



2018 NFL London Games News Conferences: Seahawks vs Raiders

October 14, 2018

Wembley Stadium, London

Jon Gruden

Oakland Raiders

JON GRUDEN: I'd like to thank everybody here in London for their hospitality. Although the game was obviously lopsided, it was a great experience. I'll be happy to answer any questions I can. Obviously, Seattle took it to us today, and we got a lot of men injured in this football game, but I'll update you the best I can.

Derek's going to be okay.

Jon Feliciano, being examined for some ribs. He was our backup left guard. We lost him. I believe fourth or fifth play of the game.

Amari Cooper, evaluated for a concussion. That's the best I can do right now.

Q. Seems like the offense -- Derek had a conversation with you --

JON GRUDEN: Wanted to stay and play. I made the decision if we did get the ball back, we go to McCarron. There's too much fire today. Too much fire around the quarterback. Credit the Seahawks, and we've got to do a lot better obviously.

Q. How do you address that going forward?

JON GRUDEN: We're going to have to do the best we can to find five men that can collectively pass protect much better, and that's what we will do.

Q. When you go into a bye, given what's happened, do you now sit back and say that this is more of a rebuild than you thought?

JON GRUDEN: I'm not going to get real deep right now talking about that. We know what we have to do here, and I think I said yesterday or two days ago, we know we have a ways to go here, and today was a tough one.

Q. Seemed to run the ball the first half.

JON GRUDEN: Yeah, it's tough. You know, when you kick the ball to them and they possess it for almost one-half of the first quarter and come away with a touchdown, it's a bad way to start. We did not play well today. That's for sure.

Q. Coming in, you discussed how they -- how well they had been running the ball, and yet they came right out and that's what he did the first seven plays -- run the ball and having consistent success. What do you attribute that to?

JON GRUDEN: We had a couple chances to get off the field. They ran the ball. They converted some third downs, a big one down in the red zone. I don't know if we were lined up properly. They are a good football team. They have a quarterback that is such a threat if he keeps it. You don't know if he's handing it or keeping it. He neutralizes the back side. He's done it for a long time.

I think Duane Brown, I think their offensive line showed some good stuff today. Justin Britt is a fine football player and Carson is a good back and Rashaad Penny is a good back. They have some things going for them. They scored 30 points and ran it well last week on a film I saw.

Q. When you go back and see that Cooper hit, what was your initial thought?

JON GRUDEN: I thought so, too. I think the big thing right now is I'm just hoping Amari is okay. I'm not going to say anything else. I just hope he's all right.

He's a great kid. We had a big completion to him early in the game; that, too, was called back. So any time we got anything going, it was either called back or we got a sack, and losing Amari Cooper the way we did, I just hope he's okay.

Q. Do you think you can build a winning team here with the players you currently have on the roster?

JON GRUDEN: We are going to continue to build the team. I've only been here for six or seven months. We've got some players hurt. Karl Joseph, hopefully K.O. can come back after the bye. We lost some men today and hopefully they can heal up and play as well. I'm not going to say anything other than that. We know we have a ways to go here.

Q. What did you think of the experience here at Wembley today?

JON GRUDEN: That was a great thrill for me to be here personally. I'll be honest with you, I got excited getting off the plane. I thought being at Wembley Stadium was, you know, one of the cool moments I've had as a coach.

Unfortunately, I'll always remember it in a bad way (chuckles) if you know what I mean.

Q. What was the plan offensively coming in? What were you trying to do?

JON GRUDEN: We were trying to score points. We were trying to move the ball. We got the ball. We wanted to run three consecutive times. We wanted to get Marshawn going. We ran three different types of runs and all three of them were rejected. We wanted to get him in the game. We wanted to get him established. That was the beginning of the game, and then after that, we were trying to make a first down and survive. It wasn't pretty.

Q. The fire that Derek was under, sacked five times; what did you make of his protection and your perspective of what you guys were going through physically up front?

