



Oakland Raiders Transcript

Head Coach Jack Del Rio

Opening Statement: “Alright, we wrapped up a really productive time with our guys. With the OTAs, phase one, two and three and the mini-camp to finish. We got a lot of good productive work in. We’re looking forward to this little break that we get. The message for our guys, I told our guys two major things; make sure that you’re taking care of your bodies so you arrive in camp ready to work. We’re going to have a tough camp and we have a tough schedule ahead of us. We have to be ready to put in the work. So don’t let all the good things we just did go away. You have to take ownership of this time in the next five weeks to do the right things. Getting ready, get your body ready. Recharge your batteries a little bit. But two, stay out of trouble. Be safe. Make good decisions. That’s what we expect of our guys all the time, but just a reminder. This time of year, more occurrences than ever happen this time of year. Just don’t take any liberties. Don’t take any chances. Don’t take anything for granted. Appreciate where we are and the opportunity that we have and remember that it’s all about the team. Anyway, I thought it was a really good, productive offseason. We’re excited to get back together soon when we’ll see you guys for camp. Questions?”

Q: What went into the structure for today’s practice with the twos and threes getting more reps?

Coach Del Rio: “It was really about that. Wanted to have some move the ball segments. Really wanted to focus on the second and third group to get the majority of the work, which they did. It was a good way to wrap up the offseason for us.”

Q: Have you ever seen a position that’s more wide open as far as competition is concerned as right tackle?

Coach Del Rio: “Yeah, we feel like we have good guys there, capable guys there. We had a good offseason with the guys that were able to work there. When it’s time to let them all compete then we’ll work our way through it.”

Q: Do you expect the entire roster to be ready to go for training camp?

Coach Del Rio: “Hopefully, yeah. If we have a productive next five weeks, I think that’d be the case.”

Q: Is there a long-term concern with Jon Feliciano?

Coach Del Rio: “No.”

Q: What have you seen from EJ Manuel?

Coach Del Rio: “He’s a good, young man. He has some abilities. He’s been really good in the room. I think that room is strong right now, the quarterback room. Really healthy environment. I think he’s come in and he and Connor [Cook] are battling for the backup spot. They’ve alternated days, who’s working with the second group, who’s with the third group. They’ve alternated all throughout the offseason. We’ll continue that through training camp until we feel like someone’s earned that designation.”

Q: What do the team outings you have do for the team?

Coach Del Rio: “Well, what I’m seeking to do there is twofold really. One is we want to compete in everything we do, so I like any type of competition that we can create. We like to do that. Then two, just to get away from this environment. Have guys interact. You build that camaraderie. You have that time together aside from in here grinding in meetings and on the football field. I think that’s an important aspect.”

Q: Who had some skills in bowling?

Coach Del Rio: “Reggie Nelson was clearly our top bowler. Then another DB, I’m not even going to give up his name because he tried hard. *(laughing)* We had one that really struggled. Reggie was really good. I think he bowled like a 250. Pretty solid for an amateur.”



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Q: Which player is most like a son to you? (Derek Carr asking)

Coach Del Rio: "Get out of here, man. (*laughing*) They're all my sons, but Derek in particular. Are you coming to do this or you just dropped a bomb and left? We have a good core of leadership. Obviously, Derek and Khalil [Mack] and Amari [Cooper], those guys are good, young men and really good leaders for our football team."

Q: What was the situation with testing motorized tackle dummies?

Coach Del Rio: "The motorized tackle dummies, those are ways for us to kind of work with moving parts in particular phase two when it's so hard as a football team to work and not have anybody moving. When you're not able to go against other players, even line up and lightly jog through things. We used those dummies to create movement, so that we can respond accordingly. Whether it be in a drill where we're responding to the action or whether it be leverage on a tackle, or things like that. We try to make use of the mobile dummies to kind of facilitate that lack of having people to work against."

Q: Will those be in Napa with you?

Coach Del Rio: "We'll have them up there. I'm sure we'll have them up there. I don't know how much... Once we get into camp, we can work against people, and that's the best way to do it."

Q: What have you seen from David Sharpe?

