



## ***Oakland Raiders Transcript***

### **Head Coach Jack Del Rio**

**Opening Statement:** "Great Day 2 out there. Guys are full of energy. A lot of good effort going on. A lot of teaching. Excited to be out in the grass. Things are going well after two days. Looking forward to continuing on and getting all of this work. It's really a month of concentrated work. We get 10 OTAs and then a little mini-camp and then we're out of here until we come back for training camp in Napa. Questions?"

#### **Q: What are these early days of OTAs like?**

**Coach Del Rio:** "Yeah, it's really building a base right now, trying to install our system in all three phase, special teams, offense and defense. Trying to bring the young guys up to speed, the new veterans up to speed. Any tweaks that we've done with our system to make sure we tighten things up. We get to go out after having, really, the last few weeks of phase one and phase two, primarily, the focus on in the classroom. We've been able to now come out and go through drills and get into the fundamentals that we're going to look to have this year and be good at. Get to put it all together. Like I said, two days into it, good start."

#### **Q: What does Calvin Johnson bring in his advisory role?**

**Coach Del Rio:** "Well, it's great to have him out here. Obviously, a very accomplished player. He has a great relationship with [offensive coordinator] Todd Downing. Todd invited him out. He thought it'd be a great idea for our wide receivers to just pick his brain and have him be around and give us a point here or there. Talk about some of the things that he did so well in his career and how we might be able to have some of our guys learn from that. So, he's really here as a guest and it's great to have him out here."

#### **Q: Have you seen any guys react to it yet even though it's only been two practices?**

**Coach Del Rio:** "Yeah, I didn't really ask for any reactions. I think he's obviously, a big, good-looking guy. A couple of coaches were asking, 'Is he uhh?' I said, 'No, he's here as a guest. He's not here to play.'"

#### **Q: Is he out here for the week?**

**Coach Del Rio:** "Yeah, just for this week. Come out for a couple of days and spend some time with Todd. Spend some time with 'Coop' [Amari Cooper] and some of the receivers."

#### **Q: What would you like to see from Cooper this year?**

**Coach Del Rio:** "Well, I know he's just scratching the surface of what he wants to accomplish in this league. Very prideful. Amari has always been very serious about the game and works hard at everything, really. His conditioning level and understanding what he needs to be able to do to play at a high level. Again, talking and having a guy like Calvin here as we're getting started in these OTAs, to be able to share some of the insight of what he experienced playing that position is very valuable for us."

#### **Q: What would you like Cooper to focus on to keep him going strong later in the season?**

**Coach Del Rio:** "I think as you mature, continue to grow, certainly there are things that we think we can do to help. Also, for him, I think he has a much greater understanding. I thought last year was a step forward. I know he wants to continue to push. It's great when you have a young, talented player that's really eager to be special, wants to make a mark in this league. The way he's working at it right now is outstanding. That's all we want of our guys. Come in every day and express themselves and be full of energy and try to work at something. Be a little bit better at something. There are a lot of different facets to him. Where his speed is really one of his greatest strengths, obviously, his route running ability was pretty doggone polished when he got here, but even that can continue to improve and the timing with Derek [Carr]. We think he'll continue to ascend."

#### **Q: Is the plan with Marshawn Lynch to ease him in physically?**

**Coach Del Rio:** "Yeah, he's doing great. He's doing great. He'll continue to do the things that we're asking him to do. He's really soaking up the system. He's doing a great job fitting in."



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### **Q: Is that why he didn't have the helmet on today? Is he still soaking it in?**

**Coach Del Rio:** "Yeah, he's coming along. He's doing great. We have no issues there. He's been here like he said he'd be here. Really committed. He said, 'Coach, this is home for me, so it's not like I'm going home and I won't be here.' He's committed to being here. He's excited to be a Raider. We're excited to have him."

### **Q: What have you seen out of Cordarrelle Patterson so far?**

**Coach Del Rio:** "We're just excited to get our hands on him. He's an explosive young man. He's really eager to involve himself in the system and look at the different ways we can get the ball in his hands. We'll continue to grow throughout this offseason. Get more familiar with him and some of his strengths and some of the things we can take advantage of with him."

