

Head Coach Jack Del Rio

Opening Statement: "It's good to be out with our guys out here for our mini-camp. We've had a good offseason, very productive offseason. A lot of good work has gone into it. Getting the system installed and all the fundamental work we want to get. Get some good competition. It's been good. We have a couple of days to finish up here, and then we'll get a break. Get ready for training camp. All and all, I'm very pleased with the way the guys are working."

Q: What kind of growth has Treyvon Hester shown?

Coach Del Rio: "He's done a good job. For all the big guys, it's more about what we do when we get the pads on. It looks like he has a natural ability to rush inside, interior push. Look forward to seeing that with pads."

Q: What do you need to have a consistent winning culture?

Coach Del Rio: "I think the biggest thing is guys don't all have to get along. We happen to have a group that does get along real well. I think it's about unselfishness. Guys that are willing to sacrifice for the good of the team. Everybody has personal goals, but I think when you put team goals ahead of that, you're able to do something special. That's what we're looking for."

Q: What was it like to see the Golden State Warriors win last night?

Coach Del Rio: "It was awesome to be over there last night and at the game and, first of all, see the Warriors come through in a big way and win a world championship. To do it with that crowd, that crowd was spectacular last night. Full of energy and a lot of happy people going home last night. It was great to be a part of that."

Q: How did the opportunity to see them come about?

Coach Del Rio: "Well, there ended up being a Game 5. I had good friends that invited me to go with them. Just happy to be there. It was special."

Q: Have you envisioned what a playoff game in the Coliseum would be like?

Coach Del Rio: "Playing at home is something you have to earn. Certainly our fans here are the best. That atmosphere last night was electric. It was great to be a part of it. So, yeah we've had big games here, regular season games, but obviously it all gets ramped up when it's a playoff game. We'd love to earn those. That's what it's all about."

Q: How does the Warriors winning a championship impact the Raiders' motivation to do the same?

Coach Del Rio: "To me, it's about... Coach [John] Madden, I spoke with him last week at the Mooch [Steve Mariucci] Madden Bocce Tournament. He said it exactly right. Just go out here and try to get a little bit better every day. Knowing that you have lofty goals, down the road kind of goals, but it's about the work you put in every day. That's the process of becoming a really good football team is coming out here and putting in the work. That's what we're about right now. We have an environment. I think you get to see it where our guys enjoy each other. There's a lot of energy at practice. That's all part of it."

Q: How do you see the offense changing with Todd Downing as the offensive coordinator?

Coach Del Rio: "Well, we'll see. To me, it's taking some of the things that we were good at and then adding some of the things that we want to be better at. As a football team, doing what we can to win games. I'm not really worried about stats on one side or the other. I want all three phases to be strong. I really believe that we've added some weapons with C.P. [Cordarrelle Patterson] and [Jared] Cook, a couple of guys that will be really good players for us. Getting them involved in that along with the guys we have returning. They've been in the system. I don't know that it'll change a whole lot, but I think there's some tweaks where we want to take advantage of the talent we have. They're hard at work right now doing just that."



Q: Do you feel like you guys are better equipped to close out games with all the changes that happened this offseason?

Coach Del Rio: "Well, it's certainly an emphasis. I think to be able to do it on your terms, get behind that big physical line we have with a big physical back like Marshawn [Lynch] is certainly something that we're interested in. But again, this time of year it's about putting in the work and making sure that we understand how we all fit together and what we have to get done individually to make it happen."

Q: What's the value of the two-minute drill at this stage of the season? Does it test what they know when you put them in a situation where time is an issue?

Coach Del Rio: "It does and we'll choreography many of these situations we want to put our team in. Today was an example of that. Just under two minutes, needing the touchdown and two of the three groups were able to go down and get that done. Of course, the D-line is going to tell you, 'Hey, I would've sacked him. I would've hit him.' And other things would have be a part of it, but to be able to simulate the best we can with that kind of work and get the mental work. Not just for the players, for the coaches as well. The communication coming in from the sideline. That's all vitally important. It's a step in the process of developing your team, preparing your team to thrive in those situations."

Q: What have you seen out of Connor Cook going into his second year?