Coach Del Rio: "He has all the things we thought he had when we selected him. I will say that most teams around the league are excited about their guys at this point. We'll see when they get into pads. He's been bright. Has come in and joined a group. Fit right in. He's been very purposeful and working at learning the system and understanding how we do things. I think he's growing from a technique standpoint with [offensive line] Coach [Mike] Tice. We think he has a bright future."

Q: Would you like to see Vadal Alexander take a step forward this season?

Coach Del Rio: "He should. He got a lot of reps as well. He played some last year for us, so we know he's a good football player. He's obviously be in the mix as well."

Q: How has developing guys at middle linebacker gone?

Coach Del Rio: "It's gone well. Guys are very active, the guys that we have. It's a younger, inexperienced group, but there's a lot of athleticism in that group. We look forward to getting the pads on and seeing if they can continue the way they've developed during the spring, see if we can continue to develop them as we get the pads on."

Q: How do the limitations of the offseason program affect your coaching?

Coach Del Rio: "Coach [John] Madden asked me that. He said, 'How the heck do you work on tackling and blocking if you can't be in pads?' I explained to coach it's what we have to do. The rules are such. They're set up a certain way. We're going to work within the rules, but do everything we can to teach the fundamentals of your body position, your knee bend, your hand placement. Making sure your head is in the right spot. Do all you can to work on the fundamentals of actually blocking and tackling without doing it."

Q: What's it been like to have your relationship with Coach Madden develop?

Coach Del Rio: "Yeah, it's a tremendous honor. I have a ton of respect for Coach Madden as a coach and a man. To be able to have somebody like that that I can talk with, it's a great honor and something I'm very appreciative of."

Q: How important is it for you and your staff to recharge before training camp? Do you tell them to get away too?

Coach Del Rio: "Yeah, absolutely. I think it's important that we all take advantage of the time we have. Reintroduce ourselves to the families. Be smart with this time that we get. Come back with a lot of energy, ready to teach and push and develop our guys. It can be a long year, so you want to make sure you come back recharged the best you can."



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Q: What are your thoughts on seeing Khalil Mack being honored with the Dick Butkus award?

Coach Del Rio: "It was awesome. Dick Butkus had his people call and ask if he could come and present. I said, 'If you're coming, absolutely. Love to have you.' It was a big honor to have one of the legends in Dick Butkus come himself and acknowledge a great player for us and a guy who was defensive player of the year last year."

Q: Do you look up to Butkus?

Coach Del Rio: "Oh without a question. Great football player."

S Karl Joseph

Q: How did it feel to be involved in the offseason program this year?

Joseph: "It's a whole different world. I feel like night and day, really, from now to last year. I came in hurt and I couldn't really do much. This year, just being able to go through the offseason with the guys, more than just the football part of it, but like just being able to bond with the guys and get a feel for some of the guys I think has been very helpful."

Q: Do you think not having the full offseason last year affected your play during the regular season last year?

Joseph: "I'm not going to necessarily say it affected my play, but I think it definitely made a difference that going into this year and just being able to go through the offseason and the OTAs, now I know what to expect. Last year, it was just like [I] just got thrown out there and learning the defense, still learning how to play, how to be a pro, being on time for meetings and stuff like that. Now, just knowing what to expect and having a feel for the guys around me and how the game plays out and everything like that. I feel a lot more comfortable."

Q: What are your early impressions of Gareon Conley and Obi Melifonwu?

Joseph: "They've been great, man. They're very smart. I think they are probably a step ahead of where I was last year because I couldn't participate in everything, so they picked up everything pretty fast. I think it's definitely going to be helpful for us."

Q: As a safety, how do you go about making sure the communication on defense is seamless?

Joseph: "That comes with everything in practice. They put a big emphasis on that. [Safeties] Coach 'Vies' [Brent Vieselmeyer], [cornerbacks coach Rod Woodson] 'Wood' and [assistant head coach – defense] coach [John] Pagano, that's the main thing they talk about is communication. As long as we're all on the same page, we can't be wrong so we've been doing a lot of that stuff, disguising our coverage and I think we're a big step ahead of where we were last year around this time."

Q: What's it like to go through the whole offseason without being able to hit anybody? Are you eager?