### **Q: What has Gareon Conley shown on the field?**

**Coach Del Rio:** "He's really gifted. He has a great demeanor. I would say he's similar to 'Coop' that he doesn't say a whole lot. He's really more about business. He's a student of the game. He's a guy that wants to know. Very bright and is picking up things quick. He's very gifted. All of our young guys are going to earn their way. We have a good football team. We're going to let them earn their way. We'll let them compete. We're early in the competition, so we'll just go through the offseason and continue to get him involved and get him reps. These guys will ascend and take their positions as they earn it. We're really happy with the way he's started."

### **Q: Is it valuable for him to see the veterans taking reps with the first string right now?**

**Coach Del Rio:** "Yeah. For him, he just wants to play. So whatever we'll allow, expose him to, he'll take full advantage of it and go compete and do the best he can. We're pleased with the way the group is working. He in particular, he's been impressive with the way he's attacked his work."

### **Q: What have you seen out of Mario Edwards, Jr. with being able to go into the offseason healthy?**

**Coach Del Rio:** "Yeah, that's exactly what I see. He loves the game. Mario loves to play football. For him to be healthy right now and be with his buddies, his teammates, I think is huge for him. We missed him last year. He's an impactful player. He's getting himself ready to have a really big year for us."

### **Q: Are you still finding out things he can do then?**

**Coach Del Rio:** "Yeah, of course because last year was almost a lost year. At the end of the day, we didn't get a whole lot of Mario on the field. Excited to get him going. His conditioning and the work he's putting in and the price he's paying and all of those things. I think the natural development, the maturity of playing that position, I think that we expect him to take a big step forward."

### **Q: Have you followed any of the rule changes that have been approved in Chicago?**

**Coach Del Rio:** "Yes."

### **Q: What is your reaction to the change in the offseason roster cuts?**

**Coach Del Rio:** "I think it's a good move for our league. That fourth game can be real difficult. I think for those young men that have fought their way through. I think a lot of those guys, you know at the end you're making decisions on who you're going to keep for your practice squad. Who you're going to keep at the end of your roster for your 53. I think it's a healthy transition. I'm not sure that extra week, when we're playing on a short week, everybody is going to play on that Thursday and it comes so quick. You're trying to move guys out earlier that week, it's a little bit disruptive. So, I'm glad to see the league make that move."

### **Q: Is that going to be from the process of letting guys know that they have been released?**

**Coach Del Rio:** "It won't really change how we do things. I mean, that's the hard end at the end of camp where you have guys that have worked so hard and done everything you've asked and they want so much to be a part of this



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team. But again, at that point you have a body of work. To get that extra week with the team I think is a good thing for development with some of the younger players and then, these are guys, a lot of these guys that if they don't make it here they have a great shot to make it somewhere else."

### **Q: What do you think about the overtime being cut to 10 minutes?**

**Coach Del Rio:** "I voiced my opinion on my thoughts on the overtime, they didn't adopt my proposal. (*laughter*) It actually wasn't a proposal but I suggested they look at it. Whatever they decide, we're going to do. I know that they wanted to cut the number of snaps that we were taking in the regular season. Taking five minutes off that period certainly would help that process. I think that would mean that last year's Tampa game would have been a tie. So, obviously we'll figure that in in terms of strategy. And like somebody mentioned earlier about the situations, that's what we're doing at this time of year. We're not only working on our system, but the situations that we're going to be in during the fall, and how we can best prepare ourselves to be ready for those situations. That will be something that has to be adjusted."

### **Q: What was your idea or proposal?**

**Coach Del Rio:** "I really think to me, when I watched the Super Bowl last year, the way that New England went down and scored, I would have liked to have seen 'Matty Ice' [Falcons QB Matt Ryan] get an opportunity to answer. I like the idea of both teams having a chance. But again, whatever the rules are we'll play within those rules. We understand what they are. We'll be prepared to go."

### **Q: Is Ben Heeney still working his way back from injury last year?**

**Coach Del Rio:** "Yeah, he's still a little bit banged. You know how I feel about the injuries this time of year. The guys that can go will go and the guys that can't are going to work at it and he's off working on the side. Jelani [Jenkins] was out here yesterday and then he wasn't today. So, we're just being smart with guys and we'll bring them along as we think is wise and go from there."

