Head Coach Jack Del Rio

Opening Statement: "Atlanta coming up. Excited about being at home this week. Our fans traveled well last week. Expecting to be in full force this weekend, so really excited about opening here at home, Week 2. I know the question is going to come up about penalties, and it's a legitimate question because the number is way too high. I think the refs in the NFL do a tremendous job with all the close calls, all the close judgement calls they have to make. It's my belief that we're a highly-disciplined, highly-competitive football team. As we continue to work the way we have, I really believe that people will get used to seeing us be really competitive and that the penalties are going to disappear. It's just my belief. Anyways, we are addressing it, we'll continue to. The only other thing I can tell you is this football team is happy to be 1-0, but we are really fired up about the next week's preparation. That's what we're on right now, getting ready for Atlanta. Questions?"

Q: Each crew calls things a little differently. Is that a feeling out process for the players in terms of what they can get away with this week and what they can't?

Coach Del Rio: "Sure. Yeah, each crew kind of takes on its own... I mean they try to be consistent, but each crew has its own personality. We all do as human beings. I think for us, we try to educate our guys on what to expect based on history. We do work at it. We have officials out here every practice. Like I said, the belief is you're doing the right things, you are disciplined, you believe in it, you work hard and eventually they'll come to realize that we are a disciplined, hard-working football team that competes its butt off. I think everything will take care of itself."

Q: Is Austin Howard expected back?

Coach Del Rio: "I expect him to be able to practice today. We'll see how that goes. [Senior Director of Media Relations] Will [Kiss] does a great job of giving you guys the medical stuff at the end. (*laughing*) No, but we do anticipate him being able to practice. We'll see how that goes."

Q: Can I ask about the other two tackles, Menelik Watson and Matt McCants?

Coach Del Rio: "You can, and we're going to get you a full list after practice and those who made it. (*laughing*). Very good shot though, Vic. I appreciate that." (*laughing*)

Q: Can Kelechi Osemele's style of play be infectious to the rest of the team?

Coach Del Rio: "Well, I think you saw examples last week of the player that we brought in here. He's going to help our run game. The big run by Jalen [Richard] was directly behind Kelechi. He really moved his guy. He's one of the big physical men that has me talking about big physical play in the trenches. That's a good sign for us."

Q: Is it nice to see a guy like Latavius Murray have the physicality that he had on his touchdown rush?

Coach Del Rio: "It is. It is. Latavius did a nice job finishing that run off; lowered his pad level. I mean he's a high cut guy, so he has to work to get his pads down. He did and obviously great results."

Q: Outside of penalties what are some of the areas you want to work on going into Atlanta?

Coach Del Rio: "All three phases have different areas we want to tighten up. Some are more obvious than others. For us, it's just all about the work right now, really dialing in the preparation of the Atlanta Falcons. The things they do. The things they like. The things they're strong at. Where we might think there's some areas we can attack, things like that. Really all of our focus is on that. We've made our corrections yesterday. We're putting behind us what was and going forward for Atlanta and will be this weekend."

Q: Do you expect Karl Joseph to play on defense this week?

Coach Del Rio: "At some point he'll work in. He's like everybody, doing his best to prepare and be ready to go. Played primarily on special teams this past week. I'm sure he's ready and that's what we expect of our guys."



Q: What was the advice you gave Sean Smith after the game?

Coach Del Rio: "I think I laid it out there the other day what little bit was said. Haven't really done much to add to that."

Q: What's the next step from Joseph?

Coach Del Rio: "Just continue to work. He's done a great job of working. Just continue the work that he's putting in. His time will come."

Q: Brynden Trawick and Daren Bates with Taiwan Jones were great in coverage on that last kickoff.

Coach Del Rio: "Yeah, they were. That's an early example of why they're here. Those guys are here because they're difference makers on special teams and they showed up. We're going to expect them to show up each and every Sunday. That was an example of it right there where 'Seabass' [Sebastian Janikowski] made a terrific kick and between those three guys, they were running really fast and they were very aggressive in getting there and getting that thing covered. That was a huge play for us obviously."