JON GRUDEN: Well, it really wasn't close today. You know, we didn't get an opportunity to step up in the pocket and go through progressions. It was closing in quick. You know, Derek was on the run a lot and he got hit too much. We can't allow that to happen. We just can't do it.

Q. Do you throw all that --

JON GRUDEN: Yeah, I mean, he wanted to compete. He's tough. He moved the team at times, but you know, we were just so wildly inconsistent. Not much of a chance.

Q. Were you happy with the players' effort today?

JON GRUDEN: I have no problem with the effort. No problem at all with the effort. Even to the very last play. You know, I'm pleased with the effort. Very proud and pleased at that.

Q. The rotation at corner all season, seems like you guys settled in terms of Worley. What was the plan going in?

JON GRUDEN: Worley is a good player. Worley is going to be a starter here. He's a guy that's really established himself as a true corner for the Raiders.

And Conley is still a young guy. We're going to reiterate that over and over. His career is just getting started. He had a couple plays last week that he's got to get better and improve at. He will.

Next week after the bye, hopefully you'll see Nick Nelson who is completely healthy, our fourth-round pick, so now we'll throw him into the litter and I'll really confuse you guys.

Q. Would you say that a game like this, you mentioned the other day that you had seen more rookies and you mentioned Nelson just now. Would you say a game like this accelerates the plan?

JON GRUDEN: I told the rookies after the game, don't forget this. Just because you're in the league doesn't mean it's going to be a pleasant experience.

You know, you can get your butt kicked in this league, and you know, I want the rookies to take advantage of this playing time. They all know: They have got to get stronger, they have got to get faster, they have got to become better students of this game, because it's tough going up against guys that have played this for a living for seven, eight, nine, 10 years, especially a world champion quarterback.

We are going to continue to try to get some young guys experience, but most importantly, we're playing our best players, just so you know. We're not just playing rookies for the heck of it.

Q. Couple of short runs?

JON GRUDEN: Yeah, he didn't punt the ball well enough. Conditions, you know, it was the first time I think Johnny Townsend has seen a raindrop since he got off the plane. We haven't had a wet day here in Alameda.

Really haven't had any rain since training camp. I don't know if the slick field or whatever it was had anything to do with it, but got to punt the ball better. You know, got to do everything better, and it all comes back to me.

Q. The hit McDougald put on Amari Cooper -- I'm with you, I hope Cooper gets better. But as the league legislates tackling rules, do they require the players to wrap up versus launching their body with shoulders and head? Do you think that would make a difference in the safety of players?

JON GRUDEN: You know, I'll have to take a good look at the play, okay. I don't want to say anything, really, other than what I said already. I think we're doing everything we can to make this game as safe as possible, but it is still very physical at times and I have nothing else to say about it right now.

Q. There was a report this morning, you guys are shopping Amari Cooper. Any truth to that?

JON GRUDEN: I don't know. I haven't heard that. I'm not -- I'm not -- you know, I'm just sorry to have to deal with a lot of these reports. I just hope Amari is okay. Like I said, he's going to be a big part of our pass offense and we'll see what happens here. Hopefully he's all right.

Derek Carr

Oakland Raiders

Q. How would you describe how the line did?

DEREK CARR: They did a good job, obviously. They had a good plan for us and they were able to get to me a little bit, and once they got the lead, obviously that defense, we've probably talked a hundred times.

Playing that kind of defense, they get really soft and they will not let you throw the ball down the field. There were times I thought our O-line did a great job. I think they fought their tails off, and I was able to look for things downfield. They were just playing so deep, abnormally that, we had to check it down a lot, and that makes it tough on the O-Line.

I think there were a lot of circumstances that made it tough on them, but I'm not worried about them at all. It was a rough day. It was hard.

