



## Los Angeles Rams Transcripts - Head Coach

### Sean McVay, Receiver Cooper Kupp, Outside

### Linebacker Terrell Lewis - August 3, 2022

#### Head Coach Sean McVay

##### **(Opening Remarks)**

"First of all, our thoughts and prayers go to the Scully family. Vince Scully (former L.A. Dodgers play-by-play announcer) was a legend in the L.A. sports arena. I've heard so many great things about him, just from people that have been here for a lot longer than me. Even to hear (Sportscaster) Al Michaels talk about him. But, what a legend, what a great man, what a legacy that he left. So wanted to be able to start with that. The other thing is I thought it was a great day today. I thought our guys got a lot of really good work in. Typically coming after a day off, the last time we had it, we were a little bit more sluggish, lackadaisical, that wasn't the case today. You guys noticed (DT) Aaron (Donald), we gave him a day off. We're going to continue to be smart with him, just with the experience that he's accumulated. He's feeling good, but we want to be smart with him with his workload just going into year nine. You always got to be able to pull him back. He's always going to want to go, go, go, and so I think it is good for us to be able to figure out, a kind of a rhythm for him, whether it's an off on type of deal but nothing to be concerned about with him. Then this was part of the plan with (QB) Matthew (Stafford). You'll see over the

next couple days, tomorrow will be similar to what you guys saw last week. He'll really be off the following day and that de-loaded day. Then he'll do a little bit of stuff in terms of individual periods, but we're really taking it a week at a time and really it's kind of a couple weeks. So don't expect him to do anything in these team settings for this block or the next three days next week. Nothing has changed, consistent with what I had told you guys last week, but this is part of the plan that we feel like is in his best interest. So, it's a great opportunity for (QB) John Wolford and (QB) Bryce (Perkins) to be able to get a lot more reps than they would otherwise. Matthew's going to stay engaged and that's the plan that we think is best right now."

**(On Stafford's pain and whether it is a setback or if he's on pace)**

"No, it's consistent with what's been going on. It's just more of, when you really look at the totality of it, want to try to have him operate in as little as pain as possible. I think anytime that you've played as long and are as tough as he is, I don't know if you're ever truly pain free but the goal would be for September 8 and really looking towards 17 games then hopefully some games after that if we earn that opportunity. That's kind of the perspective and the big picture approach that we want to be able to take. I don't know that I would feel as comfortable taking that approach if it wasn't for the experience that he's accumulated and knowing how intentional he is about staying up to speed with his mental and his physical work that he can do in the absence of some of the stuff in the team settings."

**(On how concerned he is about Stafford having them same issue of pain when season starts)**

"You could. But I think that's one of those things that we talk about where, 'Hey, all we can do is what we can control.' We feel like this is kind of the best approach to be able to take. Is there a possibility that that conversation occurs? Sure. But based on the medical experts and the plan in talking with Matthew,

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this is what we think is best. I am optimistic that it'll give us the best chance for him to feel as good as possible. Would you say, 'Hey, you'd love him to have no issues and be out here playing and getting all these reps.' Of course. But this is the thing that we think is best. This is one of those deals where you kind of take your own advice where, 'Hey, let's just be right here in the moment, take it a day at a time,' and I thought we got better as a team today and we're getting some encouraging things. I think you want to be careful to say, 'Okay, well it's just been a couple days,' but I think for us being able to really give it a week, two weeks, is where you give it enough time to really see... 'Okay, is this new plan that we've implemented getting the results, that were hunting up.' I think everybody feels good about that and that's the plan that we're going to go with for the next couple weeks."

**(On if there is any scenario where he wouldn't do any team stuff until the opener)**

"I don't think so. What we've really said right now is we will really take it over these next couple weeks, really until we leave here because we've got this four day block, and then another three days before you end up going back to Cal Lu (Cal Lutheran). So we've kind of taken the approach that we'll reevaluate once we get there prior to that first preseason game, and then see where we're at there and I'll have updates for you guys accordingly."

**(On how he has taken the lower approach and prepare Stafford)**

"For him? Oh yeah, no, he wants to be out there and do everything, but that's where you got to say, 'Alright, let's really take a step back. What do we think is the best way to follow our own advice and be as healthy as we can and ready to go for September 8.' That was really what I thought would be best as a competitor. He's always going to want to continue to be out here, be with his teammates. But he is so intentional with his approach that you feel good about that. That's kind of the situation that we're in so, we'll deal with it the best we

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can.”