Q: In what ways do you see Matt Ryan challenging this defense?

Coach Del Rio: "He's a good quarterback. Yeah, good quarterbacks present problems for opposing defenses. I saw a stat where he has 40 games in a row with over 200 yards on the road. That's pretty impressive. We have our work cut out for us. Obviously, they've got a very talented group led by Julio Jones. We have our work cut out for us."

Q: What about Julio Jones specifically presents such a challenge?

Coach Del Rio: "Golly, it's a lot, right? He's big. He's fast. He's strong. He's good with the ball in his hands. He's become a much better route runner. I think when he first came in, he was a little raw in that regard, but man, he's become a really good route runner as well. I think he's a heck of a football player."

Q: How do you counteract chip blocking?

Coach Del Rio: "A lot of different ways and it's not unexpected. I think if you're not doing things like that then you're going to have a hard time. I think people have to do that. When you're doing that then they're short other place and we have to make sure we're taking advantage of that."

Q: Have you felt or have players talked about the optimism in the Bay Area after last week's win?

Coach Del Rio: "Not really. Not part of our make up or part of what we're going to be responding to. I think for us on game day we're going to be appreciative of a very loud, supportive crowd, but for us it's really about the preparation leading up to the ball game. It's where all of our energy is. Just doing the best we can to make sure we understand what they like and what they're good at and making sure that we can slow that down."

Q: Ken Norton, Jr. has worked under Dan Quinn before. Does that give you an advantage?

Coach Del Rio: "Well I think it goes both ways, right? They worked together, they know each other, so I think it goes both ways. I wouldn't say one team or another has an advantage."

QB Derek Carr

Q: How hard is it to balance competitiveness while also making a smart play?

Carr: "It's really hard, especially in the flow of the game. [Head] coach [Jack Del Rio] was happy that I stopped trying to run people over and use the stiff arm. Now he said, 'Unless it's for the Super Bowl, stop flipping over people too.' I think everyone's heart dropped when I did that, I think mine did too. (laughter) I've done it a couple times like I said after the game, but I have to be smart. I saw what happened to RG III [Browns QB Robert Griffin III]



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on the sideline, just a freak thing can always happen. So, you just have to always be, you have to be competitive, but you also have to be smart for the team?"

Q: Have you watched the play over and over again after showing some athleticism?

Carr: "Some? Oh, man. See, I just get underestimated all the time. (*laughter*) I just went back to my basketball days. Everyone afterwards was like, 'I didn't know you could jump.' I said, 'Yeah, you didn't play basketball with me.' I told them I'd dunk on all of them. (*laughter*) They didn't believe me but hopefully they do now."

Q: What most impressed you about Kelechi Osemele on Sunday?

Carr: "He's very violent. He's a violent football player. One of, if not the most, violent football players I've ever been around, seen, played with, played against, all the above. You love for a guy like that to be protecting you. So, the run game and all that, it helps that but at the same time, I love that he's blocking for me too. It makes me feel safe."

Q: Do you think the way he plays can be infectious with the rest of the offensive line?

Carr: "Oh yeah, and I think it's more him fitting in with all of their personalities. Last year, we had coach obviously would show all the clips of our guys playing violent like that. Donald [Penn] knocking two guys out on one play, Rodney [Hudson] running down the field taking out a safety on a play. That's the kind of stuff, that's our mentality. That's how we play football. I guess that's where I get caught up in the competiveness too because I hear that preached all the time, so I feel like I'm a part of it. (laughter) I kind of forget that I wear a red jersey six days out of the week. I think that when K.O. got here, it was like a perfect mesh."

Q: What's the key to succeeding on late game drives and how to you balance taking risks with being cautious?

