

Head Coach Jon Gruden

Opening statement: "Good morning. I'll be happy to answer any questions. We're excited to go to London. Got Greg Olson, offensive coordinator, he leads the league in London trips, so he's going to be my tour guide."

Q: Will you have time to do anything over there?

Coach Gruden: "It'll probably be mostly just football. I think the length of the flight, probably get over there on Friday and mostly just recover with the players. Get them to stretch. Get them a little something to eat. Get their blood pumping. Get a walkthrough. Then Saturday the day before the game, a lot of review. There won't be a lot of time for sightseeing, but I'll try to sneak out and make some friends."

Q: Are the players looking forward to the trip to London?

Coach Gruden: "I think they're excited. I can't speak for everybody. You'd have to ask them. But I think it's a great opportunity to see the world and play football. How good does it get? They get a bye week after this, so hopefully they all look at it that way, positively."

Q: Is there a concern that the Seahawks are getting there 24 hours ahead of you?

Coach Gruden: "No, not really. We've done our research. I'm sure they've done theirs. I've never done it. I'm just going to trust our preparation was the right thing and we'll go play them."

Q: This is a different role for Doug Martin this year. Is there a challenge for him to be called upon when the carries have been pretty sporadic?

Coach Gruden: "Yeah, it is tough. It's tough on him. We've given the ball to Marshawn [Lynch] a lot. I'm sure we've been second guessed for that a little bit, but Marshawn is running really well. We didn't run the ball much last week for obvious reasons. Had some struggles, had some penalties and didn't get the ball very often. Doug has been a real pro. I think he also understands that Jalen Richard is really a great back also. I said it earlier, I'll say it again, that's the strength of our team. That group of backs has really been solid. It's a credit to Doug, though, for maintaining his poise. I think he knows he'll be ready if needed."

Q: Is it cool to see Sebastian Janikowski out there kicking after 18 years?

Coach Gruden: "Yeah it is. It really is. I remember like yesterday when we drafted him in the first round. Had some really fun times with the Polish Rifle. It'll be good to see him again, no doubt."

Q: How much do you rely on Marshawn for locker room leadership?

Coach Gruden: "Yeah I do. I relay on all of the veterans. That's why we've acquired a lot of these guys in our first year here. To come in here and lay the foundation of work ethic, professionalism, durability, commitment, toughness. He represents all of that. We lean on him. He's not the most vocal guy, but when you ask him, he'll give you an honest answer and I respect that a lot."

Q: What do you want to see from Gareon Conley to rise up in the group?

Coach Gruden: "I just want to see somebody rise up, consistently rise up, stay up, honestly. Whether it's Conley or [Rashaan] Melvin, any of them. We have to get a couple of guys to really step up, choke this opportunity and make it clear and concise who the top guy is. You have to play better. You have to play consistently better. He's got to be more physical and he has to continue to get more experience. Everybody wants to see Charles Woodson out there. He's only played five games. He's like a rookie. He's going to continue to learn, get better. Again, he missed most of training camp and almost all of last season. You're not seeing the finished product yet."



Q: How is Kelechi Osemele progressing health wise?

Coach Gruden: "I think he'll be questionable for the game. He did some yesterday. We'll see how it is today. If he can't go, we'll go with [Jon] Feliciano again. We'll have to rearrange our short yardage and goal again."

Offensive Coordinator Greg Olson

Q: How many times have you been to London? Do you love it there?

Coach Olson: "I know it's seven for sure, maybe eight. I enjoy the trip, really. I think it's good for team bonding. It's good to get away for a little bit in a long season. I think it's great this time in the schedule, Game 6, I think with the four preseason games it's the half way part of the season. I think it's a real good time for the team to bond. Get over there, be away from any distractions and just a good time to be with your teammates."

Q: You've gone over there for the whole week and gone over later in the week. What are the different challenges?

Coach Olson: "I've had success in both, and failures in both, so always trying to find what's the best way to do it. Again, I've done it both ways and have won and lost doing it both ways. I personally prefer going over on a Thursday. Make it a quick road trip there but either way has worked. I prefer the way that we are doing it."

Q: Is there any concern that the Seahawks will be there 24 hours earlier?

