



## **Los Angeles Rams Transcripts - Head Coach Sean McVay, QB Matthew Stafford, LB Bobby Wagner - Wednesday, October 26, 2022**

### **Head Coach Sean McVay**

#### **(On RB Kyren Williams returning to practice and how he looks)**

"He's doing good. We will start that 21-day clock, but he's probably a guy that we'll use... I won't say the majority of it, but we'll use this week and get him acclimated. We still expect him not to be available for the game.

#### **(On RB Kyren Williams' process of being connected with the team while not being able to practice)**

"He's a pro. He's mature beyond his years. You could see that just watching him at Notre Dame from afar. You can see how important the game is to him. He's smart, conscientious, and I think he represents a lot of the things that you want from Rams types of players and kinds of guys that we want in this building. It's been unfortunate, the couple setbacks that he's had, but I've seen a guy that's been unfazed. He hasn't flinched. I do know that when he gets his opportunities, I expect him to be able to do what he does and that's play good football."

#### **(On how OC Brian Allen looks being back at practice)**

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“He did really well. It's good to be able to get Brian back with us. His command, his understanding of what we're trying to really get done, and then his communication up front breeds confidence to everybody else. He did a great job and I'm expecting him to have a good practice today too.”

**(On if the communication is the main thing he hopes OC Brian Allen brings in his return to the offensive line)**

“I think it's that and the production. Obviously, you're going against a very good front, but his competitiveness, his toughness, his big picture ownership and understanding, the rapport he and (QB) Matthew (Stafford) have is really important. Good to get him back.”

**(On what he has thought of the Rams pass rush so far this season)**

“I think it's been good. I think similar to what we've talked about before, I think in a lot of instances the flow of the game dictates opportunities. If we're playing from a lead, you're forcing people to be a little bit more one dimensional, and I think that's a team thing. We've got to do a good job offensively of sustaining drives, scoring points to be able to get some leads and then offer the opportunity for our guys. I did think that, even the last time we played against these guys (the 49ers) or even in the Carolina game, they took a little bit, not the Niners, but Carolina, maybe a little bit more of a conservative approach where the ball was coming out quickly and some of the things that they were activating. But I've been pleased with it and I'm looking forward to hopefully creating more opportunities as a result of the way that we play as a team.”

**(On if RB Cam Akers will practice with the team today)**

“He will not.”

**(On if he expects RB Cam Akers to practice with the team this week)**

“I don't think so. I think it'll probably be same as this week as we're continuing

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to try to get some clarity to that situation. If that changes, I'll let you know.”

**(On what having WR Van Jefferson return from injury means to the offense)**

“I think you're adding a guy that's been a dynamic playmaker for us, he's been in the system for a handful of years where he can play multiple spots. I think he's got a comfort level with Matthew (Stafford), and obviously I think he's a complete receiver. He plays well without the ball, he plays well with the ball, he can do a lot of different things for us. He's stayed engaged. You guys know what a big fan of Van Jefferson that I am, so to be able to get him back, and you just asked about Brian Allen, those are two big boosts to our offense.”

**(On rookie DB Quentin Lake returning from PUP)**

“We'll probably start his clock this week as well, get him out here. He's another guy, similar to what I was saying about Kyren Williams, mature beyond his years, comes from a great football pedigree, has a great ownership of what we're doing defensively. You can see this guy loves the game, works at it. He's a guy that if you're putting stock in, you're putting stock in this guy. It'll be good to be able to get him out here with us.”

**(On facing 49ers RB Christian McCaffrey twice in two weeks and how the 49ers use him differently than the Panthers)**

“It's hard to say just because they made the trade later on in the week. He got some touches early on in the game and then as it kind of unfolded where Kansas City scored some points, he wasn't used as much. (49ers Head Coach) Kyle (Shanahan) does a great job of being able to take advantage of a versatile player that could do everything. There's no limitations in his game, so we have to be able to play sound defense, do a great job, and we're looking forward to the challenge.”