### **Q: Will this allow Cory James and Tyrell Adams to get more snaps right now?**

**Coach Del Rio:** "Sure. Yeah, the guys that get the opportunities need to take full advantage of it. So certainly, that is the case and our young draft picks are right in the mix as well."

### **Q: Is there anything that stands out about James and Adams?**

**Coach Del Rio:** "They can both run. I think with Cory, he's a year in the system, a little more comfortable. He should take a big step forward."

## **WR Amari Cooper**

### **Q: What has it been like being around Calvin Johnson this week and what has the dialogue been like?**

**Cooper:** "I've just been asking him a whole bunch of questions. How does he run certain routes? What was his regiment like? And how he was so productive? He's a really cool guy. He's been giving me some really great feedback, so he's nice to have around."

### **Q: Has there been anything particular that he's said that has resonated with you so far?**

**Cooper:** "He just gave me some really good tips on like how I can run some of my routes."

### **Q: When did you know he was coming in?**

**Cooper:** "Yesterday I knew."

### **Q: What was your reaction when you saw him here?**



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**Cooper:** "My first reaction was that he's huge. He's a big receiver. I can understand what they called him 'Megatron.' He definitely lives up to that."

**Q: Is there any part of his game that you patterned yours after? Or is it a different thing?**

**Cooper:** "I think he's a different receiver than I am, obviously. But I really admire the way he high-points the ball and that's something that I try to do as well."

**Q: Are there any noticeable differences with Todd Downing now as the offensive coordinator?**

**Cooper:** "Of course they have a different personality, but for the most part, a lot of things are pretty much the same."

**Q: Downing talked about wanting to tweak the offense and not necessarily overhaul it. Have you seen the tweaks?**

**Cooper:** "He's made some small tweaks, definitely bringing a little bit of his style to it, but overall it's kind of the same."

**Q: How would you describe Downing's style?**

**Cooper:** "I don't want to really..." *(laughter)*

**Q: What is it like to be back out there with Derek Carr after not having him at the end of last year?**

**Cooper:** "It's really cool. He's healthy now. He looks great. He looks normal."

**Q: Donald Penn was talking about the bitter taste of how last year ended. Do you still have that?**

**Cooper:** "Of course. It was the last game we played in. In the grand scheme of things, the last game we played, we lost, so of course it still has a bitter taste to it."

**Q: Who is a better interview, you or Marshawn Lynch?**

**Cooper:** "He's got jokes." *(laughter)*

**Q: What does Marshawn Lynch bring to this team?**

**Cooper:** "Physicality. He's a physical back. It's nice to have his presence there, just the energy he'll bring to the team, the attitude he'll bring on Sundays."

**Q: Do you feel it already?**

**Cooper:** "Yeah, I do."

**Q: Is it fun to see a guy like Marshawn having so much fun out there doing what he's doing?**

**Cooper:** "He's a good spirit. He's cool to have around, a really cool person."

**Q: A couple of years ago you had Charles Woodson and now you have Marshawn. What does that add to a team when you have guys like that on a team?**

**Cooper:** "Guys like that, you just watch them. You see how they go about their day. Especially with Charles, I used to watch him a lot. He was really hard working. He was always in the weight room, always getting treatment. Marshawn, he's the same way. I just watch him because there is a reason why those two guys are so successful in this game."

**Q: Have you made any changes as to how you've gone about your offseason work?**

**Cooper:** "Yeah, I seek advice all the time. My rookie year, when I was fortunate enough to go to the Pro Bowl, I asked Adrian Peterson like when did he start working out, how did he go about his offseason. And I tried to pattern after him a little bit."



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**Q: Each of the last two years, there has been a little bit of a tail off at the end of the year in terms of numbers. Has there been anything that you've done this offseason to approach that aspect?**

**Cooper:** "Of course it's been on my mind, but it's a good thing to me because I feel like I can go nowhere but up. I know that I can have a lot more production than I've had in the past two seasons, so we'll just see."

**Q: Your rookie year, towards the end of the year, you were not totally healthy. Was it the same kind of thing last year?**

**Cooper:** "There is no excuse there because every player in the last eight games has some sort of injury. You just play through it and you try to do the best for your team."

