



Los Angeles Rams Transcripts - Head Coach Sean McVay, Defensive Back Jalen Ramsey - Friday, October 14, 2022

Head Coach Sean McVay

(On the Rams injury report)

“From an injury perspective, (OL) Brian Allen will be out for the game. (WR) Cooper Kupp, (TE) Tyler Higbee, and (DT) Aaron Donald will all be questionable, but expect them to be able to play. (DB) Cobie Durant is questionable, (QB) John Wolford will be questionable. We are working through some different things with (RB) Cam (Akers). He wasn't here yesterday. He won't be here today and he'll be out for the game. We're working through some different stuff. We want to be able to keep that in house and so I'll leave that where that's at right now as it relates to Cam.”

(On if he expects RB Cam Akers to be a part of the team moving forward)

“We're working through some different things right now. Like I said, just want to kind of want to be able to...hopefully you guys understand and respect that we want to just be able to keep things internal right now.”

(On if RB Cam Akers is okay)

“Yes.”

(On if the need for urgency at running back and previous performances has led to RB Cam Akers being ruled out against the Panthers)

“No, it's one of those deals where, like I said, kind of want to be able to just keep things internally, but as it relates to just the football stuff, it is certainly not all on our running backs. We've got to be better, starting with myself being able to execute the fundamentals of the techniques, being able to get a hat on a hat, being able to press the line of scrimmage. The run game truly does take all 11, but there's a lot of layers to it and that's kind of where we're at with it.”

(On how RB Cam Akers being ruled out against the Panthers affects the running game for Sunday)

“Guys have got to be able to step up. I think you look at (RB) Darrell Henderson (Jr.), you look at (RB) Malcolm Brown. We'll have (RB) Ronnie Rivers as a flex up. Looking forward to seeing those three guys compete.”

(On who will play at left guard this week against the Panthers)

“We're working through that stuff.”

(On who will play at center with week against the Panthers)

“Same thing.”

(On if they are working through who will start at right guard this week against the Panthers)

“Yep.”

(On what RB Ronnie Rivers brings to the Rams offense)

“I think he's a dynamic playmaker. He's got great contact balance, good ability to be able to see and be able to navigate through traffic while being able to set up his blockers. He's got a good feel in the pass game. A lot of the stuff that

I've seen, going back to Fresno (State) or even just looking at him on the field here, has been encouraging. There's nothing quite like when those lights turn on and you're playing real live NFL football. If he does get a couple opportunities, (I'm) looking forward to seeing him do his thing."

(On the wide receiver situation in general)

"A lot of people have asked about it. Offensively, we've got to do a better job. We haven't played nearly good enough for a lot of our guys to really be able to come to life. We want to be able to stay on schedule, be able to threaten people with run or passes. Obviously, Cooper (Kupp) has still had good production, but you guys know, I think the best offenses activate all five eligibles. We've got to do a good job. (Tyler) Higbee has gotten his touches. A lot of those have come in some of those situations where you're in known passing, two-minute, but he's a guy that can absolutely be a factor. (WR) Allen Robinson is a guy that's had too much success in this league to not be able to have some more opportunities. But it's not exclusive to sometimes the things that they can always control. I've got to do a better job. We've got to do a better job offensively, and then the execution. In some instances, those receivers get an opportunity to be able to come to life if those other things are getting done the right way."

(On the RB Cam Akers situation not being similar to former Rams WR DeSean Jackson and how he deals with these kinds of situations as a coach)

"Correct. I think it's part of it. What I've been very fortunate with, going into the sixth year, I think you realize how blessed and fortunate you've been where those things have been at a minimum. But that is what you sign up for. You've got to be able to deal with it the best way that you know how, leaning on the resources, asking the right questions, being willing to listen then learn and then you can lead and make decisions the right way. Never are they always easy,

but I'm always going to try to do what I think is best. There's a lot of instances where you're saying, 'I haven't really been here, who can I lean on to help provide some perspective and some context?' That's what you try to do in any of these types of situations. But, I do know that dealing with things clear, open, and honest, and in the best way that you think, based on those values foundationally that kind of guide our everyday approach and behavior have helped. Is it perfect? I will never claim to be that, but I always do try to learn from the mistakes and make sure that you use both the good and the bad to make sure that you're doing what's best for everybody that you're responsible for as it relates to the decision making and some of those different things.”