Carr: "You just take a deep breath and you just try your best to really do as you're taught. You try and do that the whole game obviously, but even more so then. You have to really focus in like, 'Hey it's this coverage, this is my footwork.' You just want to slow the heart rate down. That's what you want to do. You just want to make sure when you turn the film and you turn that two-minute drive on, were my eyes right? Was my read right? Were my feet right? How's the accuracy? You try and slow all of that down. That's really just my mindset. I'm a big Kobe [Bryant] fan so, that 'Mamba' mentality. You have to go out there and you have to do it. I've studied him, I've watched him forever and that's always been my mindset when I get in those situations. Now, they always don't work out, but that's just where my mind's at."

Q: Does it help now that you've been in those types of situations?

Carr: "Oh yeah, absolutely. The game has slowed down a lot and it will continue to. I think of 'C-Wood' [Charles Woodson] last year, the game was probably so slow for him. I can't even believe it because it slows down every year, that's definitely where experience helps out."

Q: Did you feel as calm as you looked when going for the final two-point conversion?

Carr: "I was very excited, but yeah, I definitely have worked on it. There's times where I get emotionally hi-jacked, then I'll try and force something and do something. I just tried the whole game to be my same competitiveness self just with the same mentality good or bad. I felt that being able to stay that way kept my mind in a good spot throughout the whole game."

Q: Is it crazy to think you started your rookie season 0-10?

Carr: "Yeah. I don't even want to think about that. It's crazy though."

Q: How much of your growth is you trusting in the process?

Carr: "All of it. I trusted from the beginning. I remember I told you all, we were 0-10, I still thought we could go play in the Super Bowl. That's always been my mindset. I've always worked towards that and I still will work



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towards that. So, whether we're 1-0 or 0-10, my mindset's always going to be the same. I'm always going to be the same person on and off the field. I'm not going to let my situations determine how I act and who I am."

Q: If the same situation as Week 1 presented itself in Week 2, would you feel confident knowing you've done it already?

Carr: "Oh yeah. And that's more so, it's always good for a team to know that. Whenever you get into a certain situation, you're down a certain amount of points or whatever, you say, 'Guys we've done this before. We've been there.' I think that was the coolest thing for me all game, was that there was no one flipping out on the sidelines. There was no one pointing fingers. There were no subtle jabs at people. There was none of that, there was just, 'Hey this is what you need to do, this is what you need to do. Now go do it.' That's it. If we can just stay calm like that and don't get up, don't get down, we can score points and do it at a high level."

Q: With how important running the football is to you, do you feel like you have a stable of backs now?

Carr: "Absolutely. You hit it on the head, I always talk about how important it is. I said it at the beginning of the year, I don't care if I throw 10 touchdowns. I don't care if that was the last touchdown I throw. If we can run the ball and we win games, I could care less. My job is to help put us in the right situations and win. That's it. Having those three and then you add 'Maze' [Jamize Olawale] to it, and then when we get 'Cel' [Marcel Reece] back. Especially with those young guys coming on, it's like man, we could throw them all out there and once and run the Wing-T. (laughter) We might do that. But, I think that having that is just so good for this team. No matter what the situation is, if you can run the ball, it's always good.

Q: On Latavius' touchdown run, that was a play where you saw his power. With his size, how nice is that to see? Carr: "Oh yeah. That was angry 'Tay.' I love that. That's the 'Tay Train,' man. When he puts those pads down, how fast he is, how explosive, how strong, how big, there are not a lot of people that are going to push him backwards. To see him put his pads down and do that, it got everyone fired up."

Q: Do home openers ever get old for you?

Carr: "No. Honestly, none of these games get old. I get so excited. Walking off the field last week, it hit me like, 'Wow, that was Drew Brees.' It really puts things into perspective sometimes. This is such a blessing to be able to do this. We were talking about this today, a couple of us, like can you believe what we're doing for a living? It's crazy. Home openers will never get dull to me. They won't be boring, especially playing in front of our fans. Our fans are the best in the world. Being able to play in front of them, it's always exciting."