**Q: What is it like to see yourself named to the NFL Top 100? And what goals do you have heading into Year 3?**

**Cooper:** "I have a lot of goals that I would like to keep to myself, but it's good to be named a Top 100 player by your peers. It's just a really cool thing."

**Q: What specifics have you been focusing on more this offseason?**

**Cooper:** "Just the little details. It's easy to forget the small things like high-pointing the ball, looking the ball all the way through and not trying to run before you actually catch the ball. Overall, just working hard in the offseason so that you can come back and you can be dominant."

**Q: Looking around the league, that third year for receivers can be kind of a launching point where they take their game even further. Do you view this year as potentially where you can take even a greater leap than you've reached so far?**

**Cooper:** "We're in the present now, so I want to be the best Amari Cooper that I could possibly be. I want to be better than every other year that I've played football, so that's how I am looking at this year."

**Q: Is there any part of your training that helps you along that path?**

**Cooper:** "Just working hard, just grinding every day trying to outwork the people who you are competing against."

**Q: Do you train here or do you go somewhere else?**

**Cooper:** "I train here primarily, but when I do leave or go on vacation, I train wherever I'm at."

**Q: Have you gotten a chance to meet and talk to Gareon Conley much? Jack Del Rio compared him to you in terms of the way you carry yourself.**

**Cooper:** "I haven't really. I haven't really got a chance to talk to him yet."

**Q: The NFL expanded what players can do when they get into the end zone as far as celebrations. Does that impact things for you?**

**Cooper:** "No, that doesn't impact anything." *(laughing)*

### **DE Mario Edwards Jr.**

**Q: What was it like to have a healthy offseason this year?**

**Edwards Jr.:** "It was great, just making sure that everything was good and healthy. Now, I can just focus on playing ball."

**Q: After Reggie McKenzie said that you wanted to be a dominant football player, what can you say about your level of motivation?**



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**Edwards Jr.:** "Just ready to do what coach already said, you know, to show that I'm ready to be a dominant player and pick up where I left off before I got hurt."

**Q: Was anything you went through last year a positive moving forward?**

**Edwards Jr.:** "Really just focusing on things. Everybody wants to go in and do all the big weights and all that stuff. But, paying attention to the little things... The small muscles control the big muscles. So just, learning my body a little bit more; learning what to eat to keep the weight off me and things like that. Just really paying attention to stuff like that."

**Q: Have you found that you really value being healthy and being able to be yourself out there?**

**Edwards Jr.:** "Definitely. There's a difference when you know you just don't want to practice and don't want to play, or whatever. And then when you actually can't go out there and do it, it just makes you hungry to get back and go out there and compete with your friends."

**Q: Is there anything you really focused on this offseason in an effort to improve?**

**Edwards Jr.:** "Pass rush. Really just trying to get more pass rush, get off the ball and penetrate, things of those nature. I think I play the run pretty good, but just focusing on the other side with pass rush."

**Q: Improving on the explosion?**

**Edwards Jr.:** "Yeah."

**Q: When you're training, what have you done to focus on that?**

**Edwards Jr.:** "Lots of squats, lot of lower body, lot of running, sand-pit work, things of that nature."

**Q: Do you train here in the offseason or go somewhere else?**

**Edwards Jr.:** "I go here, in between here and Tallahassee with my dad at Florida State."

**Q: Head Coach Jack Del Rio said at the end of the last year that the team needed more pass rush. Did you think of that being your role to fill?**

**Edwards Jr.:** "Definitely. I always think I can come in and contribute and go in and do what coach asks of me; push the pocket, get pass rush up the middle."

**Q: What does your dad believe will take you to the next level?**

**Edwards Jr.:** "He's excited about this year, because he knows the hard work that I put in. I know the hard work that I put in. You know, you get out what you put in. So, I've been grinding nonstop, getting myself back to where I need to be."

**Q: What are your observations about Marshawn Lynch thus far?**

**Edwards Jr.:** "Beast Mode's a good guy. We actually sit down and talk it up a little bit, and he's a good guy. On camera he may not talk as much. *(laughter)* But you know, when you get to know him, he opens up to you."

