



Oakland Raiders Transcript

Head Coach Jack Del Rio

Opening Statement: "OK, Wednesday in Sarasota. As you saw, we just finished up our walk-through out here and we'll travel over on the bus and get ready for practice here in a little bit. Questions?"

Q: Does a walk-through on a tennis court change what you're able to do?

Coach Del Rio: "We don't have the markings of the field as far as alignments and things like that. That's the biggest change. This is exactly what we did last year, so it's tried and true. We know what we're getting and we don't have as lengthy of a walk-through when we do it here. We get what we need here in a walk-through mode and then we'll put the rest of the body at practice."

Q: What's been the mood of the team here?

Coach Del Rio: "Need to get one of those old mood rings. (*laughter*) Check the mood, you know? I think our guys are ready to get going with the second half of the season. We've got a good group of guys and I feel really good about this group of guys coming together for this second half run."

Q: What are some things you have noticed about what your team operations do to make this facility feel familiar to everyone here?

Coach Del Rio: "They do so much behind the scenes. The operations setup and the work they put in to allow us to come here and do our jobs – from the IT getting all of that stuff set up; the computers and all of the things that we do, the video department getting all the different equipment set up, transported and set up here – all of the things behind the scenes. Yesterday we had a recovery type day. Soft tissue therapists were here and things like that. We have a Cryo Chamber here. So, we're pushing it. We're doing all the different things that we can do to look to gain an advantage. So, I give our operations crew a lot of credit. I give [Owner Mark Davis] M.D. a lot of credit for supporting us and giving us the things that we need."

Q: How's Seth Roberts feeling today?

Coach Del Rio: "Better. Yeah, better today. Hopefully we'll be able to get him out on the practice field a little bit. Should get stronger as the week goes on."

Q: What will Marshawn Lynch give you now that he's back after being away for a week?

Coach Del Rio: "Not the same as being a year away. (*laughter*) He's a physical guy. He brings passion for the game. Those are things that we welcome back."

Q: Does trading away Jay Ajayi change how you prepare for the Dolphins run game?

Coach Del Rio: "It really doesn't. I mean, it's similar to a guy getting injured for us. Obviously for them, they don't have him at all anymore, but for us we treat it very similarly to a guy that maybe was injured. Because it's going to be the next man up. Who do they have in their backfield? Is it going to be [Damien] Williams, whose going to get more turns? But their system is not going to change. They're not going to overhaul their system because of a player going down. We've got plenty of tape to study and we'll adjust accordingly. Obviously, they made that decision for what's best for their football team. We recognize the adjustments that need to be made."

Q: What areas of growth have you seen from Cory James this season?

Coach Del Rio: "There were some great examples of him really going and attacking it, getting downhill and making some plays. That was excellent for us. He continues to grow in the position. He's been battling to get himself healthy. I think he's probably closer to being where he'd like to be right now than he's been in a while, so that's good. As a guy, his ability as it becomes clearer, he's more sure and certain of where he's going and certainly having a guy like NaVorro [Bowman] next to him helps him. I think you'll continue to see those kinds of plays being made."



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Q: Do you have World Series Game 7 prediction?

Coach Del Rio: *"(laughter)* I'm not a predictor of baseball. I've been enjoying it. My team's out, been out for a long time. *(laughter)* So, I'm glad they're providing some entertaining games to watch. It's really been an exciting series. I don't really have a vested interest in it."

Q: Who's your team?

Coach Del Rio: "The A's are my team. I grew up an A's fan."

Q: What does Jon Feliciano provide for this team?

Coach Del Rio: "Well, Jon's an athletic big guy. He brings toughness. He played right here in where we're headed at the University of Miami. He's versatile. He's played all along the offensive line. He's played tackle, he's played guard, he's played center. So he's very versatile. He played fullback, he played tight end. He's a smart guy. He's a tough guy and brings that great versatility."

Q: Is he the caliber of a starter in this league?

Coach Del Rio: "Sure. Well he got one grade. That week he was the highest rated guy in the league. I think he showed that on that day he was. We like him. We're glad we have him. We think we have a good group and he's part of that group. We like our guys."

Q: Are you able to see your son Luke at all this week?

Coach Del Rio: "I hope to. We'll see how it goes. He's got to take care of his business there with classes and what not. But, I hope I can get him down so he can come see the game."

Q: Do you expect Karl Joseph to return?

Coach Del Rio: "We're hopeful, yeah. I think he's going to try and practice a little bit today, we'll see how it goes and see how the week goes. That's still a little bit of a question mark."

LB NaVorro Bowman

Q: What have you seen from Cory James?