Q: Between the tempo and the two-point conversion, would you say that's the epitome of the tone you want the team to have throughout the season?

Carr: "Honestly, the tone I want us to set is just win. That's it. By any means, as Khalil Mack says. By any means, let's just get the win. I don't care what it looks like, I don't care how we do it, I don't care who has the biggest moment in the game. None of us do. We just want to win. There's nothing like winning and getting on that plane and flying home with a win. Your body is beat up, but it feels a little better when you win."

Q: Do you have a sense of a certain swagger that this team has now? Can you feel it in the locker room, something different than has been here the last couple of years?

Carr: "Yeah, I would say that we have a different kind of confidence. From the top down, from everybody. From all the way up, to the guy on practice squad trying to make his way. Everyone on this team is so confident in what we can do. It's not arrogant, it's not that we think we're better than anybody. We respect every team that we play. At the same time, we know the work we've put in. We know how to compete. Like Coach [Del Rio] said, we're learning how to win. We love what we've done, but I think it's just the confidence level that everybody has. Like if we do the right things and we take care of our business, then we're going to put ourselves at the end of games with our chance to win."



Falcons Head Coach Dan Quinn

Q: What did you think of Jack Del Rio's decision to go for two and have you ever done something like that in a similar situation?

Coach Quinn: "You know, we have. Honestly, I totally got his reasoning for it. When you're in that spot, I'm sure it was a decision he made well before the drive started and that's usually, as head coaches, where we're at. 'After we score here, we're going for two, we're going to win it right now.' It's very rarely one that's made just at the split of it. It was very calculated on his mind, I'm sure. I totally can relate to that, we had a two-point conversion, we went in the game and we knew going in that's what we're going to do. So, it made it a little clearer like, 'Now it's time to go nail that part too.' So, a gutsy call and honestly a heck of a play."

Q: What does your team have to do to get the running game going this week?

Coach Quinn: "Well, when we went back through, we did that exact thing and said, 'OK, how did we not improve in that area like we were capable of?' And, it kind of came back, it wasn't just one thing. Can we make sure we're just nailing the technique of our details? Was it a receiver on the crack [crack-back block], was it where we lost a linebacker coming in the backdoor? So, for us in the run game, it's an important part of what we do. So, it wasn't just one necessary thing and there was stuff for us to clean up for sure. We're committed to that way, we have really good featured backs, so we're disappointed we didn't get the result we had. We felt we had some opportunities, maybe three or four times to break one and when we didn't nail that technique, you have the run game like you did."

Q: What do you like about having the two-back system you're currently using?

Coach Quinn: "Honestly, I think it's a two-headed monster, because both of them are really fast and explosive with the ball. It's not necessarily where we have one big back and one change-of-pace back. We have two really explosive guys that are hard to deal with and sometimes we put them on the field together, other times, they're a featured guy whether it's first down, second down, third down. So, there's not necessarily a, 'Hey put this guy in to do this, put this guy in to do that,' which makes it nice as a play caller where you can just let your stuff rip."

Q: What will it be like going up against a bunch of your old friends from Seattle?

Coach Quinn: "You know what, lots of respect for those guys. I'm looking forward to seeing all of them. I had a lot of fun with Kenny [defensive coordinator Ken Norton, Jr.] and Malcolm [Smith] and Bruce [Irvin], both in coaching and then just for those guys as teammates and being a part of it. Lots of respect for them, and I'll look forward to seeing them after the game for sure."

Q: What do you think Bruce Irvin's feeling is as a primary pass rusher?

