



## ***Oakland Raiders Transcript***

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

**Opening Statement:** “OK, we’re heading to Nashville the third year in a row. This is a really good city. We are going to open there. It’s always exciting to open. Opening weekend, two good football teams. Really looking forward to the opportunity to take all the hard work, all the preparation leading up to this first opportunity to get out there and go play. Excited to get a look and see if all that hard work pays off and we see the results that we’re looking for. Really looking forward to it.”

**Q: What do you think about the progression that Marcus Mariota has had? There were some questions about if he would be able to make the transition.**

**Coach Del Rio:** “Yeah, I don’t think there were many questions about his ability to play. The guy had a tremendous career in college. That’s carried over. He’s a good football player. I think both teams go in with quarterbacks that were ironically hurt on the same day. They have both rebounded, had good off seasons. I think Derek [Carr] came back a little quicker, but they’re both back. They’re both good, young players. I think that’s certainly part of the storyline for this week. Two guys that are good players. I know both teams are glad they have their guys. They’re both healthy and ready to roll.”

**Q: Do you expect Gareon Conley to play on Sunday?**

**Coach Del Rio:** “I expect to see him today. We’ll see how the week goes. We’ll know more about Sunday as we go through the week.”

**Q: How have you approached the difficult road schedule with your team?**

**Coach Del Rio:** “I think as an organization, we recognize that. As a team, we recognize that. We take them one at a time in terms of dealing with the team. Certainly, we put a plan together in terms of how we want to approach the season. How we can minimize the impact of all the traveling that we’re going to do. How we can travel really well and take care of business on the road. All the adjustments, all the things that we need to do to take care of our players and put them in the best position to have success. That’s what we work toward. What I ask the team is to keep it simple. We recover from the last one. We prepare for the next one. Then we go compete our butts off. That’s the process you hear me talk about all year.”

**Q: What strategies do you encourage your players to implement to take care of their bodies?**

**Coach Del Rio:** “I typically keep that kind of stuff in-house. I don’t share the strategies with the league, but we certainly have some that we believe in. We try to educate our guys the best we can.”

**Q: What do you see out of Mariota now that has made him so much better as an NFL quarterback?**

**Coach Del Rio:** “Like any young player, I think he’s just growing in the position. There’s so many demands at the quarterback position. He has mobility. He has arm strength. He has accuracy. He’s intelligent. All the things you’re looking for in a good, young quarterback.”

**Q: There’s a lot of interest to see how Marshawn Lynch is going to do this weekend. Do you think you know what you’re going to see?**

**Coach Del Rio:** “No. No I don’t. I know what I hope I’ll see. Every season is a new year with new opportunities, new story lines. To me, we’re excited about the work we put in building up to this opportunity to get started. Marshawn is a piece of that. There are several stories out there. At some point we’ll start writing those chapters, and at the end of the year there will be a book on what it was. We’re getting ready to see. That’s the great thing about competition in a league like we’re in where there’s a great opportunity to change your roster from year to year and improve it from one way to another. We all work hard. We all think we did a good job putting our roster together. Now we get to let it unfold and we’ll get to see.”



## **Oakland Raiders Transcript**

**Q: Are you worried about Sebastian Janikowski's situation? Will he play on Sunday? Is he healthy?**

**Coach Del Rio:** "Well I'm not good about forecasting things. We'll see how he goes through the work week. There was concern early in the week that we'll need to see how he does, how he responds. We had some kickers come in here to make sure that we're prepared in the case that he's not able to go, that we're covered. That's really it. I think it kind of took on a life of its own with a lot of people reporting and speculating, but we're just doing our due diligence. We'll see how the week goes."

**Q: Are there any other kickers here today?**

**Coach Del Rio:** "We have our group today. Our normal battery."

**Q: What are you expecting to see from Marquel Lee this week?**

**Coach Del Rio:** "Yeah, I was waiting for that question. I figured that would be one that would be a part of this conversation. I can't wait to see our guys play. We'll see. We put a lot of time and effort into developing our guys. That'll remain a story until it's not. If he's doing real well, I'm sure you won't ask about it much. We'll just let that unfold. We're looking forward to rolling out our guys. It's a team game. We'll put our team against their team. That's what we do come Sunday. He's part of it. He's done a good job in his role."