**(On the repetitions that Lawford is getting and how they are building his confidence)**

“I think so. I think he could take a lot of confidence from learning from some things the other day, some good, and some things we got to learn from. Then overall, just the feel of it today. I thought there were some great ways that he was really playing with the timing and rhythm. Thought he was hitting spots, recognizing coverage, and getting a lot of different guys involved. So I thought today was a really good step in the right direction for John.”

**(On how WR Van Jefferson’s surgery went)**

“It went really well. It was really encouraging talking to (Head Team Physician) Dr. (Neal S.) ElAttrache, even the previous thing that he had done looks really good and so very optimistic that things went according to plan. We'll take this a little bit at a time.”

**(On time frame for recovery)**

“I would say it's hard to put a timetable. I think there's a possibility but that'll be something that I'll have a better feel for as he really starts getting into the rehab. But in terms of what we know about how yesterday went, really encouraging things. I know Van is in great spirits seeing him today and he's going to attack the rehab the right way.”

**(On how much of an advantage it is to have other guys be able to be seen during this time)**

“I think it's huge. I think being able to sometimes see it from a different lens gives you a perspective that can help you if you take the intentional approach the right way. Whether that's (DB) Jalen (Ramsey) or Matthew in some instances, even some of the days where we'll give ‘AD’ (Aaron Donald) kind of

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a veteran rest type of day. So if our guys can say, 'Hey, all right, here's the approach - is there anything like truly getting out there and competing? No, there's not. But, at least what you feel good about is these are the guys that have accumulated experience, know how to apply some of the mental reps, the above the neck reps the right way and then we'll try to get the acclimated physically as quickly as possible.'"

**(On if he has ever met (Vin) Scully)**

"I haven't. I never got a chance to meet him but I've heard so many amazing things about him. 'It's time for Dodger baseball,' all that stuff. I mean, what a legend and people speak so glowingly about him. I think he left an amazing legacy."

**(On Wolford and how he internalizes a less good day out on the field after he gets in his reps)**

"He's a mentally tough guy. He's ultra-conscientious. He really works so hard at it and this guy loves football and he's a fiery competitor. You guys have seen when he's played, he's getting up, he's getting in guy's faces, and so he's got a nice way about it. I think the best thing that you could really ask of a quarterback is your teammates feel when you're just being yourself. However that is really illustrated based on your authentic personality. John and Matthew both have a great way about themselves and really all of our quarterbacks. Bryce is the same and (QB) Luis (Perez). I think that's all you can ask. Hey, let's be yourself. Let's understand that you're innately thrust into a leadership position, but being able to hit that reset button, whether it be a good or a bad play, I think is really key and critical for the quarterbacks and really for football players in general."

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**Receiver Cooper Kupp**

**(On the consensus on the last play at the goal line)**

"Well, I think you got to go look at the film. I broke our rule a little bit. I think I reached for it on third down. I wasn't supposed to, but I'm pretty sure I got in there."

**(On how well the other receivers have responded to Van Jefferson being out due to injury)**

"Man they've been great. You know, you got guys, regardless of where you are, regardless of where you fall in line in terms of the depth chart, how many guys are in front of you... guys just come to work here and it's just the best thing. Guys challenging each other, pushing each other, asking questions and just striving to get better. It's from the bottom up and the top down. Guys just want to compete and that's the thing. This kind of thing happens and it's so unfortunate. It kills me for Van (Jefferson), what's he's going to have to go through this little bit of time here. But, for these guys that have been working so hard, they get an opportunity now to step up and they've prepared the right way."

**(On if it's problematic that Matthew Stafford isn't throwing passes as they prepare for the season or he's a veteran that you can plug and play the week before a game)**

"Is that a rhetorical? Sounds like you answered the question for me... No, no, certainly not. He has played very high-level football for a long time. He's going to be able to throw the rock and for him being out here, being able to see things, he's still as engaged as ever. Whenever that time comes, he's able to get back out there and throw the ball. I know he's just going to be ready to go."