Coach Quinn: "I think when you see him as a featured player in nickel, and I know you guys know this, but most of the league right now for a lot of it, it's more of a three-wide receiver driven league than it is our base defenses. So, we know we see him as a rusher not just on third down, but on first and second when they have three wide. And then, when you have a guy who can play linebacker who can rush, well it changes things because now, that's a matchup. How do you put a back on that person or a tight end? So, those are why you do that. We do the same thing here with [Vic Beasley Jr.] Beasley where we play him some at our SAM linebacker spot. But, Bruce has terrific quickness, a great get off, and a real knack for when to come under, when to find the rush. I think he's just kind of hitting his stride right now and right in the middle of his career and off to a good start obviously with the sack-forced fumble."

Q: After a good opener, what do you see out of Derek Carr?

Coach Quinn: "No doubt, really an explosive day. Seeing the shots that the receivers took, the big plays that took place, we came away very impressed. The other that came away, we knew that he was a nice athlete but having the vision to [know] where to hitch up, when to scramble, when to convert, those are the things that come with some maturity, you know, 'Where this is a time where I can go take my shot to run it for a first down.' He totally



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captured that part. He has a very good complement of receivers and tight ends and backs to utilize. You see that part of the game come to life. So, we know we got our hands full. Very explosive group, a challenge that we're certainly looking forward to but at the same time, we certainly recognize the numbers and the type of game that they put up last Sunday in New Orleans."

Q: How much more dangerous can the Raiders be this year with some of the younger guys at running back?

Coach Quinn: "Well, I think they're hungry and they show that in the way that they're competing. It's a very good sized O-line, so they're able to get some push and if there's just enough air there for a guy who's got quickness, they'll hit it. The advantage of playing multiple guys is you're going to stay fresh. I got respect for a number of them who contributed on teams as well. So, when you have a number of guys you try to say, 'OK, how do we feature each of them best?' knowing that some are different size or different speed and I think they're off to a good start in utilizing that."

Q: What is it about Amari Cooper that makes him such a difficult receiver to matchup with?

Coach Quinn: "Well, I think it starts really just by the way he is as a competitor. He can stick his foot in the ground and change direction like a small guy for being a bigger guy, and that is kind of like where we have a guy in Julio [Jones], connection both to Alabama, but when a big guy can change direction, that's a dangerous dude. Often times you may see big guys that can go fly, they can take the top off, but when you have the ability to stick your foot in the ground and change directions along with that big catching radius, that to me is where a guy can really become dangerous. We've got our hands full for sure. Fortunately for us, we've get to practice against some pretty good guys too. (laughing) You know, matching up in practice against Mohamed Sanu and Julio Jones, who are some big guys has been beneficial for our corners. But, we certainly have lots of respect for the way Amari's playing."

Falcons CB Desmond Trufant

Q: What did you see out of the Raiders' passing game in the opener?

Trufant: "They are very productive. They took some shots down the field, made some big plays and you could just see the energy and swagger that they're playing with. We have to come with it."

Q: What makes Amari Cooper so good? Is there anyone you compare him to?

Trufant: "I think he's making his own name. He's fast. He's quick. He plays the ball well. He's competitive. So, I'm looking forward to the challenge. It's going to be a fight."

Q: How does going up against Julio Jones in practice prepare you for facing other top receivers in games?

Trufant: "It prepares me for everybody because I honestly think he's one of the best in the league. Going against somebody that's as big as him and quick and fast, it gets me ready for everybody. He definitely prepares me."

Q: Do you have to prepare differently for the Coliseum with there being infield dirt still? How do the field conditions play for you?

Trufant: "I'm not thinking about it too much. I haven't played on the field, so I can't really tell until I get there. Regardless of what the surface is like, I know I just have to stay within my technique and I'll be alright."

Q: With the Raiders going for it last week on the two-point conversion, what does that do for a player when the coach shows that much confidence in the team?

Trufant: "Definitely makes you want to go get it even more when you know the coach has your back 100 percent and they believe in you. It just makes you go even that much harder, you know? Obviously, they're that kind of team and we're that kind of team as well too, so it's going to be a great game. I can't wait."