Coach Del Rio: "Connor has done a good job. He's a lot more comfortable in Year 2. Obviously, last year being a rookie, a lot of things kind of slow in Year 2. I think the entire rookie class would tell you that. Connor has had a good offseason for us. He's doing a nice job."

Q: Do you prefer a certain message when it comes to expectations of this team?

Coach Del Rio: "What I expect is us to put everything we have out there every time we come on the field, walk out on the field. I don't spend a lot of time talking about other things beyond that. It's more about the process of putting together good practices. Developing your skill. Working on things like being unselfish. I think you have to train yourself mentally to work at that. Building that mindset, we're going to be a resilient team. We're going to fight for 60 minutes. We're going to scratch and claw and find a way as a team to come out with victories, and we're going to enjoy it while we do it. We're going to enjoy the process, coming in here every day and putting in the work."

Q: Would you say that Marshawn Lynch is training camp ready and 100 percent?

Coach Del Rio: "I don't really like to put gauges on people. I think he's done a great job doing the things we've asked him to do and preparing himself just like everybody else."

Q: Was the plan all along to have Lynch at the level he's at right now or did you just play it by ear?

Coach Del Rio: "No, we've got a plan. We're executing our plan in regards to the entire team. Obviously, at the conclusion of this week and this mini-camp then there will be a break and there will be a certain amount of responsibility that our guys have to take care of business during that time off to make sure that they recharge, but to make sure that they come back with the level of conditioning so that we can attack training camp. Not survive training camp, but really take advantage of that opportunity to grow and to develop as a football team."

Q: What sort of maturation have you seen from Oni Omoile?

Coach Del Rio: "I think [offensive line coach] Mike Tice does a tremendous job with the offensive line, with the group as a whole. We've had development with our guys. Even some of our better players; Gabe [Jackson] has had a tremendous offseason, Rodney Hudson has had a tremendous offseason. So, all of them, Oni included, I think Mike mentioned today in one of the drills that Oni had one 'mental' throughout the spring. With us brining a lot of different looks on defense and him being the center, responsible for a lot of calls, that's a pretty strong statement. He's had a good spring for us."



Q: Is it possible for Derek Carr to make another huge leap in between seasons like he has done so in the past? Coach Del Rio: "Well, that's the idea. That's the idea. We want to develop our guys to the fullest. I think that's what you push for. Continue to hone your craft, sharpen your skills, build that rapport with your teammates, with him getting on the same page with all the receivers and the tight ends and the backs, the timing of the routes and a real deep understanding of what we're trying to get done. We've talked a lot about Derek being able to take ownership at the line and direct things and you have to work to do that. You have to put in the time, really understand the offense inside and out and that's what Derek brings for us."

Q: How does taking ownership of the line happen?

Coach Del Rio: "It's a process, you know? It's a process. When we first get here, it's really not something you think you can get to right away but you start to give him a little bit of a leeway and then he takes advantage and makes great decisions, so you give him more. As we review what we did last year, we think he was really good at that and we'd like to give him more of those opportunities."

Q: Do you have a favorite Warriors player you like to watch?

Coach Del Rio: "I like them all, but I like the grit that Draymond plays with. He's one of the unsung heroes. I think there's a lot of good players on that team, but Draymond's probably my favorite."

Q: Was the song choice at the beginning of practice your pick?

Coach Del Rio: "I'm not responsible for the music. (*laughter*) We have fun with it and our music director did a nice job of putting that together." (*laughter*)

Q: Are you going out to the parade on Thursday?

Coach Del Rio: "We'll be busy working."

Q: What's your early impression of Gareon Conley?

Coach Del Rio: "I think the sky is the limit for him. I think he's a really fine football player. He's got exceptional moving skills. Gareon has been, really, a sponge. Learning things very quickly. He's a good learner and a competitive guy. I'm really happy we got him. I think he's going to prove to be a really good player. We'll let him earn his way as we go, but God blessed him with a lot of ability. We feel like he'll be a really special player for us."

Q: With Conley's circumstances before the draft, how has that affected how you want to get to know him as a person?

Coach Del Rio: "We felt like we got to know him before we selected him. We felt like we have a real quality person and a real quality football player. So, we're excited to have him."

QB Derek Carr

Q: Did you watch the Golden State Warriors game last night?