Coach Olson: "No. Again, to me in my experience of doing it and seeing how other teams that we've played have done it. Every team is different. I think it was good for our players to be here and rehab and rest here and be in there on bed and have a chance to sleep. We started by having an early week. They actually are going to get an extra day of rest Friday on the travel day and tomorrow night so I think we will be fresh and ready to go. I like the way that they set it up, our trainers and our strength staff, and coach set it up this year."

Q: Going up against the Seahawks a bunch of times... Are they still same type of defense even with all the personnel changes?

Coach Olson: "This is a trending type league and really when I first got into the league Tampa 2 was a big defense a lot of teams tried to replicate and had success with. The Seattle Hawk 3 defense now you are seeing it obviously Gus Bradley in Los Angeles, when the Seahawks started it there, and you see the 49ers are running it now. A number of teams are running some form of that, so it's gone through the league. The more you see it certainly the more ways you have a chance at looking how to attack it. It's difficult to prepare for it. It's a good scheme and credit to those guys who have implemented it."

Q: What kind of a challenge is it for Doug Martin to come in off the bench and be ready to go without the sustained carries?

Coach Olson: "A lot of that is because of the guy he has in front of him. He has a tremendous amount of respect for Marshawn Lynch, as do we as a coaching staff. His carries will come in time. I think he is a patient football player, good teammate, very supportive and when he has had his chances he has done will. He'll be okay, and we will go with that formula as long as Marshawn continues to run like he runs."

Q: Amari Cooper has had a pattern of really big games followed by small games, what do you see from him? Is there something he can do better?

Coach Olson: "Again, it's on all of us really – finding ways to get him open and him working to get open. I think it goes both ways and there have been teams that have tried to take him away and we've worked on other matchups. It's a game of matchups. Certainly we like him as a wide receiver and every week we will



install plays to take advantage of those matchups with him. We feel really confident in the guys that are surrounding him as well. Each week it's going to change, not to say that he's not going to be targeted, because we're always going to have a certain amount of targets for those top-3 guys and he's one of those guys."

Q: Derek Carr has usually protected the ball pretty well. His interceptions are higher than usual this year, what do you attribute that to?

Coach Olson: "Again, first year in the system. He's on his fourth coordinator now in his time in the league and I think it's a comfort level in the system. I'll say that. And it's a matter of sometimes pressing. But, for us right now, certainly trying to get him to calm down and play in a more relaxed type of mode so that he doesn't feel like he has to press to make plays. When you look at some of the turnovers he's had this year, he's been pressing, trying to make a play. Again, we like that part of about him and he's a competitive guy, he wants to make every play. Just making better decisions moving forward."

Q: Is that what you saw in the three red zone interceptions?

Coach Olson: "Yeah, especially at that time. Last week obviously, first-and-goal, at that point there's no need to press and make a play in that situation. I really believe that he's a competitive guy and thinks he can make a lot of plays and a lot of throws. Just need to get a feel for what throws he can make in this system."

Q: What do you need to see from the offense in order to have a big game together rather than just individually?

Coach Olson: "The Cleveland game is a great example, to me, of complementary football – really with defense, offense and special teams and players playing together. The receivers in that game, they complemented each other. But we'd like to think the run game will complement the pass game and vice versa and try to get all of those guys involved in it. The more we get involved in it and the more we can spread the football around both in the run game and the pass game, then certainly the more explosive type offense and we'd like to see the scoring go up because of that. I think if we can find ways, offensively, to spread the football around and be more balanced in terms of who's got the touches and where the targets are going to, I think you'd see a more explosive offense."

Q: Coach Gruden said that you are going to be his tour guide while in London even though you will not have much time there...

Coach Olson: "(*laughter*) You know Jon, he doesn't have a lot of time for anything. So, it will be all football I'm sure on the plane ride over as well as the trip there."

Q: Have you had time on any of your other trips to explore?

Coach Olson: "I really haven't had a lot. Sometimes when we've gone over a week early, teams I've been on, they've set things up to go to downtown London and see some of Piccadilly Square and some of that. Done a little bit of that and I know they've done things in the past when players have gone on different tours, but nothing planned."