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**(On if it was surprising to him that the Chiefs scored so many points against the 49ers)**

“I think what you appreciated is that’s two great teams going at it, great defense, great offense. That’s why every single week there’s a new narrative and you’ve got to be able to play each week. You can’t get caught up in the past. You just got to be totally and completely present. It was a one possession game into the fourth quarter, and then (the Chiefs) made a handful of plays that kind of ended up opening the game up a little bit. But there was a lot of really good ball. You look at the way the game started off where (the 49ers) get an interception on the very first drive, I thought (Chiefs QB Patrick) Mahomes settled in. You’re seeing really just high caliber, quality football when you’re watching their defense against Kansas City’s offense and that’s what we expect.”

**(On him being friends with 49ers Head Coach Kyle Shanahan and how the Rams record against the 49ers doesn’t become personal)**

“Because it’s about the Rams versus the 49ers. I got respect for Kyle, but our job is to try to put our players in the right positions, give clarity to them, make good decisions, as good as we possibly can during the course of the game, and then let our guys go do their thing. Similar to really what I was just saying, really what’s happened in the past isn’t of any of my concern other than this week and being here right now. I like the look in our guys’ eyes, I like the way that our coaches have approached this preparation, and I’m confident that we’ll be ready to go.”

**(On how he feels the team looks after the bye week)**

“I think they’re good. I love the way that we came back on Monday, you get a bonus day. They had a good bounce in their step. I think just based on a lot of the different things that have unfolded through the first six weeks, it was at the right time. I think the guys used it the right way where they got off their feet,

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they were able to get kind of rested, recharged, and then you get some bodies back that we've been missing that will help our football team. I think we've been able to establish some more depth that we wouldn't have been able to do otherwise if you want to look at it from a positive perspective. I know our guys are excited about our seventh game and against a divisional opponent and being at home, it'll be great."

**(On the Rams historically being active at the trade deadline and if he expects any moves to be made)**

"I would say we're looking. We always look at a bunch of different avenues if we feel like it can upgrade our team as you know. A lot of it is predicated on, 'Who's available? Is that something that we feel like kind of suits the needs or gives us a chance to upgrade?' Each of those narratives, the past couple years, has been a little bit of a different story, but there is always dialogue and discussions going on with certain players that might be available. Whether or not something comes to fruition, if I had to guess right now, I think it doesn't seem like anything is imminent, but you never know with us, right?"

**(On his perception of the increase in the volume of trades and how the markets have changed over the past few years)**

"I think really it depends on the team's philosophical approach and I think there's teams that have done it a certain way that have had an incredible amount of success for a really long period of time. Then there's some different approaches where you want to take advantage of being in those windows if you will call it that way. I don't know enough about the other buildings to speak on their behalf, but the one thing that I do feel good about is that we have an owner, and then (General Manager) Les (Snead) and I being in unison, and then also with (COO) Kevin (Demoff) and their group and (VP of Football and Business Administration) Tony (Pastors) about being aggressive if it upgrades our football team. It takes a great owner that gives you the willingness to not

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only be able to make some of those decisions, but also giving you the freedom to fail because not every single decision we've made has been perfect. I don't think we're afraid to admit that either, but you try to learn from it and then you continue to shoot your shot and that's what we're going to do, that's what we'll always do, and it's how we like to live.”

**(On if he feels better going into the second half of the season knowing that no team is really running away in the NFC)**

“I think what you do learn is that there's so much football left to be played. If you said, ‘Okay, what did it look like after six weeks last year?’ Not a lot of people can remember because so much changes from Week 6 to Week 17 to Week 18. What you do see that's consistent is the teams that are relevant play better as the season goes on and that's where our focus and concentration is. I think it is really important for us to be able to just be right here right now because as we've seen, injuries, different things occur. What I think we've done a good job here is not looking at this schedule and saying, ‘Okay, well we should do this or that.’ It's, ‘Hey, how do we play a great game, give ourselves a chance to get to 4-3 against the 49ers,’ and that's really where we're at with that. It's a strange year in terms of some of the different things that are going on, but usually those things have a way of balancing themselves out, and I think we'll have a lot more clarity as this thing continues to progress.”