Q. You got a third string left guard, right tackle, injured -- how much did that play into --

DEREK CARR: We're human, right. You know, I think it makes it hard. But again, you know me: I will never make excuses. We got our tails kicked, and we have to own it, and we will.

But you know, injuries are part of the game. I think everybody is hurt in the NFL, somehow, some way, this time of the year. You got pads on. It's next man up and you know, we're going to roll with you.

Q. Going into a bye, is there any point in your mind that --

DEREK CARR: I hope not, you know what I mean. This is my fifth year. I don't -- we don't like it, you know. I feel like we've done that a little bit, right. Nobody likes to do that.

But at the same time, I'm going to lead the heck out of this team, all the way. There's no game I ever go into thinking that we're out-manned or can't win or things like that. You know that.

This being my fifth year, you want it now. You want everything now. I know our fans want it now. Our players, our team, our coaches want it now and trust me, we are trying to do it now. But we've got to take this bye week, look at what we can do to play better right off of this bye week. What can we do to win that game and that's where our mindset has to be.

Q. What happened on that play where you came up --

DEREK CARR: Yeah, I don't -- I don't know exactly what happened. I got hit and then felt like someone else landed or hit me, and it just was a little bruise. I'll be all right.

Q. After that, looked like you were talking to Jon, maybe going back in -- were you ready to go back in if you had got the ball back?

DEREK CARR: I think I wanted to, you know. You know, I think that's the right word; I wanted to go back in.

Coach said, "Absolutely not." After he saw that, he -- he just wouldn't let me. You know, it was more him, and I begged him, for a solid five minutes, you know, just because -- and more so, it happened last year in New England. I think it was in Mexico. Hurt my ankle or something. It's just like, we're getting beat, and it's like, man, I want to finish with my team. Like that's the worst is not being able to finish with

your team, you know, I think.

Losses happen. Bad things happen. But not being able to finish a game with your team, especially when you're losing, man, that will rip your heart out. No matter how I feel, I wanted to finish. But Coach, it's his job. He wanted to protect me, that's all.

Q. Do you understand the decision? If you were a coach, would you have told you no?

DEREK CARR: A hundred percent. I think about that all the time. Both my brothers are coaches, and things like that happen. As a player, you always are against it, but when you're on the other side of things, you obviously agree 100 percent, it makes sense, right, especially with how things were going.

Q. Are you surprised there wasn't a flag thrown on the helmet-to-helmet?

DEREK CARR: I was. I asked, obviously. I felt bad, so bad. I saw the guy try to get it to him quick, and then just the way it happened, the play went prolonged. I didn't really see how the guy hit him. I can't stand here and say I saw exactly hit in the head or anything like that.

I just saw the outcome and I tried to defend my teammate. I ran over there and was yelling and all that, but I can't say for sure I saw it, right. But I just wanted to protect my guy. You know, and so that's all I was trying to do. I wish I had a better answer, like I really saw it and had a -- I'd tell you, but I just really didn't see it, how he hit him.

Q. Jon said he told the rookies not to forget this day, this feeling. What do you tell them about how to use this moving forward?

DEREK CARR: That's the thing with us veterans. We understand where we're at and we understand we've got a lot of young guys playing and things like that, and it's our job to encourage those guys because it's so easy in this league to let something like this happen; how the year has gone. People beating down on you, thinking, saying this, doing that, and to just go in the tank and just say, we're done. That's not what we do in Oakland. I know that. I know that's not how we do things.

I've been a part of things like this where it's hard at first, but I tell them all the time, I promise you, when we're on the other side of this, it will be so worth it. Do not hang your head for a second.

I'll text the young guys. I'll make sure that they are all right. I've been through my fair share of things like that. I don't know, I guess I'm calloused, but it happens. But we're going to be just fine. I know that we have the right coaches. We've got the right pieces and building that culture how we want it. You know, we've just got to get those young guys experience, right. That's all it is.

Q. In the next ten or so hours it takes to get back to Oakland, going into the bye, what's the right mindset for this period ahead?