Joseph: "That's one of things that coaches talk about – work on your weaknesses, not just your strengths. Being physical is something that just comes natural to me. This offseason, I've just been more focused on my weaknesses, stuff like getting better on my coverages, disguising and being able to react faster than I did last year, so I've been a lot more focused on that. I think these OTAs have been very helpful for that."

Q: As a defense, do you think disguising pre-snap is something you guys can do more of this year?

Joseph: "Yeah, that's something that I think we got pretty comfortable with these OTAs and mini-camp. I think we got a lot better than we were last year already. We still have a lot of work to do, but I think we're moving in the right direction right now as far as that."

Q: What can disguising things pre-snap do for you guys defensively?

Joseph: "I talk to D.C. [Derek Carr] sometimes after practice like, 'What did you see in some of our disguises.' I think him being one of the best quarterbacks in the league, a lot of our disguises, he'll pick it up but just a regular



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quarterback wouldn't be able to pick it up. He's been very helpful for that too when I ask him like, 'What did you think you saw there?' I think we've been pretty good, me and Reggie [Nelson] and Obi and Keith [McGill II] and all the safeties. We've been pretty good as far as disguising and stuff like that."

Q: What was it like recovering from you ACL injury last season and how has it been this spring?

Joseph: "Coming off that injury, I didn't feel as strong or explosive as I know I could've been. Just being able to go through this offseason working in the weight room and going through OTAs, I feel like a new person. I feel a lot stronger and faster. I'm not really timid like I was last year. I was kind of timid certain times to plant off that knee and stuff like that. Now, it's just a thing in the back of my mind. I don't really feel it, so now I'm just focused on football more than the injuries and stuff like that."

Q: Jack Del Rio said that Reggie Nelson dominated at the bowling yesterday and that one of the DBs struggled but he wouldn't say who it was. Was it you?

Joseph: "No, it wasn't me." *(laughing)*

Q: How much trash talking was Reggie doing?

Joseph: "It was me. I did terrible. *(laughter)* But I bet Reggie. I didn't know he was that good, so when we got there and I saw his first number, I said, 'No, we didn't shake on it. That bet didn't count.' I didn't know he was that good. I didn't do too well yesterday."

Q: How bad are we talking? What was your score?

Joseph: "Under 100. I'm just going to say that. I'm not going to say the exact number."

Q: When you look back at the film of your rookie year, did you see the normal you?

Joseph: "Certain plays I did, but then certain plays I could see I'm not as fast to react or as fast to plant that leg in the ground and drive and certain tackles and stuff like that. That's not an excuse for anything, but I know I feel a lot more different than I did last year though for sure."

Q: How do you approach the next five or six weeks to rest for training camp but still get the work in?

Joseph: "Just really being smart, taking care of my body. That's one thing that I learned last year too. It's a real long season. I think taking care of your body is just as important as learning your playbook and everything like that, so I'm definitely going to keep improving in the weight room, trying to get more explosive, working on my strength and everything, working on man coverage in the offseason. Just everything that I know that I've spoken to the coaches that they feel like I can improve at. That's going to be my main focus this offseason heading into camp."

Q: What have been your first impressions of Jared Cook?

Joseph: "He's faster than I thought. There have been a couple of plays in practice where I'm lined up on him and he'll take off and I'll be like, 'Damn, I didn't know he was that fast.' But he's very athletic. It kind of reminds me of the tight end from the Chiefs, [Travis] Kelce. He's very athletic, man. He runs pretty good routes. I think having him around is definitely going to help us on the back end getting ready for guys like Kelce."

Q: How was it to see Khalil get that award and Dick Butkus and that scene?

Joseph: "Well deserved. He is obviously one of the best defenders in this league. Having a guy like that in the locker room, you watch at practice, you practice with, work out with. I've been able to spend some time with him this offseason. Definitely a lot of motivation because that's where I want to be in a year or a couple of years from now. That's my goal to be getting those kind of awards like him, so it definitely helped having a guy like that in the locker room."



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DE Khalil Mack

Q: How is your bowling game?