**(On the Rams being 0-7 in the regular season against the 49ers since he has taken over as coach and what the message to the team is to change that)**

“I don't think you really look at it like that as much as, ‘Let's play this game.’ It was the same thing that we did when we played them in the postseason. It's, ‘Hey, what were some of the things that we didn't do that we can control that would give us a better chance of getting the outcome that we want?’ And there's a lot of instances in that from the last time we played them. You don't

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take any credit away from those guys, but I really do believe this, there's a reason why there's so much crazy stuff that happens week in and week out in the NFL, and what you can't do is you can't look back. But what I am excited about is the opportunity to go compete and not afraid to put it all the way out there, compete to the best of your ability and I believe good things will happen and if it doesn't, not afraid to get up and keep swinging. I know our players feel that way. There's a confidence, there's a respect for the opponent, but I'm looking forward to having a great week and going and attacking the opportunity."

**(On if he feels like there needs to be adjustments to how they have defended the 49ers with the addition of RB Christian McCaffrey)**

"I don't know that I'd say that. I think you're aware they've got great play makers, they do a good job of being able to kind of put stress on defenses based on Kyle (Shanahan)'s ability to get those guys in the right spots and know how to attack certain defensive structures and schemes while also keeping his personnel in mind. Really all those guys are kind of the normal cast, and now you're saying, 'Alright, how do they want to activate McCaffrey in some different ways that maybe they've done with their other backs,' but they've always been a really tough outfit. Kyle does a great job, as well as the offensive coaches. They do a great job in all three phases, but I wouldn't say it changes much. We've just got to go play good football and do what we're capable of."

**Quarterback Matthew Stafford**

**(On how his bye week was and how it feels to get back)**

"It was good. It was nice to get away, as they always are. Just kind of give yourself a little mental and physical break, but I feel good, excited to get back to it."

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**(On getting OC Brian Allen back from injury)**

“It's great. He's done a great job of trying to do everything he can to get back out there as quickly as possible. He's a great communicator. Obviously, he has a lot of experience, physical player, smart player. I'm excited for him.”

**(On if he feels a difference on the offensive line with OC Brian Allen back at practice)**

“Like I said, I think one of the things you can't take for granted is just his ability to communicate. That experience is really valuable in this league and in this offense and he's got the most of it for our guys up front at the center position. It's nice to have him back out there being able to communicate and just happy for him, really in general, to get back out there and do what he loves doing.”

**(On WR Cooper Kupp's work ethic)**

“It's top notch. He's doing whatever he can to help our team win. The special part about the work ethic is that it's not for personal gain it's for helping our team, which is pretty special to be around.”

**(On the work that WR Cooper Kupp puts in on the field)**

“It's a lot of time and effort, a lot of sacrifice both physically, mentally, emotionally, all that kind of stuff. He's a big cog in what we're doing and we're happy to have him.”

**(On what it's like to get WR Van Jefferson back from injury)**

“He's a really special player. I got to experience some of that last year with his ability to really be a complete receiver. He had some big plays on tape, there's no question he was running by some people, but he's a guy in my mind that can do it all. It's great to have guys like that. The more you can have of those guys, the better. Again, similar to in Brian (Allen)'s situation, I'm just happy for

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the guy. I know it's difficult. I've been there in seasons and in offseasons, whatever it is, where you're trying to deal with something, trying to get through something, not being able to do it for a while and missing time is frustrating. I know those guys are excited to be back out there. I'm happy to have him.”

**(On what having WR Van Jefferson does for WR Allen Robinson II and WR Cooper Kupp)**

“He's just another really talented player on the outside. The fun thing about playing in this offense is Cooper's running deep routes, Allen's running deep routes, Van's running deep routes, everybody kind of does everything. To have another guy that's of that talent, of that caliber out there is just going to make us better.”