**Q: How has Eddie Vanderdoes grown into his role?**

**Coach Del Rio:** "Yeah, he's another young guy that's going to play. We expect him to play and do his job and do well. I think the great story about Eddie is how fast he transitioned in from a guy who didn't get much of the offseason into a guy that really applied himself early in camp. Showed up early in camp, and never really took a step backwards. He's really just kind of been full speed ahead. I think both of those guys have earned their position. We look forward to watching them play."

**Q: How confident are you that the defense has made progress from last year?**

**Coach Del Rio:** "I'm more confident than a lot of other people. But again, you get a chance to prove it. I think talk is cheap. There's no sense in really trying to proclaim anything. We'll get to see. I think we put in a lot of good, hard work. We have a good group of guys that are really looking forward to the challenges that are in front of us. That's what it's all about, preparing and then going out and competing. I like where we are that way."

**Q: Do you like the focus that you've seen from the team not paying attention or focusing on the things going on off the field? Do you think the off the field stories have affected the team in any way?**

**Coach Del Rio:** "Well I think it helps you guys have interesting stories, but beyond that, I don't think it has much to do with us playing good football. I think for us it's about taking the opportunity that we have and going out and playing well. We have a good group of guys. We have a good staff. Together we're looking forward to the next opportunity that we have to go out and compete."

**Q: Does winning two years in a row in Nashville help your confidence?**

**Coach Del Rio:** "I don't think you carry anything forward. I think you understand, maybe that some of the guys that were there, that were with us understand some of the circumstances. What it's like to travel there. What it's like to play in that stadium. Some of those things. But no. We recognize they're a good football team, we're a good football team, and we need to go in there and battle."

**Q: How does your defense plan for an offense like Tennessee who has a lot of pre-snap motion?**

**Coach Del Rio:** "Yeah, that's kind of strategy stuff, so we'll see how that unfolds on Sunday."



## Oakland Raiders Transcript

### Raiders QB Derek Carr

**Q: Was Fresno State just as you remember it?**

**Carr:** “Yes. They’ve added some stuff, though. They have like their own team meal room now, which we didn’t have, so that’s nice. We used to have to walk probably a half mile across campus and go to the resident dining hall. They have their own little meal room now, so it’s a pretty sweet set up.”

**Q: There is a new number in the building, right?**

**Carr:** “Yep, new number. There is a new number. All of that was cool. It was a dream come true. That whole thing, I’ve thought of since I was a little kid, so that was really cool.”

**Q: What do you think we’re going to see out of Marshawn Lynch on Sunday?**

**Carr:** “Someone who is fresh. I think anybody with a year off from football would bode well. It’s hard on your body, especially the way that he plays, and he plays running back. We talk about it all the time – I think running back, physically, is one of the most demanding positions in all of sports; the pounding it takes, the speed you have to run with, the knowledge you have to have, your job and assignments. I think a year off did him well, to be honest. He seems fresh, energized. He’s really excited, I can tell you. We’ve had a couple of walk-throughs now, and he’s already almost going full speed, so it’ll be fun to see him turn it on.”

**Q: What could the break do for him, mentally?**

**Carr:** “I know just from the little 20-minute mental breaks I try and give myself throughout the day does for me, especially like right after this. We’ve been grinding, all day, all morning before we even start grinding away. So it’s good to take 20 minutes, eat lunch and just talk to someone else about something else, anything but football. I know how much that does for somebody, let alone a year of just saying, ‘Hey man, I’m just going to be a fan of the game. I’m just going to spend time at home with my friends, with my family.’ As you guys know, family is way more important than this game. I’m sure that it was great for him, but he had that itch to come back and we’re happy we have him.”