(On if they will be in the market for a running back)

“I don't know. I wouldn't say no ever. We'll always explore options if we feel like there's chances to upgrade, that's probably not something that's at the forefront. What I am excited about seeing is let's see if we can go find a way to play some good football against what we know is going to be an incredibly tough opponent, see if we can get to 3-3, and then be able to take a step back and do a lot of things that give us a chance to really exhale, but also address who we're getting back, what does that look like as it relates to trying to have the best plan for the remainder of the season that we're guaranteed. Those are things that you want to just take it a step at a time, and that's where my mindset is right now.”

(On RB Cam Akers being pulled out for personal reasons)

“I would say it's more like we're dealing with things internally. I don't know exactly...this is kind of uncharted territory and I think the biggest thing is, out of respect for the situation, we want to keep it internally. You guys will have more information later on, but as it relates to everything right now, that's how we're articulating it. He's going to be okay.”

(On how much the team misses former Rams OT Andrew Whitworth on the offensive line)

“I think anytime that you lose a leader of his caliber, it's always tough. You miss him a lot. He's a Hall-of-Famer. You guys know how much I love him and how grateful I am for everything that he's done, and he continues to pour into these guys even if he's doing his thing on Amazon on Thursday nights. But we've had a whole lot of injuries, a whole lot of guys that we're getting familiar with. Like I said, none of which is an excuse, but it's been uncharted territory in regards to the amount of injuries and the guys that have been asked to step up. These guys are gaining experience that I think will be beneficial. The closest thing we've dealt with was in the 2019 season and I do know, as it relates to 2020 and 2021, those guys that got snaps that maybe you didn't project because of some of the injuries ended up really establishing great depth for our line, serving us well. That's kind of the approach and the optimistic outlook that I'm taking with this.”

(On OL David Edwards suffering a second concussion, how he is feeling and where he is at in terms of recovery being on injured reserve)

“I think what it does is when you have back-to-back, it gives you a chance to really just take a step back. There's specialists with guys that have dealt with this before in Pittsburgh that have really helped previous people that we've dealt with. We're going to try to get him all the medical advice and expertise advice to really take care of the person first and then the player second. That was kind of what we felt like was best, wanted to be able to make that decision for him. The nice thing is if he does end up returning, it's four games. But that's at the forefront and to have those things go back-to-back is kind of what was reflected in that decision. We have so many injuries, we did need that roster spot as well.”

(On if the team will have OL David Edwards travel to Pittsburgh to get

outside consultation or if they will bring people in to help him)

“He'll go see some expert. The plan is similar to what we did with (former Rams WR Brandin) Cooks a couple years ago, so we'll have him go to Pittsburgh. I know those doctors were incredibly helpful and provided a lot of clarity for Brandin that he's done great with.”

(On the defense not having a takeaway in three games and what the conversations are around that)

“I think when the opportunities present themselves, we want to be able to maximize on those. I think certain games... I got respect for Dallas. What they did was they played a smart game based on the control that their defense was able to establish over our offense. They get a 9-0 lead, then they end up hitting that big run to get the lead back after we were up 10-9 and they played smart ball where there wasn't really many opportunities. I do think that you get more opportunities when you're in those situations, particularly where you force people to throw the football. But because we've been playing from behind against Buffalo, against Dallas, and when you look at it against San Francisco, your opportunities to get the takeaways are limited just based on if you say, 'Alright, well what types of plays are where the most frequent turnovers occur?' I think that is a team thing. We've got to be able to help those guys from our offense, from our special teams and try to be able to play from the front where you force people to be more one dimensional where 80% of those turnovers are ending up occurring on those passing plays.”

Defensive Back Jalen Ramsey

(On how it felt to get his first career sack)

“Oh, it was cool. It was fun. Yeah.”

(On the reaction from his teammates and coaches in regard to his first

career sack)

“Probably just what you said, just surprised a little bit. Like, (I) had every other statistic basically besides the sack so it's been a long time coming.”

(On DT Aaron Donald mentioning he had half sacks in the past but wanted a full sack)

“Yeah, I've had some half ones I feel like a couple times the past couple years. But like I'd rather least give the whole sack to whoever else, so my first one can just be me. You know what I mean, selfishly.”

(On if he was hoping for a strip sack to get that takeaway)

“I mean I'm always hoping to get a takeaway, but like it wasn't the case. It just didn't happen that way.”

(On the key of creating turnovers)

“You just got to have the opportunities. Technique got to meet the opportunity at the same time. It's just a timing thing really. Like if you look around the league, most of the time it's genuinely timing, and like perfect timing or perfect opportunity to get an interception. Sometimes it's being in the right spot at the right time and you get a overthrow that comes your way or a ball bounces your way. But, we're talking about the sacks, like even in the game, when (Dallas Cowboys QB) Cooper Rush fumbled it, if the ball would've bounced another way besides right back to him, then we wouldn't be talking about not having turnovers, right? So it's the same thing. It happens sometimes and sometimes it doesn't happen.”