**Q: Why would this defense this season be better than what it was last year?**

**Edwards Jr.:** "I just think it's getting back into it, we were close getting to the playoffs and things like that. We were a couple games away from making it to the big one. I believe the defense and the team as a whole is just hungry to get back to that point."



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### **T Donald Penn**

**Penn:** "What's up, everybody? I missed y'all, man. I know you didn't miss me."

#### **Q: What's it like having Marshawn Lynch around?**

**Penn:** "It's good. You know, I've known Marshawn a long time. I really wanted to get him here. I'm glad he came and we got everything done. He's a great addition to us. It was tough losing 'Tay' [former RB Latavius Murray], I'm proud of him and happy for him though, but it was tough losing him. But, Marshawn coming back after a year off, looking great and feeling great, he's bringing a lot of energy here and a lot of momentum. It feels good to have him in here."

#### **Q: It's you, Sebastian Janikowski and Marshawn talking during the stretch period. The conversation must be interesting.**

**Penn:** "Me and Marshawn, we used to always talk about playing with each other all the time, hanging out and stuff. Now it's finally happening. We're just having fun out there, joking around. When Marshawn does talk, he's a pretty funny guy. He's a fool. We're all having fun, just getting ready to get stuff started. We're back here in OTAs, a lot of excitement. We left with a bad taste in our mouth so guys are excited. We're working hard. We're excited to be out here. We're out here like, 'Yeah, let's go.'"

#### **Q: What's it like having Calvin Johnson around?**

**Penn:** "Calvin is cool, man. I saw him yesterday and asked him if Detroit still had his rights if he came out of retirement. He was like, 'Man, they aren't going to let me go anywhere.' But, it's good because I see him over there talking to [Amari] Cooper and [Michael] Crabtree and some of the young guys. Calvin is one of the best to do it so having him out there picking those guys' brains and giving them advice is great."

#### **Q: How long did it take to get the bad taste out of your system?**

**Penn:** "When's the first game? September? Probably when the whistle blows and we hit somebody else and get it going again. The good thing is, when you've got that bad taste in your mouth out here, it makes you work harder. It makes you put in extra work because that taste is still in there and you don't want to have that taste anymore. It's good having it now because we're working hard and putting in that much more work."

#### **Q: To put in all the work you have for so many years and not be able to play in that playoff game, how difficult was that?**

**Penn:** "It's a sour subject, man. I really don't even want to talk about it much. It was tough. It was very emotional. If I was accustomed to missing games before, it might not have been that tough but I've never missed a game before, high school, college, anything. That was really tough. I tried to do everything possible to make sure that doesn't happen again so I can be able to help out my team. Me and Derek [Carr] missing was a big part of our offense and I'm going to try to make sure I do everything possible to make sure that doesn't happen again. It's hard to even explain how tough it was, because it was that tough."

#### **Q: What was your reaction to see all these offensive weapons come in?**

**Penn:** "It felt good. Like you said, we got some great additions. Marshall [Newhouse] can play anywhere on the O-line except for center, so he's very versatile. He's played a lot of football, too. We know what we got there. We know we've got a solid guy that can play any down. I've been watching [Jared] Cook for a long time and our tight end room is already good and bringing him in, that's just going to open up more weapons for our great quarterback that we have. It looks good. We got some great additions. I thought Reggie [McKenzie] did a great job in the draft again. These young guys out here, the first- and second-round picks, they look very good so far. I'm excited to see them grow and progress."

#### **Q: You barely gave up any pressures last year, let alone sacks. Do you still see yourself as an improving player?**



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**Penn:** “One of the things about me is I’m my harshest critic. I’m hard on myself more than anybody else, I think that’s what has helped me to be great and be the type of player that I am. I have a lot of work ahead of me being older, coming into my 12th year. I have to keep making sure my quickness is there. I work on that during the offseason. I have to make sure and keep my weight down. I’m going to try to play about five pounds lighter than I did last year, to keep my quickness there. Things like that. I try to take care of my body so I can keep doing well. To be honest with y’all, I feel like hell Monday through Friday. I don’t start feeling good until about Saturday. But as long as I’m feeling good on Sunday, we’re going to be alright.”