**Q: Marcus Mariota told us today that you guys haven’t really talked that much other than after games. What are your thoughts about him and the way he plays?**

**Carr:** “I love him. Sometimes I don’t really talk to my brothers a lot either, but it doesn’t mean I don’t love them. I love the way he plays. Both of us being professional quarterbacks, we’re a little busy, especially when you have to rehab an injury. I love the way he plays. I love his game. I really think that he’s a great leader. He’s very poised, very accurate, very mobile, makes great decisions, especially in the red zone. Situational football, him being able to do that at such a young age, it’s only going to get easier for him as he gets older. As long as he doesn’t try and do too much. I wish him the best.”

**Q: Mariota said that what makes a good leader is being true to yourself.**

**Carr:** “Yeah, you just have to be you, you know? People can see right through the fake stuff. If you say one thing and you’re doing another, eventually it’s going to catch up to you as much as we’re around each other. If you want people to follow you, you just have to be the same person every day and you have to be someone that they want to follow.”

**Q: What do you think what might happen to Mariota in his third year? What helped you have so much growth in your third year?**

**Carr:** “I hope he waits a week. That’d be nice. *(laughing)* In all honesty, the game gets slower. He’s been able to play a lot of football. Especially, in a tough division with some tough defense. So again, another similarity. We both have seen a lot of things. A lot of blitzes. A lot of different coverages. As you continue to grow, I like to say that we get faster and the game stays the same. We’re just getting a little bit faster with it, with our decisions, with the way we see things. He’s going to notice that. He probably already noticed it in some of the training camp stuff. How much



## **Oakland Raiders Transcript**

the game, when you turn the film on again, oh wow, it slows down again. I think he's probably realizing that now. Again, I wish him the best, just hope he waits at least a week."

**Q: What stands out from your wins in Nashville the last two years?**

**Carr:** "They've been tight. They've been really tight games. Obviously, their defense is really good. Very good defense, very stingy. Good against the run and the pass. They don't pick one. They're good against both. Well coached. Obviously [Defensive Coordinator] Coach [Dick] LeBeau, he's been around a long time, Hall of Famer. Anytime you have that kind of knowledge as your leader on the defensive side of the ball, they're going to be a good unit. They're going to be solid. They're going to be taught well. They're going to do things right. That's what you see from them. I just remember the games being so tight. Really coming down probably the last couple of minutes."

**Q: What can you do as a player to handle the heavy traveling? Have you changed your routine at all?**

**Carr:** "You know, I haven't. I probably changed the most from my first year to my second and from then on, 99 percent of it stayed the same."

**Q: What did you change?**

**Carr:** "Goodness, go back three, four years? The way I hydrate. The way I eat. The way I try to get my rest. A lot of things. You have to do the right things for your body so on Sunday you're at your peak performance. All of those things were important, and I just stayed with my routine. I just trust the process that was laid out in front of me. I trust the people in this building to tell me what's best for us and for me individual. I just trust that. So far it's worked for us. Again, they'll come to me and tell me, 'Hey, let's make a quarter turn here. Or a half a change here.' So, whatever it is, we just try to do that along the way."

**Q: Why did you go out on the field during the game against the Seahawks when DeAndre Elliott got hurt?**

**Carr:** "No doubt. That is something that I've done since high school. I did it in college. I've done it in the NFL. Everything outside of the whistles now is seen. More so now than ever. That's just something I've always done. Just being there for somebody because I've been there kind of thing. It's a hard feeling. Especially when it's a serious thing. You just try to be there to give any kind of support that you can."

**Q: Did you say anything to him in that moment?**

**Carr:** "No, I just prayed for him. I didn't say anything to him. I wasn't going to bug him. I just prayed for him."

**Q: Have you heard about what happened to Michael Bennett?**

**Carr:** "No."

**Q: The Seahawks player, how he was taken by police.**

**Carr:** "No, I didn't. I'm sorry. Yeah, I'm sorry."

**Q: How much is there to be said for having the long-term continuity between you and your receivers Amari Cooper and Michael Crabtree?**

**Carr:** "Yeah, you're onto it. It goes along the lines of saying the same terminology. When you're throwing the same routes to the same guys, you can get better at it. No matter how good you think you can throw a certain route, whenever you're around each other for years on end, you see like, 'Oh, I can throw that a little earlier now.' Or, 'I could throw it right out of your break a little bit quicker.' When you have the same guys and you're doing that, it's just good for our team. If I can get the ball out of my hands, it's easier on the line. They don't have to work as hard even though they work their tail off. They don't have to work as long. Running backs don't have to hold up in protection as long. Tight ends, same thing. The more that we can be around each other, just the better. The better the little things get. Like getting the ball out quicker. Just them running their routes just a half a second quicker. It all just works."



