen but it's happened twice here with our staff. So it's just a credit to our staff and how hard they work and how hard he's worked to get back. So tip my cap to Kyren."

**(On getting back out on the field and delivering hits as a running back)**

"That's what I do. Get ready for a lot more of it there."

**(On things he missed in the offseason that got him through last season)**

"I know what got me through, just work, prayer. Having a good support system around me as far as my injuries. But I'm back now. I want to leave that in the past and look onto the future."

**(On the plan last year to expand his roles and if he feels it will continue to go in that direction)**

“Yeah, 100%. Whether it's runs, passes, screens, whatever I need to do. Whenever my number's called, whether it's from the slot, the outside receiver to the backfield, I'll be ready, whatever it is.”

**(On the competitive and cooperative environment in the running backs room)**

“It's just a part of it. Obviously, you want to compete to make each other better, but we not competing with each other. You know what I mean? Obviously, it's just to make each other better, so we don't really look at it as competition. We just look at it as work. We are all here working towards one goal and that's to be Super Bowl champs again.”

**(On not being satisfied with the five games he played last season and what his standards look like)**

“At a much higher level. I expect me to play at a much higher level, the team, coaches. I just want to go out, get myself the best chance personally, you know to perform, do what I do best and that's make plays. Whether that's in the film room, whether that's in the training room, I don't know. Whatever it is, I'm putting my best foot forward.”

**(On what he learned from Sony Michel last season)**

“How to stay poised. Sony in our room, he showed me how to stay poised. Good days, bad days, good games, bad games. He just showed me how to stay poised. Sony's a great leader. I'm eager to see what he'll do at Miami. I'm ready to watch him play.”