Mack: "Terrible. *(laughter)* Terrible man, I suck. So I decided to have one of the rookies bowl for me yesterday and I bowled a 159. It was cool."

Q: We heard Reggie Nelson is the top bowler, what does he do that makes him so good?

Mack: "Man, I have no clue because he just rolls the ball man. *(laughter)* He came up with like a 245 yesterday. It was all strikes and pickups."

Q: Evert Geerlings was pretty good too?

Mack: "Yeah, yeah, yeah, [Media Relations Assistant] Evert. Out of nowhere. I think he bowled like a 197 he told me."

Q: How was the Dick Butkus presentation yesterday like?

Mack: "That was amazing, man. I had no clue. Coming in and I was walking passed him and I was like, 'Whoa, what's going on here today?' Then [he was] introduced. Walked in and saw the cameras and I'm like, 'What's going on today? Coach got something going on today. I'm thinking we're going back on the go-karts or something today.' *(laughter)* And out of nowhere, they show us highlights and his highlights are crazy. Dick Butkus highlights are crazy. And I'm like, 'What's going on today!?' We getting a presentation, like what's going on?' Out of nowhere he announced it and I was like, 'What?' got up, it was a pleasant surprise man. In college I wanted to win it, and being like I won it now, it's a surreal thing."

Q: Is it more meaningful now?

Mack: "Yeah, I mean either way it would have been meaningful. But at the same time, being that most of my brothers, my teammates and them coming all the way from L.A. to surprise me to do that, it was amazing."

Q: Watching his highlights, do you wish linebackers could still hit the way they did back then?

Mack: "Man... *(laughter)* If you could grab somebody's helmet like that now, oh man. That would be lovely. That would be lovely, man." *(laughter)*

Q: That would also be a fine...

Mack: "*(laughter)* I know, right? A lot of money."

Q: What do you feel like you got out of this offseason?

Mack: "Bringing the team together, camaraderie, timing. I feel like it's very important just being able to work with all the guys that they bring in and get a feel for what they can do. Just working with new guys and working new stuff and getting better. I feel like it was great for us to see and be amongst that."

Q: Is the offseason more just dealing with the fundamentals since you can't be as physical as you'd like to be?

Mack: "Yeah, that's the thing. It's more about fundamentals and using the technique in order to win in certain cases in run and pass. So, it's huge for me and it's huge for the guys and that's what we got better at this offseason."

Q: What's your impressions of the new guys; Jared Cook, Marshawn Lynch and Cordarrelle Patterson?

Mack: "Oh man, they're great teammates, first of all. They come in, they have great chemistry with all of the other guys already and everybody wants to see everybody do well and get better. You can see that from those guys especially. Marshawn, he's out there getting on the DBs and getting on the linebackers because he wants to see those guys excel and do well. So, it's one of those things where they brought a lot of that and we appreciate it."



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Q: What have you seen from Mario Edwards Jr. and how his return can have an impact on you?

Mack: "That's the thing, it's not just me. It's the whole defense as a whole. We're excited to see him penetrate and get off that ball and wreak havoc in the backfield. That's what he does so well and I can't wait to see him do it."

Q: How has Edwards looked out there so far?

Mack: Man, 'Rio' is a hell of an athlete, man. He's a hell of an athlete with a lot of potential. We want to see him stay healthy and excel on Sundays."

Q: Jack Del Rio preached taking advantage of the offseason and staying out of trouble, is that something you've always done anyways?

Mack: I mean, when you think about it you have a lottery ticket in your hand. I tell all the defensive guys that, I take all of the defensive line that. You have a lottery ticket in your hand. You can't trick it off on doing something stupid in the town messing with this and that. It's all about being focused and remembering that lottery ticket that you got in your hand is that opportunity that you have to play and do great things and represent your last name."

Q: After the season, you normally take one or two days off, are you going to find a beach and relax at some point in the next six weeks?

Mack: I mean, I was thinking about it today. Everybody's talking about what they might do, but I doubt it. *(laughter)* I'm going to stay away from the beach. I grew up in Florida, I had 18 years to go out and walk on the sand, the beach sand and stuff. So, I'm over it. *(laughter)* I'm going to be working."