## ***Oakland Raiders Transcript***

### **Q: What is the hardest thing about playing a road team? The noise?**

**Carr:** "You know what, I love the noise. The hardest thing about playing on the road is sometimes your family is not there. That's the hard part. You want your family to be there. It's always fun. As a football player, your family's there and you get to see them after. That's the hardest part, you don't get to see them until you fly home most of the time unless they travel. But the noise, I love the noise because I don't hear anything else. I'm just so locked in on my assignment and everyone else's assignment that there's no time to hear anything else. So, I'm not going to lie, I love when it's loud, I love when it's like that."

### **Q: If you love the noise, what's the biggest obstacle of winning on the road?**

**Carr:** "Communication. You don't want to have false starts and things like that. You want to play clean and I think that those are the things that are, how do you say, the toughest obstacles to get across. As a quarterback, it's just super nice to be in your own little zone where you really can't hear anything else. But again, the little communications like, 'Hey, step off. Hey, step on.' Like little things you can do at a home game, on the road it gets a little tougher."

### **Q: Do you feel a difference entering this season as a 12-4 team?**

**Carr:** "You know, I would say just our confidence has grown every year. We'll never be an arrogant bunch, that's for sure. As long as I'm here, pride comes before the fall and I'll never let that happen here. But, we are a confident group in what we can do because of the work that we put in. We've had a group now together a while, a core group of guys. We just keep growing and the thing that I love about our team is no matter what's going on, when we step out there or step in the weight room or the film room, we work our tails off. We try to get every little note, we try to get every little thing out there on the field ironed out and cleaned up. As long as those things are happening, we can continue to grow. Now, 12 wins is not easy to do and I'd never make projections and things like that but, we always want to continue to grow in our process and what we're trying to do."

### **Q: Does an early start on the road affect your preparation?**

**Carr:** "My preparation stays the same no matter what; whether it's a 3-4, 4-3, lot of sub, lot of base defense, whatever coverages they play, however the games going, whatever. I've stayed true to my process since my rookie year. We started 0-10 and I had a process and it's turned around since then. I just stay true to what my coaches tell me, the best way to prepare, what I've learned from my brother and things like that. I try and never change anything. Like, 'Oh, well man we messed up that one I have to go completely this way now.' Just stay true to what we're doing."



## ***Oakland Raiders Transcript***

### **Titans Head Coach Mike Mularkey**

**Q: How early do you get going as a coaching staff game-planning for the Raiders?**

**Coach Mularkey:** "We've looked at them as a coaching staff, a lot of guys just on their own... I know I looked at them when I was off in the summer. Players really on their own up to this week. Big focus really started Monday on the introduction of the Raiders."

**Q: Playing them the third year in a row, they've given up a lot of yards and points but seem to give you guys some trouble. What defensively have they done to cause difficulty?**

**Coach Mularkey:** "Caused some turnovers that cost us points, gave them points in their own territory. A lot of things that we did we need to correct. I think it's a good football team, a good defense. Very sound in all three phases. There's things we've got to do better on our own end before we worry about what they're doing."

**Q: You're going into the season this year like the Raiders were last year, where everybody was saying this was an up and coming team. Do you feel that in Tennessee?**

**Coach Mularkey:** "The expectations are out there, we know that. Been trying to slow it down a little bit when we got here in April and even more in camp. A lot of it based on things we did last year and that's great. I told them they earned some of those expectations. I didn't want to take that away from them. A lot of new faces on our roster. A lot of young guys and we've got to start all over again here, starting with a good football team coming in here."