Carr: "I did. I watched the game from my house and man, just to watch that it makes you hungry every time you see another team or somebody celebrate a championship, it just makes you dream those dreams you had as a kid, standing on the stage, holding the trophy up, all those things. I definitely watched it. Fun to watch. Happy for those guys. Whole bunch of really good guys on that team and hopefully they win a whole bunch more."

Q: You're obviously a Lakers fan, particularly a Kobe Bryant fan. To see the Warriors win the championship two of the last three years, what does that do for you guys and the motivation?

Carr: "I've always been a Laker fan. I will be forever. Kobe is my favorite athlete of all time, you all know that. Especially when it's the hometown team, I'll always root for them. Just to see them do that and see just what it does for our city, I feel like God placed those guys here. He placed us here on this team to impact this city. So



whenever our city can enjoy good times like that, that's what it's all about. We love our fans. All the Warrior fans, most of them, are Raider fans, if they don't travel back across the Bay and root for that other team. Whenever you have something going on in the Bay Area, there's really no better place to win. It's really cool."

Q: We saw you hook up a couple times on deep balls with Amari Cooper. Does you rapport with him on those deep balls continue to grow?

Carr: "Yeah, it's something that we want to continue to grow at because you hit on those deep balls... There are a couple of times we hit them early in games and it gets in not only the player's head that's guarding him, but the coach's head. Do you want to leave him on that island? What do you want to do? When you do, are they going to play hard over the top? And then you get everything else working for you, so working on that deep ball is always important. Me and 'Coop,' it's something that we work very hard at. We want to continue to hit a lot of those during the games."

Q: Aside from just winning what are some of the things that helps building a winning culture?

Carr: "I think it's something that started, for us... How many years have I been here now? This will be my fourth year now. Four years ago, I guess. I think it's something that started then and probably before me with a couple of other guys. I can just recall my time here. When you come in, and for us our situation wasn't very pretty, and all we cared about is busting our tail, outworking everybody and competing our tails off when we get in the games and doing it with class and honor. We always respect our opponents but we fear nobody. I think that when you watch a team like Golden State play, the obviously respect the team they're playing. Obviously, they've got LeBron [James], Kyrie [Irving], all those things. There is no doubt in my mind none of them were scared of them and that's the kind of thing that you build. It doesn't happen overnight. It's something that we've had to work on. It's something that we've had to get out of people's heads. We've put the work in. When we step on the field, we should expect to dominate. We should expect those things. And then stuff that all Super Bowl teams, all championship teams have that quiet confidence about them. Some are less quiet than others, but they definitely have that characteristic."

Q: You have to believe before others, right?

Carr: "I have to believe. If I don't believe it, we're all in trouble, and then I have to answer some bad questions. Yeah, I definitely have to believe it because it works from the top down. From Mr. Davis all the way down to me. It has to be the same message and the message around here is all about winning. It's all about, obviously, winning our division and winning the Super Bowl. That's why we do this. Trust me, I don't like spending time away from my wife and kids for no reason. I definitely want to do those things."

Q: You talked about not fearing anybody, but how important is the Raider idea that people fear you?

Carr: "I think that nowadays in sports, I can probably guarantee you that there is nobody in professional sports that goes out there scared of somebody. But when teams come, they should expect a physical game. I definitely would never said anybody is fearful, but they should definitely expect it's going to be physical. There should be a little heightened tension. There should be a little anxiety. I think that how [General Manager] Reggie [McKenzie] and Coach Del Rio have built this team is in the trenches and those are the guys that put the fear in people. It's not the quarterback. They may keep defensive coordinators up at night, it's not us, it's not the skill guys that scare people. It's those guys up front because that's where it's won. I'd take our group over anybody."

Q: For all you did last year offensively, how much better can this offense be?

Carr: "We definitely want to take another step. That's hugely important to us. We've done some really, really good things. But obviously, we've lost our last game and that's the thing, how can we be more efficient? How can we be more effective at the right time, at the right moment, however it looks. Watching guys like Jared [Cook] and adding guys like Marshawn [Lynch], even though obviously we had a really good running back in Latavius, you add a guy like Marshawn, you add a guy like Jared, you add a guy like C.P. [Cordarrelle Patterson], you just keep adding guys to an offense that had a lot of guys to start with. Our goal is to make sure that we don't take any steps backwards.



