

DALLAS COWBOYS vs. LOS ANGELES CHARGERS – AUG. 24, 2024 DALLAS COWBOYS HEAD COACH MIKE McCARTHY



On DaRon Bland

"I mean it's something that came up in practice, while we were still in Oxnard. Just like any injury, you go through the scans and second opinions, and things like that. So, we've known about it for a few days and this is, you know, this is the best plan for [DaRon]. And I think it's going to be between six-to-eight weeks, and just like he attacks everything, he'll attack the rehab the same way."

On Caelen Carson so far in camp

"He's done a lot of nice things, obviously early. I think he was probably one of the rookies that probably made the quickest first impression, just as far as playmaking. He had the situation with his wisdom tooth, so he missed a few days. I think, like anything, you have the opportunity to draft these young men, go back to the offseason program and really don't get to do much, as far as the physicality component of it. But you can see right away in the seven-on-sevens and so forth. You know, his skill set and his ball skills, and I think the things that really highlight just the way we like to play and the ability to take the ball away. I think that clearly carried over to training camp once we put the pads on. So, he's done a nice job."

On Trey Lance

"I think what stands out to me is the 11-plus play drives. I don't know if he had four-or-five of them. Had the ball plus-20 minutes. Then our opponent established that on the first drive. I tell you, as a head coach the longer you do this, you really appreciate games like today. I'm talking about our offensive perspective, because, you know, they gave us a lot of pressure. Our guys saw a ton of pressure tonight, and that's the best work in preseason. It really tells you a lot about your younger players. I mean, look at our offensive linemen. They played over 90 plays. So, we have incredible tape to go back and look to make these evaluations. But Trey in particular, gosh, he's just an ascending, young, talented quarterback that just loves to be coached. I wish we had three more preseason games just to get him out there, just to keep playing, because he had tremendous production. But yes, the turnovers are always the first thing we talk about and coach and go through. That last opportunity, he definitely was where he needed to be. Had a chance to hit that last touchdown. So, I mean, there's always been four-or-five plays each game that he'll learn from, but he continually gets better every time you give him a chance. And I think that says a lot about him. I think he's just a young guy that needs to play. I think he'll play in this league for a long time."

On what concerns him about not playing starters during the preseason

"I think the biggest thing is the continuity between who's actually going to play in week one, and that's about final. But you're making a decision, obviously, you're trying to lessen the risk of injury with this approach, compared to taking the risk of injury with the other approach. I've done both ways, and I get where it's at, but the ability to have your starters [ready] week one, I think clearly overrides the old way. And I've been convinced since it's 16, 17 games, going to 18 games. Starting off the season as potentially the best you can be from an injury standpoint is why we did it. But with that, you got to get it done in practice. I wish we could have had two more practices like we had last week. We had two ball-busting practices that were super competitive, and they were clearly our best practices of training camp. Even the work that we had with the Rams. So, I trust our process is the point I'm trying to make. And that gives me great confidence in starting off. But the biggest thing is, you know, once we get past Tuesday, is to get this game plan set and get the reps, you know CeeDee Lamb's not here yet. So, just getting everybody reps to make sure we're clean, where we can get up there and compete and play in sync, and we're on the road for week one. That's always the challenge. Remember, I stood up here in the same press conference last year and our offensive line hadn't practiced together yet. You go back and look at the way we played the first couple of weeks. I've been there. At the end of the day, we made the decision to go this route just to lower the risk of injury. And you know, we've done the best we can. And now we're here."

On what stood out to him on how Trey Lance responded to the interceptions

"He just kept playing. I mean, just go through the game. He had the huge run for a touchdown, and just kept battling back. And that's really, that's why you take the ball in preseason. It's the last thing we talked about in the team meeting. We want as much as of the Chargers as we can get. We want to play. We want our young guys to



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compete. Play, it was the first time to play at home. It was awesome. I mean, this is what these guys work for. We started this in April. This is part of our journey, but it is a checkpoint for us. The preseason is concluded, but we wanted to finish strong. Had every opportunity to win the game. We kept playing. What did we end up with, 92 plays? Yeah, that's invaluable, that's what all the young guys need, and that's what Trey Lance needs. So, I think we definitely hit the target there."

On the positives of Trey Lance today

"I think if you just saw from the start of the game, it was a 14-play drive to start the game and the run game was extremely productive. And then they started pressuring us in the red area once we got down there, then really, once we crossed the 30-yard line, we saw pressure all the way through. So great work for us. I think some of it was a response to the efficiency of the run game. So, it's great work for us."

On Josh Ball and Ryan Flournoy

"Yeah, I think if you look at ratio for opportunity to make plays. Both those guys are pretty high, you know, with the opportunity, the ball in their hands. Flournoy missed some time during training camp, but boy he's bouncing back so strong. Such a physical player, tough player, smart player. Without seeing the video, I was impressed with them again today."

On his process from to get the roster to 53 players

"The coaches will start watching it tonight. We'll have it all graded by the morning, and then we'll work as a staff from nine to noon. And then I'll start having meetings in the afternoon and then we'll start the process."