Bowman: "He can play. He definitely got out there and made some plays. He's a guy that wants to listen and learn. He's always asking questions. For us to be good, the transparency has to be there. We have to be on the same page. He's a good fit."

Q: Is there a sense of urgency now that you're in the second half of the season?

Bowman: "There is. We have to set our minds to going to reach this goal if we want to do it. I think we have the guys here to do it, we just have to hone in and play a full 60-minute game, and understand it's not going to be easy. We have to go and take it. If we do that, guys step up to the plate and do what those guys need to do, we'll be fine."

Q: Have you ever done a road trip like this in terms of staying on the road and having all the amenities here for a full week?

Bowman: "I've done it before with my previous team. I believe it gives the team some time to gel together. When we have adverse situations, we're able to stick together and not go home and focus on other things. We all have that loss on our minds and I think being here is getting us back on track and getting us ready to go to win this game."

Q: Sarasota is no Youngstown, Ohio, though.

Bowman: "I'm definitely enjoying the sunshine. It's a nice place to be for sure."



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Q: You mentioned communication between you and Cory. Were you're able to tell him what's coming and that's been helpful for him. What leads you to be able to assess those types of play?

Bowman: "It's just me having played for eight years. Me being able to focus on the call that the coaches are giving me and focus on what the offense is doing. It's hard. You don't really get that comfortable until your fourth or fifth year when you're used to it. I've taken my game to that level and it's made me a better player."

Q: With young guys, is it reacting better? Playing faster? How do you grow as a young linebacker?

Bowman: "There's a checklist when we break the huddle. There's the call, your alignment, your key, and then you go execute. We abbreviate it by saying C.A.K.E.; get the call, get the alignment, now where's the key, then go execute. All those things help you do your job and as a young player you think you have to look at all 11 players but at your position there are some things there that you can use to up your game."

Q: How do you feel generally about your run defense after Sunday?

Bowman: "I think we got out of our gaps a couple of times, not trusting the scheme. As you can see, if you do that, teams are going to run the ball on you. Coach has been harping on it today, making sure we're all on the same page. I look forward to our run defense being better."

Q: Jack Del Rio said in a team meeting this week that you needed to recapture your mojo. What does that mean to you?

Bowman: "Just be yourself. Don't think too much. This is a great group of guys who know how to play the game of football. Sometimes in the NFL, you do one thing outside of the exact scheme, you can hurt your team. Getting our mojo back just means honing in, locking in, focusing and go out there on Sunday and play Raider football."

Q: You've only been teammates with Marshawn for a little bit, but what has that been like after being an opponent for so long?

Bowman: "I've known him for awhile. He's a great guy. What you guys probably get from him, you might not think that but he's a great teammate. Funny guy, keeps everybody up. We know what he brings to the game of football. We look forward to having him back this week."

QB Derek Carr

Q: How do you define mojo?

Carr: "I've got to look it up in the dictionary. He said that to us in the team meeting, so I can tell you that's really the message. He wants us to play with that intensity, that passion. I think that comes from what you put into this thing, meaning our game. The hours you put into it, the work you put into it. It's how you're going to feel at the end whether it's a win or a loss. Whatever you put into it is how it's going to feel. I think that's the little things. the study, the treatment, the taking care of your body. Whatever you're putting into this thing, the sacrifice. I would love to go to bed at midnight and sleep in until 8 [a.m.]. That would be nice. Hang out with my kids, my wife and wake up and have breakfast with them. The sacrifices that you make and then when you win or lose, you feel a certain way. I think that when you put that much energy into something and then you go out there and play with that much passion, I think that's what he's looking for."

Q: Do you start ramping up the intensity today? For you, what does that look like?

Carr: "Yeah, absolutely. Honestly, it started as soon as we started meetings and all that kind of stuff yesterday. Just voicing my opinion on things. making sure things are right. I'm never going to give up on meeting time. I'm never going to give up on letting things slide because we don't have time. We ran out of time for that, to let that kind of stuff happen. When you lose, it manifests itself. When you lose, certain things that used to be good are now bad. You just see things that you need to do better. We're in a tough spot right now, but we're in a good spot because we've seen it all now. We've seen where we're at, and we've seen what we have to do. Now it's the leaders' jobs,



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not only myself, there's a lot of us on this team that have to make sure we're pushing the intensity at practice because that's really our first work day. The Tuesday practice is just a walk-through kind of deal. But today is really that day. We take it not only from the meeting room but to the field to make sure we're finishing and doing those kinds of things right."

Q: Do you see the second half as a clean slate?