That is not talking statistically or anything like that. Those things come. It's just the efficiency of how we run our routes, the efficiency of my footwork, the efficiency of how we pick up the blitzes, all of those things. And if we're getting better in those areas, those other things will fall into place."

Q: What do you expect about how Todd Downing will call games this year?

Carr: "We'll see. I asked him, I was like, 'What's your first play going to be?' I want to know just like you guys want to know. We don't know yet. What I do know is that he's a man of integrity. He's a loyal person. He's someone that deeply cares about each relationship in that building. Not just the players, not just the coaches, the equipment guys, the front office, he cares about every relationship that he has, so he's not ever going to be someone that you don't think has your back out there. For players to know that when your coordinator has your back no matter what every time you step on that field, if you make a mistake he's got your back. He's going to try to help you get better at it. That is a relaxing thing. That is a calming thing, and if you can have that calming thing while at the same time he does a good job of balancing his intensity. The man wants to win. There's no doubt about it. I'm the same way. I'm the same way. I'll be nice and loving and all that, but I just had one of my buddies, he's 19 years old, I was trying to dunk on him the whole time he was at my house. I'm not trying to take it easy on anybody, and he's the same way."

Q: Have any of the first- or second-year receivers jumped out at you on the field?

Carr: "Obviously I could sit up here and tell you a good route or something they've all done. Just off the top of my head, we saw Jaydon [Mickens] make a great play at a good moment. He had a silly dance at the end too. That's the cool thing is his personality is showing in his second year. I think that he's a guy that creates matchup problems. K.J. Brent, super smart, unbelievably smart. We didn't even install a certain play and I kind of did it on the fly and threw it up there, and he knew exactly what to do, ran it perfect and we were able to do it. You think of a guy like Johnny [Holton], who can outrun pretty much anybody. He's been doing that but he's also working on his game on the little routes to not just be that guy. He knows he needs to do more. And then those three undrafted guys and you just look at them and you're like, 'Man, these guys could be something.' They're definitely showing it but they just have to continue. It's tough for them now. They have to stay in their playbook. We've been in this offense really for three years, so they're doing a lot of catching up. They'll catch up and it'll be exciting to see what they can do during training camp."

Q: What did you do your rookie year after June mini-camp before training camp?

Carr: "The same way I have every year. I work out throughout the whole week, get my lifts in, then I go out and get my running in and then I find some of my receivers, and if none of them are here, I grab Davante [Adams], who is one of my best friends because he lives here in the offseason and we'll go throw. So, always lifting, running, throwing, talking game, talking ball with my receivers, texting them questions. Anything and everything, just making sure we're on it. By the time we hit camp, we didn't just take a month break, not only physically, but mentally."

Q: What have you seen from your offensive line as they've developed over the last few years?

Carr: "I'm not sure exactly the number of sacks we had, but it wasn't zero. So I know those guys, they don't want any. They always feel that they can be better even if I've held the ball too long. They're like, 'No, we have to protect it.' I am like, 'No I held the ball way too long.' Those guys take their job so serious. If I get hit, it like ruins their day and my relationship with those guys is just continuing to grow and learn. Those guys are some of the most competitive men you'll ever be around. They get on each other, even during a game, if I get touched on my jersey. They get on each other. For that to be their mindset, it makes me happy to stand behind them."

Q: Jack Del Rio was saying that one of the things that you can improve on was taking more ownership of the line. Is that relative to making adjustments and switches at the line of scrimmage?

Carr: "Yeah, he's going along those lines because with T.D. [Todd Downing], he wants me to get us in the right play and those things. Every year except my rookie year, it wasn't that way. It was, 'Hey, let's do it this way. We'll have



it built in kind of a deal and just let it roll. Let's play fast kind of a thing.' My rookie year and this upcoming year, they're more, 'Hey, at the line of scrimmage, get us in the good look, get us in the right play, but do it fast kind of a deal.' I think that that's what he's hitting on is just making sure that I can take not doing it for a little while. Doing it here and there, obviously on my own being silly, but doing it all the time."

Q: That's experience, right?

Carr: "Oh yeah, that's three years of playing games to where T.D. can just say, 'Here's what I'm thinking, just do it the right way.' That's what we've been working on all offseason."