On if there's more urgency on CeeDee Lamb returning as the season approaches

"I think there's urgency on both sides. Just once again, I mean, this is business. And you know, what goes on there is really between the individuals in the room. But yes, I think everybody involved wants to get it done."

On if there's any concern on Lamb's readiness

"We've got to have a healthy plan. Yeah, definitely. I mean, we got to, we've got to be smart there and just use good judgment. And that'll be the case. But yeah, I think it's just the reality of where we are. So, we'll deal with it in time."

On how he feels virtual reality first down calls are going

"Still working on it. So, I mean, it got from the Rams to the Raiders, you know, it got a little faster, I think. But it went the wrong direction tonight. So, we'll see what happens. It's cool when they get it up there, you see why they want to do it."



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QB, Trey Lance

On the ups and downs of the game...

Ups and downs for sure. I turned the ball over too many times. I think that's kind of the story. We had a chance to still win it at the end and yeah, I just have to take care of the ball better. Super proud of these guys. We competed our asses off, regardless of coming off the turnover, and the defense as well kept us in it, so excited for that.

On staying calm in the huddle...

My confidence isn't going anywhere. This sucks. This is one that I'm not going to forget about anytime soon, but it's part of it. You just have to flush it, turn the page and be able to do that. Give me 12 hours, and it'll be all good tomorrow. But yeah, these suck.

On how it felt playing...

It was great. Great to be back out there, starting with the Rams game. Learned a ton. Going back to Vegas, learned a ton and learned even more from today. So, it was a ton of fun to be able to compete with these guys, and hopefully a lot of them are still with us.

On showing that he can play in the NFL...

That's for you guys to talk about. Like I said, my confidence isn't going anywhere. I feel good. We did a lot of good things out there today. Super proud of the way the guys competed with me. They had my back throughout the whole day, Defense, offense, and everyone else not playing as well.

On if there were any of the interceptions that he saw what he could do better...

Yeah, for all of them, I'd say. Anytime you throw an interception, I'm the one that makes the decision on where to go with the ball. So, at the end of the day, regardless of the situation, I put this on myself.

On if there was a common theme for his interceptions...

No, they were all different. I think the one that hurt us the worst was the red zone. You can't turn the ball over in the red zone, we already got points on the board. But yeah, like I said, learned a ton from it.

On the difficulty of improving without playing anymore games and the steps to improve...

Yeah, same thing I did last year and the other years I haven't been starting. So just continue to learn as much as I possibly can and continue to do whatever I can to help the team.

On getting better without playing very much...

Practice reps are kind of the life of the backup quarterback in the NFL. That's just a life that I've lived. Being able to talk to Coop [Cooper Rush] about it. Learned a ton from him last year, as well, and guys I've played with in the past as well. Yeah, just trying to soak up as much as I possibly can and do whatever can help the team.

On feeling the pocket pressure and using his legs...

Yeah, it was good. I had a few opportunities to move the chains on the touchdown. Brevyn [Spann-Ford] and Kelvin Harmon is one that I don't know if people saw, but he ran by the safety from a long ways away. So, he had the touchdown block.

On what helped him bounce back on the touchdown drives...

The guys in the huddle have my back. The guys on the sideline have my back. I know they're going to come out and do it the exact same way every single time. I feel like I know who I am at this point. Like I said, my confidence isn't going anywhere. It's just turning the page.

On what makes him think this will click...

I've been through enough these first three years, first four years and to be able to take a step back and learn a lot about myself. What's important to me and why? And I think, like I said, I've been in two great organizations, and second to known as far as the guys in the locker room.



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On the game in general. His first win back in the pros.

"It was exciting. I thought our guys did a great job. There's just a lot on people's minds this time of the year, third preseason game. Everybody playing for something individually, and for their unit, and for the team. I just wanted to see guys clear their minds, cleanse their souls. Playing free, playing fast, just putting their best foot forward. I thought our guys really did that. I thought it was that way on both sides of the ball. It was good football."

On the first offensive play of the game. His vantage point on Derius Davis' touchdown.

"Yeah, the way he worked the sideline was incredible. The lesser man would not have scored on that play or stayed in bounds. It would have been about a four or five-yard gain. I was right there. My vantage point was right on top of it. I didn't think he was going to be able to get a turn but he did. It was an incredible job of working the sideline by him. Seeing his speed was great to see as well."

On the long touchdown by Simi Fehoko and how much the offense had a need for a big play like that in the passing game.

"A lot. It was great. I felt great for Easton, and Simi - I thought he made a real strong catch – kept his feet and was able to score the ball. He's done a great job, so it was great. A lot of good things. I thought our red zone came up huge and of course the turnovers were tremendous plays. Tony Jefferson had one of those great games. I've always felt this and have said it to the guys, but you can make some incredible memories in a preseason game. Preseason games, you can have an incredible experience, impact of the game. Your team winning, and you make the play that helps the team win. If you get about seven guys directly responsible for the team winning, it doesn't get any better than that in a football game, so I felt great for those guys."