**(On if he's spoken to Van Jefferson recently)**

"Yeah. So, just checked up on him to see how things are going, man, praying

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for him. So many guys, you know, everyone wants to know how Van's doing. He's such a good dude, such a good teammate. So, really pulling for him to be able to rehab this thing and get back out here."

**(On what John Wolford looking sharp today and what he feels he can do to provide quality reps for the receivers)**

"You talk to any of the guys, know John goes about his business. He's got a process that he goes by and just like the receiver room, he's pushing himself. He's challenging himself to be the best version of him so that when he steps in and these kind of situations come up, we can kind of move into that place where he can kind step in and run the show. I think he's doing a great job. He's a little bit shorter than Matthew, so getting used to feeling where the ball is coming out of... but he's been doing such a great job."

**(On what is it about Jalen Ramsey that makes him so good and so challenging to go up against)**

"He's first of all, just naturally a very incredible athlete, first and foremost. Then you add on top of that the skills and the things that he's done to develop himself as a football player. And then, what you add on to the top of that, he's an incredibly smart, instinctive football player as well. So you kind of get all the put together in Jalen Ramsey, and you get something like that out there that can do all play all the different positions. Can play physical at the line of scrimmage. Can also play back and play the star coverage and be able to take guys out of the game. He's a very special football player."

**(On Minnesota Vikings WR Justin Jefferson's comment "Coop is good, but I'll rank myself above him")**

"No, I would hope he would say that. I think that's the beauty of this game. I think it speaks to the competitiveness of this league. If you're not putting yourself as the best and you're not working to be the best, then I'd be

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concerned about stepping on the field with you if you don't feel like you've prepared to be the best player that you can be. So, I respect his opinion and I can also respectfully disagree."

**(On how much Tutu Atwell has grown over the last season)**

"He's been great. Seeing him out here, he's slowed down mentally, but physically (is) able to do all the things that you want. He's flying around, making some tough plays. I think there's just a little bit of growth that you have to go through. Unfortunately, you didn't get the whole season last year. There's that growth you have to go through matching the physicality of what this game is. I think he's done a really good job stepping up to the plate to this point. There's a lot of camp left and I'm looking forward to seeing him kind of continue to grow in that role."

**(On if he's seen any change in Robert Rochell's development)**

"Yeah, I think he's getting there. It's tough, all the nuance of our defense. I'm not on the defensive side of the ball, but I just know seeing it, there's a lot of nuance to it. So, I think he's getting a good grasp of it and as he gets that confidence in just being able to not have to think about it, but just feel the game out like he's used to doing, he's going to be a really good football player."

**(On how would describe his route in the red zone drills against Nick Scott)**

"It was a good play call. Put me in a good position. That's really all it was."

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**Outside Linebacker Terrell Lewis**

**(On his increased confidence rushing with his knee)**

"Yeah, I feel really good. I feel like I've been feeling good for the past year, year

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and a half. Even last year, I feel like going into this year with the right mindset and also knowing what it takes. Knowing my routine now and getting that under my belt, knowing how to take care of my body and things like that. I felt really good going in it this year. I feel like everybody can kind of see it."

**(On what he worked on in the offseason)**

"Honestly, really just kind of staying on top of everything that I was doing in season. Carrying it over and just basically making sure that I consistently do the same things that I would do week in and week out. IVs, massages, seeing a chiropractor, things like that. Just getting treatment on a weekly basis and then also working out so that my body stays accustomed to those same type of movements that you'll see on the field."

**(On why he thinks it is a big challenge for young players to learn how to take care of their body)**

"Honestly, I think it's just more so once you get to the league, you got so much time on your hands outside of just your workspace. What are you going to do with it that's going to be productive towards your craft? Are you going to just go home, get on a video game, play the game, eat, and then just come to work and you just leave work at work? Or are you just going to go to work and then come back home and say, 'Okay, I also need to stay on top of this. How was I feeling today in practice?' Things like that. So just kind of figuring out what's my best balance of balancing out the football with also still wanting to maintain a life outside of football."