DEREK CARR: Well, I think I feel a cold on, so probably some NyQuil. That will probably work to go get some rest on the flight, right.

And then the mindset is what my mindset is every time: I promise you guys, you guys probably hate me for saying it. My mindset never changes, loss, win, I don't change. People may get frustrated. People may get really up, really down.

I honestly, I get excited. It beats me up. It hurts my heart to lose. It hurts my heart for our fans, for the ones that traveled all this way, right. Think of it -- in a human sense, right. A lot of people traveled all that way and we just got beat like that. That hurts me. That is painful. But it doesn't change the way I work. It doesn't change the way I play.

I listen to my coaches. He tells me: You did this good, you did that good. Now do this better, do that better. That's what I do, no matter what, whether we win 12 games or we sit here 1 and whatever. We don't change and I know that our leaders don't, either.

Q. Have things gone back in the right --

DEREK CARR: I think obviously because we're losing. When you're losing, everything feels like, oh, my gosh, it piles on, it does. Emotionally, right. But when you look at -- I mean, I can get into a situation in the game, all those kind of things, but we got beat. They just physically beat us.

And so when we look at that, you sit there and say, you know, well, how do we fix that. I'm sure we'll have some pretty physical practices. I'm pretty sure that Coach will have a plan for those kind of things, right. But in our mind, you know, maybe on the people outside, yeah, oh, the backward, loss, loss, that's backwards, right.

But in our head, we are only looking, well, what do we need to do better. We need to do more physical in practice. What do we need to do better here: Throwing it that way; throw it that way. Running it that way; running it that way. And I promise you, that's how Coach Gruden is, that's how I am, that's how our leaders on defense are.

We're going to see what we need to do and just keep pushing forward. That's the whole thing, man, is you run into that wall and it hits you. You're right there and you've got to keep going through it. You've got to keep going through it till it falls down. I've been a part of things where we've gotten to do that and the feeling of doing that is unlike anything else.

Q. What exactly was it like, guys coming in, guys there, banged up as they were --

DEREK CARR: Those guys, they literally work out, get up early, put their bodies through what they go through to protect me. I promise you, they didn't go out there and want to screw things up or a mistake or have a mental on purpose. I promise you that they didn't want to get physically beat up on a play and get me hit and things like that.

I know that, and I love those guys. I will never complain. You can hit me a thousand times, and I'm never going to complain about those guys, because their whole job is they want to keep me up right. They are sick right now, you know, when we're in there getting dressed, you know, "I'm sorry." Don't tell me sorry. We're good, man. I'll never be mad at my offensive line.

I think the thing is, we had a couple young guys that saw some things, they saw a physical level of play today that the NFL is like and has leaders and as veterans, me, Rodney, Gabe, K.O. when he's back, all those things, we're going to help those guys, so much and we're going to be all right.

But you know, never -- I'm sure they don't feel good, right, but it's our job as leaders to encourage them and let them know, hey, we need you, right. Whoever had -- like I said earlier, whoever has the pads on, it's next man up and we're going to need whoever that is.

Q. Changing the culture -- didn't you change the culture a couple years ago?

DEREK CARR: Man, we did, right, from what it used to be. I can tell you where we're at right now is completely different. Just from the way that we would practice, from the way guys would come in late to the building, from the way guys used to, you know -- their effort level in everything was terrible, right.

Then when we came in, we said, we want to change that, and challenge legal, our whole class, we said we're going to practice. We're already doing those things.

Now it's this mental side where all these young guys got to learn, hey, man, you've got to learn what it takes to be excellent every day. You've got to learn that when your number is called and you head out there on that field, you have to play on that guy's level who just got out of the game. We won a whole bunch of games and those kind of things and fell apart, but I definitely think where we're at today, compared to my rookie year, is night and day, I promise.