On how his safety room looks right now.

"Guys we're balling. I thought statements were made in the safety room. It was great to see. You're always looking for guys that you can count on, and we're certainly looking for 'count on me' guys in the safety room."

On the elevator incident at the hotel last night.

"We dodged a bullet. I usually think of dodging a bullet [in terms of] dodging an injury in football. You've got to get good at that. You've got to make yourself harder to break and dodge a bullet, but it was a shared experience. 11 or 12 of our players were there for about two hours. That's a shared experience [that] brought them closer together. I just missed it, being on that elevator. I wish I could have been there with those guys but Justin Herbert was. The remarkable things that came out of it was, to a guy, Tarheeb, the young rookie players, Justin Herbert's a leader. He was a rock. He kept everybody calm. Jeri Fouts told me the same thing. Pulled me aside after they got out, and told me just how great Justin was. And everybody...everybody kept their poise. You get in those situations and it's just a test of wills. I was proud of each of the guys. And the two women that were on that elevator. That's a win. You feel good about yourself. You were challenged, it was a test of will, and you pull it down, you pull it in. There's a camaraderie among that group that's even stronger than it was before. And it was hot. As each person came off the elevator, sweating, some had the shirt off. Justin Herbert – his hair was a little wet but his shirt was completely dry. That's another thing that blew me away and the guy's just a beast. And Jeri Fouts, she was incredible, too. She was the link to the outside world, and Dan Fouts was quarterbacking from the elevator. And Joe Ortiz, he was a rock, he was great. I was trying but I know very little about elevators. I wasn't giving much help, but definitely the folks in the elevator, and Justin leading the group, and Joe and Dan Fouts. And when it was all said and done, we dodged a bullet."

On the Dallas Fire Department.

"The Dallas Fire Department. Take a deep, long bow. They were incredible. I'm proud of the firemen and women, and I'm proud of our guys. Jeri and the other [person], I didn't get her name. She wasn't associated with the team. Good for you, good for you! They've all got to feel good about themselves. A challenge came on them and they met it. They crushed it. Without the Dallas Fire Department, it could have been a lot worse. Who knows how it would have ended. There were a couple of ex-football players in there. It was fun to talk to them. They were sensational."

On a couple of ex-TCU players on the team.



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"Start with DD (Derius Davis). He's been a great contributor. We can count on DD. He's been outstanding as you saw tonight. A lesser man would have not made that play he did. Not too people on the planet would have been able to do that. He's a trusted agent. Quentin Johnson, he is just elevating his game every week. It is fun to watch."

On Junior Colson and young guys.

"He's been champing at the bit...It was good. We had him on a play count. I'm looking forward to watching the tape. I thought he did a good job. It was good to see Tre'Mon (Morris-Brash) and Matt Hankins. They've been a couple of my favorite guys. Tre'Mon made a huge play and Matt went up for that ball. He's done such a nice job. It's good to see it pay off for him in a big way. Rodney Kennedy is another guy doing good, getting better and better...And Tony Jefferson, that was a sensational game – a sack, forced fumble, two interceptions, 11 or 13 tackles. I've always had great respect and admiration for him. He played for my brother. He's family. It's great to see him do so well...Every football player has a lot on their mind going into a game, every game. It was fun to see them having fun, clearing their mind, cleansing their soul, playing football. Today's game did that for several guys."

On what he wants for the initial roster.

"The best players...It's so different than i was last in the league. It's not really 53 anymore, it's really 55 and it's really 71, 72 when you start to count the practice squad. I'm excited about it. I know a little bit more about a 74-man travel squad and a 110-man team or a 145-man team. I'm happy that it's grown. There's a ton of guys in that locker room that we want to be a part of that 71-man roster."



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QB Easton Stick

On playing the whole game today: "Yeah, it was really nice. Reps are invaluable, new experience (going against) a different style of defense than we see in practice over the last couple weeks. It was a lot of fun to get a win."

On getting a win: "Winning is fun. It felt really good. All three phases contributed. That's important. That's exciting. I think the locker room is in a good place. I think guys are excited to close that chapter and move on to the next one."

On Simi Fehoko's touchdown: "What a great play. Great route to close the cushion on an off corner and then tracks it perfectly. The ability to not only catch it, but to score, it was really an incredible play by him. He's been doing that all camp. He's had some really good weeks here. I'm excited about Simi."

On Daris Davis' touchdown: "Yeah, incredible right? First play of the game. He called the shot. They said we were going to call that play. He said let's call that first and he was able to score it. That was really cool."

On the defense getting 6 takeaways: "It's awesome. They played so well. They played well all preseason, forced a ton of turnovers, flew around and played hard. That's an awesome group with a ton of depth. So, we certainly got some short fields there and a bunch of momentum. Credit to those guys."

On what the next couple weeks look like: "We'll see. We'll enjoy this one. Tomorrow's off. The guys will enjoy it and get healthy. We'll go from there. We've got a big game in Week One."