**(On any mental challenges he faced while rehabbing his injury)**

"Hell yeah. I told him just now, like, 'Man, I'm not trying to sit up here and just talk about my knee all day.' Honestly, I feel like the mental things, just dealing with it on a daily and then even last year, I felt like I definitely overcame the whole knee obstacles and everything that people talk about. Then it's like, I

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know I went through a stretch of just not being out there, just still being healthy, but not being out there to the point where it's like, people would just assume, 'Oh, it must be his knee.' So, like certain things like that mentally, it would bother me. But I feel like I've gotten to a better head space to the point where I don't let external factors control how I feel. I know who I am. I know how my body feels. If you're out here, I'm pretty sure everybody will tell you, 'Terrell looks like Terrell. He looks like the guy that we want out here'. I try not to think about the whole, 'Oh, how's your knee feeling? Things like that... I know at the end of the day, a lot of people from the outside looking in, that's what they think about. As soon as they see me, they hear about the knee, they think, 'Oh, okay, knee issues, health issues, things like that.' I feel like once I got over the hump of not trying to please everybody else and more so just like each day I know what I have to deal with, with my body. I know how to take care of it. Going about it each and every day of knowing nobody else is going to take care of my body but me and the people that I surround myself with. The Rams organization or like outside of here, so those are the only people that I let factor into my mental as far as when it comes to the whole, how's my body feeling."

**(On how last season went for him being a healthy scratch, especially after LB Von Miller came in)**

"It was frustrating. I feel like I learned a lot from that whole situation. I feel like that's another reason why I feel like I have that kind of chip on my shoulder every day. Obviously with me, my biggest goal lately has just been I want to play in a Super Bowl. So that kind of bothered me a lot. Mentally it took me a while to get over it and say like, 'Okay, what can you learn from that? What can you gain from the experience of not only just learning from a player like Von, but also learning just the business and how things go about throughout a season.' Sometimes you may just have to be that odd man out depending on situations, but it definitely felt weird. I've never been out of a game other than health. It just felt like, now that I'm healthy, why the hell am I not playing? Once

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I got over that hump of you can put all the work in that you want to, it's not always going to go your way. But you can always gain something from those situations, learn something from those situations and try to add value to your team in different ways."

**(On being mentored by LBs Leonard Floyd and Justin Hollins)**

"I think we learn a lot from each other. I think we always kind of bounce off knowledge from each other. I may learn something from Flo (Floyd) where he teaches me somewhere...Flo's' a very humble, kind of quiet guy, but he'll subtly say or do things where it's like, 'Okay you, right.' Maybe I should look at certain things like that. He gives me a different type of perspective and Justin too. Just as far as talking about how to go about even just playing in different organizations. Justin played with the Broncos. He knows certain things where it's like, you may not like this type of situation you are in, but you got to find a way to like get value out of it."

**(On how much the last year has motivated him for this season)**

"Extremely. I feel like every time that I've been out on the field, I've shown people that I can play in this league at a high level. Having to sit out made me have a certain level of hunger to the point where I want to go out and show people that I'm one of the most elite players at my position. I feel like a lot of times people have overlooked me over off the stress of my health and things like that. I feel like me and the people that watch me closely, if you watch me every time that I step on the field, you can tell that I have an impact when I'm on the field or you feel my presence in some way. I have a huge chip on my shoulder, but it is not really to prove myself to anybody else other than me just to prove myself right. You say all this about yourself, if this how you feel, show it. Show it every day. When you are around people like (DL) Aaron Donald, (LB) Bobby Wagner, and (DB) Jalen Ramsey, you know when you see them on the field you feel their presence. I want to put myself over that pedestal where it's

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like, 'Okay, now that I'm healthy, I can show you that every day and it won't be no doubt after that."

**(On what he has learned from Bobby Wagner)**

"I talk to Bobby a lot just because the way he takes care of his body and things I've seen over his career. I grew up watching him. I used to tease him when he first got here to the point where he's like, 'Bro chill out with that'. I used to say 'L.O.B.' (Legion of Boom) and he would be like, 'Man, chill out. That's old, that's old..' Just being around him and just seeing how he conducts himself; you can see he has a calm demeanor. He's not a super extrovert(ed), loud guy. But at the same time, he knows how to connect with all his guys to the point where they feel comfortable communicating with him. To the point where, when you're out there with him and you just watch him on film, you can just see how he plays. It's so smooth and effortless to the point where it's like football just seems easy. You can learn from him from a distance just as much as you can just speaking with him and talking knowledge. Whether it be football, health, anything."

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