**(On if he did any maintenance work during the bye week or if it was all rest)**

“Rest and just staying active, doing what a normal bye week would be. Nothing that was acute that I was working on as far as physically.”

**(On how he feels coming out of the bye week)**

“I feel great. I feel really good physically, I feel good mentally and all that. It's nice to get that break, to get the time away and feel refreshed coming back.”

**(On what he feels he needs to do to be successful against the 49ers and come away with a win)**

“They present a unique challenge. Obviously a very physical team, a very fast team, a really well coached team. They're just a good football team. On the defensive side of the ball, what I'm going up against, they're talented in the back end, really talented up front, talented at the second level. They play a scheme that they're all really comfortable in, know the rules and assignments and go play aggressive. It's kind of the age-old stuff in football, don't turn the

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ball over, stay efficient on first and second down, convert it on third down, when they get our chances in the red zone, hit them and score points. We just got to play a complete game, got to play solid, and give ourselves a chance.”

**(On if the Rams are fortunate with the injuries they have faced because there is still a lot of football left to play)**

“Obviously you want to win every game we play in, haven't done that at a good enough clip this year. We've definitely had our hand in on the offensive side of the ball. We have had a bunch of injuries that have been unfortunate, but at the same time, there's teams all around the league that are going through it. A lot of credit to our team, our defense, our special teams, timely offense, and being able to get to where we are right now. And then hopefully we can get some of those guys back and continue to get better. That's the name of the game. The seasons that I've had in this league where we've been successful as the team, we've gotten better as the year went on and hopefully we continue to do that.”

**(On how he watches other teams play during his bye week)**

“I watch a little bit of football. I try to get away from as much as I can. But yeah, it has been...parody is at a premium at the moment. It's all over the place. That's why every single week you got to go out there and you got to prove it doesn't matter who you're playing, what the jersey says, what the name says on the back, got to go out there and prove it every single week. That's the name of the game.”

**(On what Brian Allen being back brings to him and the offensive line)**

“Yeah, he is a really a veteran player for us. A guy that's got a lot of experience up there at the center position. He's a great communicator, physical player, a tone setter for us, owns what we're trying to do as an offense. I think that kind of permeates you at the offensive line.”

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## **Linebacker Bobby Wagner**

### **(On how his bye week was)**

“It was great. (I) didn't do anything. Well, I did do something. I took some kids out.”

### **(On what he did in the community with kids)**

“Yeah, I took a group of inner-city kids to a couple Venture Capitalist firms out here as well as I brought some to SoFi (Stadium) and provided them another opportunity to learn stuff outside of entertainment and sports because there's a whole world outside of entertainment and sports that I wasn't exposed to when I was growing up. So, I figured I'd try to change that.”

### **(On if this event was an extension of what he did last year in Silicon Valley)**

“Yeah, same thing. I think we had a lot of success with that and then they wanted to do it in LA so I did it in LA. Got some great companies to donate their time and teach the kids. So, the next one would probably be in Seattle.”

### **(On what he learned from defending RB Christian McCaffrey as he prepares to face him again)**

“I think he's really, really good at finding the holes when he is running so we need to be conscious of that. Obviously, the 49ers have a lot of gap runs that compliment his game very well. So, I just think we need to be understanding (of) how they're going to try to attack our edges and attack the inside of our defense. So at the end of the day, once you get all that figured out, you got to tackle them.”

### **(On if he's faced a star player before in two consecutive games during his career)**

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“Yeah, I don't remember the year, but we played Houston, we played (New York Jets OT) Duane Brown. We played him and then like literally the week, I don't even know if he got on the plane to come back, traded for him and got him the next game. So that was pretty cool.”

**(On how he addresses the team's issues with tackling)**

“I think you just be conscious of it. I mean obviously we're all professionals, it's stuff that we do all the time. It's just understanding that we don't know when those key moments are that's going to be like if you miss a tackle, it's turning into something big. So, I think first it's understanding the gaps, understanding how they're trying to play you. After that it's just kind of what you've been doing since you were a kid, getting down on the ground, whatever that looks like. Just don't get fined.”