(On what he is seeing from the Carolina Panthers)

“Yeah, like you said, it's a little bit of a limited stuff. You still watch film and you go off what they've been doing. But you got to focus on, weeks like this, you really got to focus on yourself. Make sure you own all your Ps and Qs, know

your assignment, alignment, technique. Go out there and trust your teammates, and just play fast and free.”

(On how he’s seen LB Ernest Jones prepare this week knowing he is going up against Carolina Panthers RB Christian McCaffrey)

“I feel like we've been, not just him and not just the linebackers, just everybody on the defense, we've been really focused. We've been having a good week of preparation again. So we look to go out there and have a good game.

Regardless, if he's on him or (LB) Bobby (Wagner) or whoever, we trust them and if not, we got their back, regardless. So it is what it is. But I think we'll be in good shape. I think we'll be prepared to go put on a good performance on the defensive end of the ball. Hopefully we can capitalize on...maybe the ball will bounce our way this week, or we can force some turnovers, and we can limit explosives, some things that we try to pride ourselves on, helping out the team as much as we can. So I think it'll come together for us.”

(On the mood of the team right now)

“I don't know. I mean, if you have two bad weeks of your life at home out of 56 weeks, would you panic? Would you? Yeah, we got a long season to go. We got 12 games to go. Hopefully it is, but this might not be the only time that we lose two games in a row. Hopefully it is, but it might not be. You know what I mean? We got a long season to play, so I don't know. I kind of don't get it like, the narrative of like, ‘Oh, we should be panicking or like, we're just that bad or something right now.’ I don't get it personally, because like everybody knows it's a long season. So I don't really get that. But I mean, we kind of just leave that to like the media, social media, whoever wants to run with that narrative, right? Like, yeah, I don't know. We kind of don't think about that. You saw undefeated teams last year that (were) losing the first round of the playoffs. So like, it doesn't really matter what's going on. Every week is a new week. We got to keep going. It's any given Sunday in the NFL. It's a long season ahead.

We've got 12 games left."

(On what counsel he has given RB Cam Akers this season)

"He's a confident guy already, so I wouldn't say I need to give him any confidence. He's a confident guy already. I think he knows that he's a really good player. Everybody else knows that as well. Just like when you have guys like that, I feel like you could focus on...When you got guys like that, who are super confident, there's not more confidence that I can give him, right? But I can challenge him to practice hard, and like build a leadership value, and pay attention to the details, and stuff like that. Then just trust his confidence. I can be the most confident person in the world, but if I still go out on the field and I'm not paying attention to details, and all the other little things that go along with the game plans and all that, then it won't mean anything, right? So I just try to challenge him in those ways. But at the end of the day, like me and Cam are close, that's like a little brother to me, Florida State ties, same agent, all that good stuff. So I just hope that he's successful in whatever, like, just as a friend, as a brother, as a little brother."

(On if he's spoken with Former Rams WR Odell Beckham Jr. recently)

"Maybe. Maybe, maybe not. No, I have, but I mean not about him, like football wise. We don't talk about football every time."

(On if he checks in with Odell Beckham Jr. after his recent tweets)

"No, I ain't got to check in. I know what's up. So we got a while anyway before Odell is back playing football, right? So he's going to take care of himself, take care of his body, and when the time is right, I'm still confident that this will be home. But that's up to him like at the end of the day. Selfishly, obviously I want him here. But I want what's best for him, like as a friend of him. I want what's best for him."

(On Cam Akers' confidence and the difference between believing in yourself and looking inwards to improve)

“It ain't always inwardly. Honestly, I'm going to keep it honest with you. It's not always... like you can't get over everything like by yourself. You got to have somebody to lean on, whether that's leaning on God or leaning on your faith. Whether that's like you have a team around you or people, advisors, mentors around you, whoever it may be who really challenge you to maybe see things that you might not be able to see, right? I am very confident, but without like my coaches still challenging me, like I ask for them to coach me extremely hard. Without my friends and like my tight circle around me challenging me, and any time I may be in a little funk, helping me get out of the funk and obviously leaning on my faith. I still wouldn't be able to do it solely by myself. Nobody's intended to do anything solely by themselves. That's kind of like a myth, the self-made, like I did everything by myself, no help ever. tTat's kind of a myth. So yeah, hope I answered that question.”

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