David Moore

Seattle Seahawks

Q. Are you guys having a good time?

DAVID MOORE: Yeah, in practice, that's all we talk about, what is going to be the next celebration, what is going to be the next celebration. And the one thing we always preach to each other, no matter what happens tonight, just always have fun.

Q. Running into the barricade there, how big a hit was that?

DAVID MOORE: I didn't see that coming at all. I don't even know why I was back there. Kind of figured just because it was hard. It hurt a little bit, but I looked up and just saw the whole thing, and I was like. Oh, shoot, just take it, just take it (laughing).

Q. When you took your helmet off did you think you were hurt?

DAVID MOORE: No, just my chinstrap was all over my face. I had to take it off.

Q. Halfway like that --

DAVID MOORE: Well, the main thing that Coach always tells us is no matter what, finish the play. I didn't see what happened with Russ or anything. I just saw him step up in the pocket, and usually that means he's scrambling. So that's a scramble drill like we always practice.

Q. The last two weeks, the way the offense has played well?

DAVID MOORE: We feel great as a group. As a whole, that's one thing we always want to do is just get this thing rolling. It seems like we've found ourselves, so we're just going to try to keep going.

Q. What do you think of the trust between you and Russ now?

DAVID MOORE: Just practicing every week, every day, and just doing what we do in practice, and just trying to take it over to the game.

Q. I guess you're not a fan of the ad boards in Europe?

DAVID MOORE: No, no.

Q. Did you expect what you saw?

DAVID MOORE: Kind of saw it last second, and I didn't think it was that hard until I hit it.

Q. There were three different wide receivers that caught touchdowns, how satisfying was it to spread it around the group like that?

DAVID MOORE: Man, we love it. That's all we talk about, honestly, I'm telling you. Every time we say we're going to celebrate, no matter who scores, no matter what happens, just get the touchdown dance going.

Q. Has anything changed from the last game, anything different?

DAVID MOORE: No, man, just the preparation we take going into the game. That's all that really matters.

Q. What was the atmosphere like out there? It seemed like most of the crowd was a Seahawks crowd?

DAVID MOORE: Yeah, it did seem like they were Seahawks fans out there. Felt like we were playing at

home, with the rain, and the weather and the fans just being loud, that keeps us moving.

Q. Always feel natural with the jump ball?

DAVID MOORE: Just the same that we practice all the time.

Q. What's it say about the fact that you've been able to keep this team going?

DAVID MOORE: Me and Chris talk to each other, and all we talk about is no matter what round you go in, no matter where you come from, just show them that you belong, and just keep producing.

Q. What's it mean to come all this way and get the win?

DAVID MOORE: It means a lot. That's what we wanted to do. We wanted to come out here, get a win, and have a safe flight home. Just go in to the bye week with a W in our heads.

Pete Carroll

Seattle Seahawks

PETE CARROLL: Well, my first thoughts about this was this whole ordeal of coming over here and the trip and all of that, I'm so proud of our players and all of the support group that made this travel and the whole way we functioned so smooth. We had a great time. It was like going to a college bowl game, and our players' attitude about it was incredible.

They practiced hard, they worked hard, they rested well, they did everything. They did a little bit of sightseeing, but didn't do too much. That led us up to the game, and as we got closer to the game, we realized how much energy there was for the Seahawks here. That was a great crowd. Somebody said it was the biggest crowd ever.

Playing at Wembley was great. Anybody that says anything different, I don't think they know. The turf was really taken care of, and there's been a lot of issues talked about that, and the turf was great, even with some rain today, it held up fine.

So the whole experience culminated with the game that we played a really complete football game just makes it a special week.

So we're heading into the bye, feeling pretty good about that. We've put together really four weeks of pretty good football here, and I like the way that we're playing, the style we're playing with, how physical we're playing, accented -- we ran for a bunch of yards again today and finished the game on offense, running the clock out exactly how we love to do it.