**Q: What have been your impressions of the couple new offensive linemen you got?**

**Penn:** “I like them, man. The thing about them is, I don’t know if I was a knucklehead because I tried to listen and learn, but these guys come in and really ask a lot of questions and pick my brain. When I was a rookie, I was scared to talk to the vets. I would only talk if they talked to me. But these guys are coming in and asking a lot of questions, asking me to help them, asking me to stay after and do little things. I like that. I like that they’re taking the initiative and not waiting for me to come up and ask them. I love their energy and their excitement so far.”

**Q: Given the way everything ended last year, how great does it feel to see Derek running around out there?**

**Penn:** “Everything happens for a reason. Last year, that play was crazy. Something happened for a reason. Maybe the reason is that it wasn’t our year last year. Maybe this year will be our year. That play was a fluke play on my part. I slipped out of nowhere and he got hurt. He has gotten tackled like that plenty of times and never gotten hurt. It was a fluke. I’m all about karma and stuff like that. Maybe He’s trying to tell us that this is our year. We have to put in the work to get it. I know D.C. is happy, I’m dang sure to get him back. We’re growing and masterminding this offense trying to make it as explosive as possible.”

**Q: How much of that play sticks with you after it happened?**

**Penn:** “You have to be an athlete. You try not to think about it too much. You wish you could go back and get it back. I’ve taken that same set I don’t know how many times, on the same field and never just slipped out of nowhere. I’m not going to put it on myself. I should have been able to do something better. You know me, I’m never going to blame the slip for happening. I should have blocked him and held on to him and taken him down with me. That play sticks with me. I’m going to try to do what I can do better and make sure it never happens again. I’ve never gotten a quarterback hurt in my life since I’ve been playing. That was a first. That’s something I take pride in. I’m going to try my hardest to make sure that doesn’t happen again.”

**Q: At age 34, how does preparing for a new season go?**

**Penn:** “Man, don’t say it so loud! *(laughing)* You have to listen to your body. You have to rest when it’s time to rest. When you have a day off during camp, if I don’t have to do anything I’m not going to do anything. I’m going to sit on the couch and get a massage, get in the ice tub, I’m going to relax. You have to rest when it’s time to rest and be smart about stuff. The good thing is, [head strength and conditioning coach] Joe Gomes and [head athletic trainer] H. Rod [Martin] are great. They always talk to me in my ear, asking about how I feel. Even sometimes when I tell them I’m feeling good, they know me well enough to know I’m lying sometimes. That’s the type of guy I am, I don’t want to be out. I feel good. I don’t feel 34. I don’t at all.”

**Q: Do Thursdays and Fridays during the season feel differently now?**

**Penn:** “Wednesday is my toughest day during the season. It’s just still a couple days after the game and I’m really sore. That’s the hardest day of the week. Thursday your body feels tremendously better.”

**Q: What do you do on Tuesdays to mitigate that?**

**Penn:** “Tuesdays we lift. I get a massage, I get in the cold tub. I have a NormaTec machine at home that I own. Sometimes I leave it on while I’m on the couch watching TV until my feet get numb. I do little things like that. I do massages twice a week. I have to take care of my body. A lot of stuff when you get older, it’s muscles. That





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massage loosens the muscles and gets them going. Eat right during the season because it gives you all the necessary energy you need.”

**Q: What weight are you at right now?**

**Penn:** “I’m at 330. I played last year at 325. This year I’m going to try to do another five down and get to 320.”

**Q: What are your early impressions of Todd Downing at offensive coordinator?**

**Penn:** “Todd’s awesome, man. We’re loving it. He made a couple of changes, but nothing too drastic. I feel like we picked up everything so far. I miss Billy [former offensive coordinator Bill Musgrave]. Billy was my guy, I loved him. I don’t take nothing from him, he did a great job. I wish he was still here but Coach [Del Rio] had to make a good business decision and T.D. is great. He’s doing so much stuff that you guys can’t even see with D.C. and us. He’s letting us to be us. He’s making us come in and says it’s time to work, when it’s not time to work we can relax and have a good time. But, when it’s time to work, it’s work. He’s on top of everything. When he’s in the meetings, he’s telling everybody what to do. I’m used to that, but I just like T.D.”