Q: Amari Cooper looks bigger to the naked eye but what you seen from his development even though he's only 22 years old?

Carr: "That's crazy, right? I told him, I said, 'Man, at the tail end of our career, you're going to have to talk me into it because you're really young.' I'm going to be 40-something years old and he's going to keep calling me back because he can still run a 4.3. I think that with him, that just dog in him is coming out. That thing that you saw at Alabama where he'll just take things over, and not to say that he hasn't because he has, but I just think that's it's not just becoming a thing of what game it's going to be, it's becoming a thing where that's who he is. DBs better know that he's really taking it serious that he's trying to go attack them this year. He's not going to let them come to him anymore, and I think that just comes with age and seeing him do it out here, we were just laughing, man. The guy has been going off all camp, all offseason. We were kind of just laughing at how impressed we were."

Q: What do you want to see from your team at this point in the offseason?

Carr: "Not the silly penalties, not the silly like lining up wrong. Making sure we're in the right formation. Making sure like route depths are on point. Everything that we've been working on and the coaches have been teaching, let's not go out there and just throw a goose egg. Let's not go out there and, 'Oh, no it's this formation. Come back over here.' When you break the huddle, it should look clean. We don't want to break the huddle having guys go here and here and I have to kind of play a game like this, 'Hey, you've got this.' Drawing routes on my hand. That's the thing is when we go out there, you want to just look like a well-oiled machine. And I thought today that we did a good job for the most part. There were still a few things that you wish like dang man, I wish it was a little cleaner. Besides that, that's really what you look for. Obviously, coming out healthy."

Q: Was it difficult for you to put behind you the way last season ended?

Carr: "I had my wife and my kids tackle me to make sure it was good. That was a big part of it, can it take a hit? After surgery, you don't want to touch it or anything like that but I was over there hitting it all the time and making sure it was good, and trust me, it is. I've tested it a few times. Mentally, the hardest part was taking the first rep because the last rep you remember was like, 'Oh snap, I broke this thing.' But as soon as the ball was snapped, it was a blessing. It kind of all went away. Now, I'm just playing ball again, but leading up to it, I think that was the worst part was the lead up, all the rehab. It was like, 'Man, when am I ever going to be able to do this again.' It felt like it was never going to happen. I was just thinking about the other day, it's been so far in the past, I thought it was like last year like two years ago. I've completely gotten over it. I have not gotten over the fact that we lost our last game. I was really looking forward to our guys going on a run and making a chance to play in that Super Bowl. That was tough, but we get another shot at it."

RB Jalen Richard

Q: Marshawn hasn't been here that long, but what has it been like having him here to pick his brain?

Richard: "It's been really cool to sit back and learn from him. Obviously, me being as young as I am and him being as seasoned as he is, I've had chances to watch his highlights and stuff as I was trying to perfect my craft. To actually have him here in person and have that physicality there, talk to him after each run and see what his thoughts were, is really helpful."



Q: You guys are different runners, but are there certain aspects that you can implement from him? How he takes care of his body, how he approaches the game, etc.?

Richard: "He's been telling us that, me and all the other guys in the room like DeAndré [Washington] and Elijah [Hood], the young guys. Giving us his take on what works for him. Everybody's body is different so keeping your body fresh might be different, but the little tricks and things that he uses on the field as a running back, he explains to us how we could implement it into our running style. He's been very helpful to everyone in the room."

Q: This time last year you were just trying to make the team. What has this offseason been like for you after a year?

Richard: "I know what to expect. I still have that chip on my shoulder. I feel like I still have to go out and perform like I'm trying to make the team, which I am. Nothing is guaranteed every year. This year is more calm. You don't have as much stress. I like feeling that need to continue to prove myself and prove my spot here. That's what I've been doing this offseason and I look forward to training camp."

Q: Where do you want to see your game grow?

Richard: "Continually getting better at everything that I do well now. I definitely want to improve on pass blocking. I want to improve every aspect of my game; returning the ball, catching the ball and getting more familiar and comfortable with the plays so I can perform as best I can each run."

Q: Do you think some of the undrafted guys on this team look up to you?

Richard: "I could definitely see that. Some of them come and ask me, 'How'd you do this, how'd you overcome this and that,' and I give them the best answer I can and just tell them to get out there and have fun. I say, 'Enjoy the moment. You're here for a reason and nobody's spot is guaranteed so you can make them keep you,' and that's what I did. I tell them to do the same."