Carr: "I mean we kind of have to because we have a lot of work to do if we want to accomplish our goals. Now is it possible? Absolutely. There's not a lot of people that believe that except that are through that door. We always believe. That'll never be a problem. It's cliché, but once you win we always say move onto the next one. Well, the first half of the season is done, we have to move on to the next one. First up is Miami on Sunday night and we have to take care of business."

Q: Is getting Marshawn Lynch a shot in the arm?

Carr: "Yeah. That's a good thing, right? Yes, yes, shot in the arm. A lot of people don't like shots, Scott [Bair]. I would say yes. I think that having him back, again I said it last week, having a teammate come back, whether they were injured or suspended, whatever it was, whenever they're away, you miss them because they're brothers. You spend so much time together and all of those things, so getting him back, obviously, everyone was excited to see him. Running up, seeing him, how's he doing, all those kinds of things. I would say yes. To answer that absolutely. Anytime someone comes back, everyone is excited."

Q: Where does Lynch fit in terms of a team leader?

Carr: "One thing about our team is there's no dictatorship, there's no anything like that except if Coach Del Rio wants it to be. *(laughing)* We all just kind of do our part. None of the players try to step on each other's toes or go overboard or anything like that. I don't think we have a bunch of sensitive guys, that wouldn't be a problem anyways. His role is in that running back room. The way he can talk to me, he can motivate me. He's seen a lot of football. He's experienced a lot of ups and downs and the way he talks to me and tell me things that he's been through. I'm always looking for anything especially from a veteran player who's played in the playoffs and won a Super Bowl and has been to as many Pro Bowls and things like that. You always want to pick their brain and learn from them. He's someone that can come to me and that's how all of our leaders are. Me and Khalil [Mack] sit there and talk a lot of times, almost every lunch. We kind of lay it out where it's at and what we need to do going forward. So, I think that everyone kind of has their designed role, but there's no sensitivity to where we can't just sit and talk to one another."

Q: What have you found last year and this year in terms of the ability to get everything that you might have in Alameda here on the road?

Carr: "Well you know what it starts with our owner allowing us to be able to do something like this. To be able to have everything that we need from the facility standpoint, from the treatment standpoint, a training standpoint. Obviously, the rooms are nice, we're sleeping in good beds. The food is right there prepared for you, so there's no time wasted there. We're eating the right things. I mean there's so much, but it starts with him allowing us to be able to do this. It starts also with a vision from Coach Del Rio saying, 'This is what we need to do in order to maximize our bodies and our minds for Sunday.' Doing it a second time. I loved it the first time. It's also, again I think we talked about it, it's like a mini camp again where everyone is eating together. Everyone is going out to dinner together. Everyone is together, and it's nice to not have to drive in traffic for a week."

Q: Do you have any impressions of Obi Melifonwu from camp?

Carr: "Crazy athletic. I think what he's going to be really good at is being able to man-match tight ends. I really think that's an advantage for him. Usually as a quarterback you see a safety and tight end, we like that. But Obi is the kind of guy who's fast, he's explosive. He's strong and he really works hard. Every time he's been running the scout team, he comes up to me and this is really the first time this has ever happened, you'll like this. He came up to me and said, 'Hey, man if I'm doing the look wrong or anything like that, tell me because I want to give you the best look.' That just shows his selflessness. That just show how much he just wants to do it the right way. He's such a good dude



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and he's got to learn along the way. He works hard at it and he's freakishly talented. Obviously, you have to put those together. He's young, he hasn't played yet, so it'll be new to him. I'm sure he'll have his share of mistakes, but at the same time I think that the more he grows and works at it he'll be a really great player."

Q: At the end of the half against Buffalo why not just roll out and throw something up for grabs?

Carr: "For me, I'm not even being funny, it's simple math. Cover 2 with three receivers where everyone is dropping deep. There's four, five, six, seven guys for three. At the end of the day, you roll out you can throw it up or take a better option underneath when we've seen guys be able to break tackles and things like that. Maybe keep it alive, those kinds of things. Obviously, we lost by more than one score and again this is another one of those things. We're correcting everything. I take it all in, 'Yes, sir, whatever you want.' But at the same time, I'm going to continue to play the game how I think it's best for our team."

Q: Is the play calling putting you in the best position?

Carr: "Yeah, absolutely. I think I actually said it after the game, we had a great design. We had great design, not just that play, I'm talking the whole game. We knew what matchups we wanted. We were able to make adjustments on the sideline. Putting 'Coop' [Amari Cooper] inside, running some different routes for us. Like I said, sometimes you move him around and try to see what they're doing. The more time on tasks you can get, the early you can get to those things. We saw how they wanted to play it and certain things. Able to run some different things there. So, I thought our plan was great. It was one us players. There was nothing in that Buffalo game plan wise that was wrong. Now when they start playing soft coverage, we were able to hit some 10 and 12 yards to 'Coop' and Jared [Cook] and cross fade. Again, things get blown up when you lose. When you're winning and it's going good, oh yeah, you hit a couple of them, you have to take what they give you. That's just how it works. I've been doing this now a little bit too long to understand that."