**Q: You do a lot pre-snap, it's a distinguishing feature of you guys. Can you characterize what you guys try to accomplish pre-snap?**

**Coach Mularkey:** "I think defenses have a lot of adjustments based on what we do. You have to communicate, knowing this with our defense, a lot of different things with a lot of moving parts by the offense. If you can gain an advantage by getting somebody out of place, out of where they're supposed to be or making a mistake, that's an advantage that goes to the offense. That's the way this offense has been built from the beginning. That was the intent, to get defenses having to deal with a lot of things and figure out which angle it's coming from."

**Q: What does it look like when you hit on that, in terms of linebacker or D-lineman?**

**Coach Mularkey:** "Well, if you've got some young linebackers, you better be on the ball because the ball can be snapped at any time."

**Q: How much progress can a quarterback make from second year to third year? Derek Carr obviously made a big jump. What are you hoping from Marcus Mariota?**

**Coach Mularkey:** "I think they're really similar careers, the way they've started and their progression. Hopefully Marcus can do what Derek has done. I think Derek has gotten better and better, and I love his confidence. Marcus understands the game. He's very studious when it comes to this game. I think he sees things much faster and knows what's going to happen more now than he ever has."

**Q: What is the next step for him?**

**Coach Mularkey:** "I think it's going to be fun to see because we've put some pieces in place around him to see if we can improve offensively with his improvement. I think that's kind of our intent. That was the whole plan with the receiver group and young tight end. I think games will tell how much further he is ahead. Hard to do that with the preseason games."

**Q: How do you game plan for the Raiders' offensive line?**

**Coach Mularkey:** "Do what they do best, that's really every position we have starting with the quarterback down. You know, each guy has strengths and weaknesses and we try to take advantage of all the strengths we can and no different with the O-line as a whole. We know what they're capable of, we know we have to protect at some point, some of them. So, it's just, we're trying to play what they do best and I think that's just smart football."



## Oakland Raiders Transcript

**Q: Are you curious to see what Marshawn Lynch has left in the tank after retirement?**

**Coach Mularkey:** "I'm not going to be caught off guard with him. He's a very big, physical back. Obviously, he's rested. *(laughter)* So, we're well aware of what he can do. I don't think there will be any slow-down in his game. He's got that mentality that he can't be stopped and that's the biggest part of playing at this level. If you don't think they can stop you, it's hard to. So, we'll be prepared for him."

**Q: The Raiders offense is considered to be one of the best in the league. How will you game plan for them?**

**Coach Mularkey:** "You take away some of their weapons which is easier said than done. They've got multiple players there that we just have to be aware of and trying to stop the run at the same time. [Defensive Coordinator] Coach [Dick] LeBeau's been around for a long time. He's faced these guys a number of times. So, we'll have a plan in place."

**Q: Referring to what you do offensively pre-snap, are you doing that to the same degree in practice?**

**Coach Mularkey:** "I think this is our offense. I think it prepares our defense extremely well. If you look at both sides of the ball, both offensively and defensively, there are a lot of moving pieces and I think working against each other is nothing but very good for each side so when it does happen, when you get into a game and you have to prepare for it, you've seen it daily. I think it's really good what we do."

### Titans QB Marcus Mariota

**Q: During your injury recovery last year, how much were you tracking Derek Carr's similar injury?**

**Mariota:** "I did not. I'm glad to see him healthy. I'm glad he's doing good. I just was really focused on myself and making sure I was ready to go once OTAs and training camp came around."

**Q: Do you have much connection with him? Do you know him at all?**

**Mariota:** "Just through the few meetings of playing. We played against each other in college. We played a couple of times in the league, so just through those instances. He's a great guy, someone very nice and it's always very cordial when we get to meet each other."

**Q: This will be your third season facing the Raiders. Does it get any easier facing Khalil Mack?**

**Mariota:** "He's a great player. Somebody that can really take the game over. Obviously, we have to make sure we know where he's at. He can really disrupt a game and take it over."

**Q: Are you 100 percent right now?**

**Mariota:** "I feel great, 100 percent ready to go."

**Q: What was the hardest part of your rehab process?**

**Mariota:** "I think through the whole process, you do a lot of the same stuff over and over again. Rehab is kind of a consistent thing. So for me, just kind of fighting through that, just setting benchmarks, finding ways to achieve those benchmarks kept me into it and made sure that I was getting ready and getting healthy once the season rolls around."