Q: Talk about the addition of Cordarrelle Patterson.

Richard: "He's fast. It's really cool. We've added some pieces and to add him is really going to help us. It's going to do nothing but make us better. He's a fast guy, smart, and works hard. His last two catches earlier in practice off the jugs, he ran full speed for 20 yards after he caught the ball. I felt like he was outworking me, so on my last punts, I said, 'I need to run full speed.' He's been a motivation talking-wise and also me just watching him do what he does."

Q: What does it do for your confidence when you hear your name being used as the example for people talking about undrafted players?

Richard: "It's cool. I feel like I'm definitely being used as a tool to show not only our team but the free agents all around, that you don't have to get drafted to know that you can play in this league. There have been other people before me, famous free agents, that have done great in the league. I'm just an example of working hard and believing in yourself and believing that you can play in this league even when everybody else thought you couldn't at the time. Making them believe that you can. I'm just an example of that and it's cool with me. I don't really feed into that too much. I just like playing ball and helping my team win."

Q: How much better could this offense be?

Richard: "It could be way better. We added those pieces all over and we can continue to get better as we continue to mesh with one another. We're doing a good job of making all the pieces click. Everybody is being unselfish right now. Everybody is buying in to what we've got. We're looking forward to the next season. We've got a lot of pieces. We've got a lot of good guys who can do a lot with the ball in their hands. We definitely want to be a problem for people and I think we can be."

Q: How has Todd Downing been?



Richard: "It's been great. T.D. has been real hands-on. He's a smart guy. He's a fiery guy. It definitely gets us up, ready to go for practice when he and D.C. [Derek Carr] are both fired up. Like I said, a very smart guy. He's tweaked a few things, but other than that he's been doing everything he can to make sure he gets the ball in the playmakers' hands, and we have a lot of those. It's going to be really fun to play offense this year for him."

Q: This is the only NFL offensive line that you've ever known. Are you able to appreciate what it's like to be behind those guys?

Richard: "I've definitely been able to appreciate those guys. Like you said this is my first O-line that I've experienced and to see them get all the accolades at the end of the season I was like, 'Dang, I knew I had a good O-line but they're really good,' so I appreciate them. I'm sure D.C. appreciates them and all of the RBs in the room appreciate them. All the yards we got last year were because of them. Those guys work really hard. Coach [Mike] Tice coaches them really hard, and well. Those guys are really, really smart. They enjoy when we get loose. That's their kick of the day. D.P. [Donald Penn], K.O. [Kelechi Osemele], those guys are good on the field and off the field. We have real good chemistry going on right now."

RB DeAndré Washington

Q: What has it been like with Marshawn Lynch coming in and do you talk to him often?

Washington: "Yeah, he's an 'OG' in this league, been around for a long time, got a lot of experience. So, just being in the room with him, dissecting film, picking up pointers and different things that can us take our game to the next level has definitely been huge the few weeks that he's been here."

Q: How has your motivation changed now that you're in your second season?

Washington: "Yeah, I mean each year you look down and each offseason you sit down, see what you need to work on and just try to take that next step. I think that's the biggest thing I've been trying to do this offseason. I have a year under my belt now, got a lot more comfortable than I was this time last year. So, just taking that next step and just being consistent."

Q: What was your take on how you performed last year?

Washington: "I think I definitely learned a lot. I think I came on a little bit stronger towards the end of the year. That just came with repetition, getting more reps, gameplay and just being in this offense and getting used to the terminology and things. So now I have a better feeling with what the guys are going to do, what everybody's on on the field instead of just what I'm doing. So, it definitely can help me going into this season."

Q: How much better can this offense really be?

Washington: "Dangerous, man. I mean, you look on paper, it's crazy the amount of talent we got. But, we still have to put the work in first and foremost. We definitely feel like we can score and play with anybody in this league. We got the personnel, the coaches, so it's just about going out and making it happen at this point."

Q: Is the Warriors' championship motivation for the team?

Washington: "You see that the Bay Area fans are the real deal, and I think when the Raiders win, it's a different type of excitement. So, congratulations to the Warriors and it definitely inspired us to try and bring one back to the city."