So I'm just really pleased with where we are right now taking up to this break. We needed to be better, but we made the most of it.

So a lot of guys played well. The defense played a great game today, allowed under 200 yards and all. We should have had three turnovers or four turnovers in the game, which is a huge deal to us. We wind up plus one, but the ball was out all day long and on the field. So we had some great chances at it, which always gives us a great chance.

So you run the football, you take the ball off, and you play good, hard-nosed ball across the board and you're going to have good days.

Russell had a couple magical plays moving for touchdown passes. We were really good on third down again today, and again, running the ball for 150, and just one sack, that's a big day for us on that side.

So, there's stuff everywhere. Frank Clark had a great game. Two and a half sacks, two forced fumbles that we recovered, and that's enormous, and he got sick in the second half. He couldn't get back out there, he'd have gotten more. He was really playing. So really pleased with the whole day and the whole event of this week being here.

It felt like a home game. So we'll come back again, I'm looking forward to it.

Q. Were you a little surprised?

PETE CARROLL: Yeah, not only were they so much for us, they made it hard on the other guys too,

the other team. So for whatever reason, I know that Germany supports us well, and the people here in great Britain supported us well. I'm sure there was a bunch of other people that came in as well as our own fans that made the trip. So really grateful to them. They made it a really special event today.

Q. Went through a lot last year?

PETE CARROLL: Say that again?

Q. Frank went through quite a bit last year.

PETE CARROLL: Frank's been playing great football. I don't know how many sacks he's got overall. But he's been on it, really aggressive and on the attack. More importantly, I think I probably said this to you a little while ago, he's just turned his outlook in a really, really positive way, and he's playing as a great teammate. He's so strong and so supportive with his message, his effort daily, every single day that he practices out there is great.

He's taken a leadership role, really reminiscent of some of the guys that were here before. So almost like he's picked up the mantle and made a statement about that. By the way, it works. Not so much about what he says, it's about what he works. His message is good too, though. So Frankie's doing great, and I'm really fired up about him.

Q. Besides Frank, who else led for you?

PETE CARROLL: Everybody was hot. Everybody was going. All the fellas up front. J. Reed continues to do stuff. Q. Jeff got in there. I thought Jacob Martin looked particularly quick on coming off the edge, it was great to see him get some pressure. He wasn't always able to get there, but he was part of the problems for them. That really was kind of the story for the day was our ability to rush the passer, and it was great to see those guys get that kind of day.

Q. Did you feel better prepared than the raiders

PETE CARROLL: I have nothing to say about how they did. I don't know what they did. What we did worked out great. We felt the stages of the recovery, and the guys just mentally just did not let it affect them, and we made it through it.

We felt, really, I think everybody felt great today, which is the whole point. So our guys who set up this whole thing, Matt Capurro, Jeremy, and Eric Kennedy, and those guys that organize the whole thing, did the science behind it, did the science behind how we did this, I think it was impeccably done.

Really the place we stayed -- I don't mean to be selling all this stuff, but it was great. The Grove was awesome, the food was great. They took care of us across the board. The facilities were beautiful, so this was just an amazing week. It was really like a big-time bowl game. I've been to a few of those, and this is what that was like. And I'm fired up about that.

Q. All your receivers had a bunch of catches.

PETE CARROLL: Yeah, what stood out to me was the variety of ways we made yards throwing the ball. Russ did a really nice job finding a couple of guys. He found David and found Tyler moving out of the pocket. He had really good timing in the pocket, and then had the second shot at making a play, and he's dangerous when you give him that chance.

I thought Doug had a fantastic second half. I mean, he had a couple balls that almost hit him on the bum. Just missed him on the one down field. But all in all he played a great football game. He really looks like he's back and ready to go, and that's a big deal to us.

Q. You've held in check four good running backs in the last four games. Is that important to your

recent success?