Q: How do you use this sense of urgency for good and not just Miami?

Carr: "Yeah, you know I think you're right onto it because there is an urgency. There has to be. Coach Del Rio said it best to the team, being urgent doesn't mean you rush things. It doesn't mean you go away from your process. It sounds redundant, but it is what it is. We have to attack our process with urgency but don't rush things when we get on the field. The preparation is where you get after it. The preparation of your body, training the mental side is where you get after it. Then when you get on the field you have to compete and just let it flow. I think we have a lot of guys, and you guys know I've been open about it, my mistake is trying to do too much for my team instead of letting our team just do it together. I'll try to make a hero throw or a hero check or whatever it is. That's my mistake. I think that's more of what he's talking about is be urgent in the preparation and the process, but we you get on the field, just cut it loose because we're all talented enough to go out there and play well."

Q: Be quick, but don't hurry.

Carr: "Yeah exactly. There's no doubt about it. You have to play fast, but at the same you can't hurry and rush things. Especially at quarterback, I have to be the most calm one."

Q: How much does getting Lynch back help the team be more physical?

Carr: "He's a physical player, we all know that. At the quarterback position, it's hard to play physical. You take it and you hear it and you're like, 'Does he want me to run people over?' You have to be smart. Maybe I will, maybe I'll try. When you get a guy like Marshawn who does that really well, I think we're more apt to let him do those kinds of things. Whatever it is, whatever we have to do as a team, I think we're all in. I think our guys are understanding that there's no room for mistakes now. We have to go out and we have to perform. We to go and do it in a physical manner."



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WR Amari Cooper

Q: This is your second time here in Florida for this trip. From a preparation standpoint, what's the value of everything that is available here?

Cooper: "They have a nice facility here. We have a nice facility back in Alameda, so I would say it's pretty much the same as far as preparation goes."

Q: Does this feel like a homecoming game for you playing in Miami?

Cooper: "Yeah, it's always been a dream to play in Miami, whether it was for Miami or against them, just to play in front of my hometown at the highest level."

Q: When Jack Del Rio says you need to rediscover your mojo, what does mojo mean to you?

Cooper: "It just means we need to get our groove back."

Q: When you look at the tape from the Kansas City game, why has it been more difficult to replicate how explosive you guys were that game?

Cooper: "Because the other teams we play aren't Kansas City. They have different players, different schemes. It's a different day. Everything is just different. Hopefully we can play every game like we played against Kansas City and have those explosives, but we just have to go out and do it."

Q: Were you a Dolphins fan growing up?

Cooper: "Yeah."

Q: The saying that offenses will take what defenses give them, there's also that mentality that an offense will just take what it wants. How fine is that line for you guys?

Cooper: "That's a good question. As an offense, you want to attack, you want to be dominant, so you really want to have that mentality that you want to go out there and take what you want. But at the same time, you don't ever really want to make things too hard, so if something is there, you should want to take it. I don't know. I don't know where to draw that line, but that's a good question."

Q: Do you need to attack more or just sit back and let the game come to you?

Cooper: "That's a good question. *(laughing)* I don't really know how to answer, but I think we should just go out and do our thing and stay within our offense. We have a pretty good O-line, pretty good quarterback; we're good all around."

Q: What do you think that having Marshawn Lynch back is going to do for you guys?

Cooper: "Marshawn is a great player, a great running back, a really tough runner. He adds value to our offense."

Q: Derek Carr said he wants a greater intensity in practice and meetings. Is that something that you've been able to sense this week or is that something that you think will be beneficial?

Cooper: "Yeah, I definitely think it will be beneficial, just being more locked in, like he said, bringing more intensity. Maybe it'll help us turn things around."

Q: Is there a sense that as you start the second half that it will take big run to get back into it?

Cooper: "Yeah, of course. If you just look at the numbers, you pretty much have to get 10 wins to get into the playoffs, sometimes more than that. So where we're sitting at now, we can only possibly get 11 wins, so of course we're going to have to stack up these wins."



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Q: Who was your favorite Dolphin growing up?

Cooper: "I had a couple different favorites. Everybody used to like Ricky Williams. Of course he was a great player. Chris Chambers because I'm a receiver. Zach [Thomas], Jason Taylor."

Q: You're too young to remember Dan Marino and those guys?

Cooper: "Yeah, I didn't see him play. I didn't get to see him play in person. I'm too young."