



Los Angeles Rams Transcripts - Head Coach

Sean McVay - Monday, January 2, 2023

Head Coach Sean McVay

(On injury updates coming out of yesterday's game)

"Just your typical bumps and bruises. (OT) Rob (Havenstein) got his knee a little bit but shouldn't affect his game status. And then (DB) Nick Scott with his shoulder had a little kind of (rotator) cuff injury. But both of those guys should be good to go and really those guys have been warriors for us this year."

(On what his message will be to the team going into their final week of the season)

"Yeah, I think what you do is you continue to compete to the best of your ability. Let's try to have a good week of preparation and see if we can put together a good plan, a good week of prep, and go play the best that we're capable of against Seattle (Seahawks). And obviously if you're able to finish on a good positive note, that would be reflective of the resilience and just kind of the character of this football team. But one of the things I'm proud of is in spite of everything that we've been through, these guys continue to compete, they continue to show up day in and day out and that's made what's been an incredibly challenging year for me a lot easier because of the resilience that they've demonstrated. I'll forever be grateful for this group. Sometimes the best learning lessons can come in these types of seasons that we've never been

through and you learn a lot about like I've said over and over again, yourself and the people that you're around. And I've learned a lot of really good things about these players."

(On if there are any players he expects to get back from injury for this week)

"No."

(On why Assistant Head Coach/Tight Ends Coach Thomas Brown has been so effective working with RB Cam Akers these last few weeks)

"I think he's a great coach. I think the best coaches help bring out the best in their players and have different ways of understanding how to connect while still consistently being who you are day in and day out, but being able to adjust and or adapt the way that you're able to connect and relate to these players to help elevate their game to the levels that they're capable of. I think Cam would be able to probably tell you better than me, but I know that I've always had a real appreciation for what Thomas brings to the table as a person and as a coach. Cam deserves a ton of credit for the way that he's played, but I don't think that Cam would deny the fact that certainly Thomas' influence on him has helped him play at such a high level while not taking away any of the credit that Cam deserves."

(On if he thinks Thomas Brown could be a head coach in the future)

"Yes, absolutely."

(On if the adversity faced this season gives him motivation for next season)

"I think everything kind of motivates you as you just continue to move from day-to-day and that's where I'm focused on. (I'm) trying to do the best that I can within the framework of my role and that's how I'll approach every day."

(On if there's a specific moment when he solicited extra feedback from his players)

"Yeah, I think you try to always connect. There's not one that necessarily stands out. I think it's just trying to consistently have a good pulse and a temperature for the dynamics of the team and what is needed and where it's needed from your end or if you say sometimes stepping back and letting the players take control is the best thing that you can do. And like anything else, not exclusive to this year, but as you're continuing to accumulate experience in different roles and responsibilities and different things that you navigate through in a leadership role, you're always trying to learn, you're always trying to grow and certainly there's lessons that I'll take moving forward from really every day of this year. There's not one in particular that stands out though."

(On if there are any young or new players he's excited to see continue to develop)

"A lot of our younger players unfortunately got injured and so I couldn't be more impressed with when you look at guys that we had no prior experience with, whether that be (OC) Matt Skura, (OG) Oday Aboushi, (OT) Ty Nsekhe, how quickly they've come in. (OG) Coleman Shelton is a guy that's continued to battle and do a great job. Obviously, we know what a continuous and consistent player that (OT) Rob (Havenstein) has been over the last handful of years for us, but there's guys I'm excited about. I'm really bummed that (OG) Tremayne Anchrum (Jr.) didn't get an opportunity to play a little bit more, but there's a long list of those players that I could go through and unfortunately, a lot of those linemen that you're talking about, none of them really have much youth that are playing for us right now. (OT) AJ Arcuri is a guy that I thought did a good job with the opportunity that he had against Kansas City in a really tough, hostile environment but most of our young guys, unfortunately, are on IR and got injured."

(On if he thinks they have been more diverse in the run game as the season has progressed and how they have done that)

“Yeah, I think you've seen it. There's definitely been some things that we've been able to activate that maybe we've always kind of had in the arsenal but you're seeing a little bit more of an emphasis on it, and I think it's helped us. I think with the way that Cam (Akers) has played, you certainly want to be able to adjust things to what you feel best about with him, but not only him but the other guys. There's a lot of things that we've done that we've had as a staple of our identity over the last handful of years that it really isn't applicable because you don't have a lot of those guys that are playing right now so you have to be able to adjust and adapt. It's never been something that has been quite so drastic in the midst of a season from a week-to-week perspective, but I do think, especially over the last few weeks, there's been some real positives if you're trying to pull out some good things in regards to just a little bit more versatility. I think obviously Cam has definitely done a good job of creating some things on his own as well.”

(On what he has learned the most this season)

“I think what I used to refer to as adversity is a very different thing now. 7-1 and then being at 7-4 as the biggest adversity faced last year, sure seems like some adversity that I would love. I think more than anything it's about accumulating all these different experiences to try to shape yourself in a way that keeps you grounded, keeps you with the appropriate perspective to be consistent day in and day out. There's nothing like what this year would be to compare to any other year and that's why you truly understand more than ever that every single year is a brand-new year. You're forced to learn and grow, and certainly this year there's been an incredible amount of takeaways that you'll use to try to make sure that you have...I don't know if it's better support, it's just more about being able to kind of envision the possible things that could

occur that maybe I was naïve to in the previous five years.”

(On if he is the kind of person that will need time off after the season to think about things or if he will get back to work right away)

“That's a good question. I think, kind of similar to the sentiment that I've echoed earlier in the conversation today, I'm really just trying to do a good job of being present. We talk about that and let's finish up this week the right way, do a great job trying to help these guys play at their best (on) Sunday at Lumen Field, and then we'll deal with the rest after that.”

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