**Q: What makes a good leader in your mind?**

**Mariota:** "Somebody that stays true to who they are and they live by what they say and no matter what, their mentality is always about the team and making sure they put others in front of themselves."





## **Oakland Raiders Transcript**

### **Q: How would you describe Delanie Walker as a weapon in your offense?**

**Mariota:** "He's special. I think for us, we're very lucky to have him. He's a dynamic playmaker with the ball in his hands. He causes matchup problems for defenses so again, we're lucky to have him. I think he's done a great job for us. We have to continue to find ways to get him the football."

### **Q: Do you find some encouragement in the career arc that you and Derek Carr share?**

**Mariota:** "Again, I really focus on how I can be the best player that I can be for these guys. I don't compare my journey, my career path amongst anybody. I just really focus on how I can be the guy that they need me to be here. I think we're heading in the right direction. I thought last season was a good step, but now for us it's about making that next step and making sure we go out and do what we want and achieve our goals."

### **Q: What have been your observations on the Raiders defense and playing against them?**

**Mariota:** "I think they change up their looks. They find ways to get double teams with certain guys. We'll find ways to combat that. I think we were expecting one thing and got another thing during those couple of games. Again, we'll just prepare like we always do and make sure we have the answers."

### **Q: How much better prepared are you in your third season?**

**Mariota:** "Now that I'm going into my third year, you're familiar with everything. You kind of understand the process, how things are run week to week. What to expect from defenses. From that standpoint, I think you just feel a lot more comfortable in the situation you're in. That being said, I can always get better at it. I'm definitely a lot more comfortable going into this season."

### **Q: You guys do a lot pre-snap. What do you guys try to accomplish? It's one of your distinguishing features of your offense.**

**Mariota:** "Well I think it's an advantage. Teams can't get a beat on what we're doing. To be able to create that advantage, when we're able to know what we're doing, when we're able to execute, it's tough on defenses. With all the motion, the shifts, change of strengths, it's tough. If we can do that, and execute it, I think we put ourselves in the best situation possible."

### **Q: What do your defenders say about going up against that in practice? Just the stress that it puts on them from a communication standpoint and how they have to be on their keys.**

**Mariota:** "Yeah, you said it. It just comes from the fact that they talk about how it's tough to communicate when everybody is moving around. They really just tell us they get in one formation so they can make their calls. Again, if we're able to move around and we're able to execute what the coaches are asking of us, I think those shifts and motions are a huge advantage for us."

### **Q: So the defense in practice wants you to not move around so much?**

**Mariota:** "Yeah, during training camp and stuff like that, they're just messing around. They don't want us to move around."

### **Q: What would you say was the toughest part of coming back from your injury?**

**Mariota:** "It gets monotonous. You get tired of doing the same thing over and over again. For myself, I just kind of focused on benchmarks. Whether it was just getting out of a boot, beginning to walk, doing jogs. Just little stuff like that. That kind of kept me, in my mind, into it. I thought that really helped me throughout my recovery process and allowed me to be ready to go once training camp started."

### **Q: What does Week 1 feel like? To go out there and start a new season?**

**Mariota:** "Oh, exciting. You get the opportunity to go out there with your teammates and show what you guys and the rest of the group worked hard at through the offseason. I'm always excited anytime we have an opportunity to go out there and play. I love the game. I'm looking forward to it. It's going to be a lot of fun."





## *Oakland Raiders Transcript*

**Q: Were you sacked in the preseason?**

**Mariota:** "Yes, I was."

**Q: I know as a quarterback you don't want to get hit, but coming off an injury were you looking forward to it at all?**

**Mariota:** "No, I just played the game. I didn't really have any of those thoughts. I think if you play with those certain feelings or emotions in your head, you tend to not play like yourself. I was just focused on the game. Obviously yeah, looking back on it, it was probably good I got hit. But at the same time, there was nothing in my mind wishing or hoping that would happen."