**(On how he's feeling with the defense)**

“Yeah, I think each week I'm getting more comfortable. Obviously trying to figure out how they attack me within the scheme. So I think I'm growing every week which is all you can ask, to be honest.”

**(On if the San Francisco 49ers' run game has changed)**

“Well, when I first started playing, I was playing against Kap (former 49ers QB Colin Kaepernick) , so they had a lot of misdirection type of runs. I think the difference between early on in my career to now, most teams you pay attention to personnel, but this team is the team you don't pay attention to personnel because every personnel is...they have the same formation, the same variation with every personnel. So, you hear 21 personnel, you hear 12 personnel, you come in and look just like 11 personnel or look like you hear 13 personnel but it looks like 12. So that's kind of how they play with you. They bring in different personnels and make you think they're about to do something and then it looks exactly like something else. So, you more so see players and where they (are)

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at in certain spots. So to me that's the biggest difference because you get the same play, but they have so many talented players that each guy can run the same thing and do it equally as well as the other guy. So you just study formations and understand that they're going to have two or three new formations that they haven't shown yet. I'm pretty sure they didn't show everything they could do with McCaffrey this last game so we're going to get different personnels with him. So it's always fun, it's chess. So you sit there, watch film, and figure out what they're going to do.”

**(On what he studies from the film)**

“You study tendencies, you study yourself. Because a lot of times they're watching you from previous games and see how you play certain things. So how did you play those certain plays? And they'll try to mimic the run game. They didn't have (49ers OT) Trent (Williams) the last time we played them and so he does a good job of coming up a little bit faster than all the other guys. So maybe they insert certain runs that have him involved. So, you just look back and see if you can steal some plays understand they're going to attack you in different ways. But I think that's the fun part of the game.. A lot of people say the game is physical, but it's more mental than it is physical in my opinion because of things like this. You get yourself in the right position, you get to that 10% and you're all good.”

**(On what he sees from San Francisco 49ers' QB Jimmy Garoppolo)**

“I think it depends on the team. If you have a good man team or a good zone team, I feel like as we've seen in this league, it really matters how you play on Sunday. There's been a lot of teams that are really good one week and not good the next week. And so I think he is extremely smart. He understands how to get the ball out quick. That's why it's so hard to get sacks on him because he reads the coverages quick and gets the ball out of his hands quick. And so that's the thing. If he reads man, he's going to, they have different man beaters.

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I think it's a combination with the coach and the play caller. If you have a team that runs a lot of man, they're going to make sure they have their man beaters inside of their play so they might make checks within the play. So I think again, it's part of the chess move. It's like, 'Do you have the right check, against the right defense, that can hopefully get you in the right play and be successful.' So hopefully we have the same."

**(On where he thinks the defense is best at defending gaps in the offense)**

"I think we do a really good job on the edges and I think that's kind of why a lot of the runs kind of work back into the middle. And so, on the one run that they had a touchdown, they had us like overplay and they came up the middle. So obviously we're conscious of that. I think when we're on it, we're great and so just making sure that we're on it."

**(On if he's ever intentionally played a certain way in order to scheme the other team for the next time they play them)**

"I mean that'd be giving away secrets. But it's happened before, yep, a hundred percent. Maybe it was here."

**(On what Director of Performance Nutrition and Wellness Joey Blake brings to the table for the team)**

"He makes your life easier. I think we have so much stuff going on in our life with our family, football, studying, workouts, things of that nature. And so you have a guy like that that, who helps you with your nutrition and helps steer you in the right direction. You do the body fat composition, all those different things and sleep and your diet is probably two of the biggest things that you can do as a player to last long. So when you have a guy like that that can help you figure out what fuels your body the best, and takes that off your plate where you're not thinking food, you're just coming out. Once you come up with a good plan, he has it ready for you. So, I think it just makes it easier for you not to think about

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that and focus on the things you need to focus on. So, he's been pretty cool for sure.”

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