PETE CARROLL: Absolutely. Yeah, it's always been the hallmark of what we've done in the past. Stopping the running game is so important. We gave up some yards in a couple of these things, kind of peripheral stuff. But the good backs, as you talked about, we've faced some really good guys and our guys have taken that challenge. That's how it fits together. It's stopping the run on defense, no big plays, which we were able to do today. And then you circle it in with running the football like that, and that attitude that prevails, that makes us the Seahawks, and that's what we've been after forever.

It's been a while, really. The last couple years it's been hard to find it. We've had so many issues with our running back situation and what's going on up front. But that's not our issue anymore. We're in great shape, and Duane Brown and Fluker and Britt and all those guys are doing a fantastic job up front. Sweezy's been a great addition for us, and Ifedi is doing well too. So, fired up about it.

Q. Do you see a personnel change?

PETE CARROLL: No, Mike and Brian Schottenheimer have had a lot to do with that. We have adjusted scheme-wise, and we made that well known that we were going to change some things that we were doing. There is a lot of the old. There is some really great new stuff that we're doing. But for the most part what has happened is we've come together with how we want to play, and that's really clear.

We don't mind saying we're going to run the football. And we like to be the most physical running team in this league, and we'll keep going after that. We don't know what that is, but that's the intention, keep pounding the football.

So Mike has melded really well with his guys. Fluker has been a great addition and Sweezy. Those guys are the difference guys from last year to this year, and they're both really physical, and really attitude-wise they're perfect, and they give us a chance.

It doesn't hurt when you put George Fant in there at 320 pounds at tight end. It's about as big as you can get, so it's fitting together quite well.

Q. You had an interesting day with your tight ends with Tyrone and all that.

PETE CARROLL: Yeah, thanks for bringing that up. It was a nice job. Nick couldn't make it. He just kind of digressed as the week went on, and he couldn't play today. So Darrell Daniels got a chance to get in there for the first time with some real focus, and then Swoopes came through too. Made a big catch for us, and of course adding George in was a really nice job to get those guys rolled in there so they could contribute in a big way.

Q. Everybody's always talking about football?

PETE CARROLL: Well, it's obvious that the people here love football. I mean, you can't turn out like that. That's an incredible crowd. It's a big crowd. Maybe the biggest crowd we've played in front of. I don't know. It's a huge crowd. But they had a blast.

I mean, they weren't just there. They were part of it. They contributed. They were involved with it. They were classically there early and having fun with the guys coming off the field and all of that. This would be a great place to have this home-field advantage. So, you know, whatever the league figures out, I don't know. But, it looks like it's set up to be the right -- it's a great venue.

Q. Russell Wilson's play?

PETE CARROLL: I thought he did fantastic. He played with his pass protection today really well. He was able to use it and find stuff, and just missed on the bomb to Doug, which was another great pass pro play for him to give that look and that shot. So these guys are doing a nice job.

I don't want to say the number, but the first couple weeks the sacks were horrendous, and we've come back in the last three, four weeks here and totally flipped it. And you can see, when we make those kind of conversions on third down, what was the number today? 9 of 13. When we're in that kind of mode and we mix some runs in there to get that done, I like us. I like our chances of winning football games. I don't care who we play.

Q. That was your 91st win.

PETE CARROLL: Mike deserves having that, I guess. I don't know. I don't care.

Q. How do you feel about where you are?

PETE CARROLL: We can all sit here -- those following Tuesday, you can see, we've totally changed. We should have won last week if we just would have handled our best and taken care of it. We would have had four in a row, and it would have been obvious we're on a role right now. But we can feel it, the players know it, and their attitude is fantastic.

We've had very good fortune health-wise. You know, the tight end thing, Ed dixon's going to be coming back to us. It will be great to see him come back. And we have a chance for JD McKissic here in a couple weeks as well. We made it out healthy today as well as last week. So all of that adds to the momentum and gives us a chance to get moving.

I don't know who we're playing next yet, but we'll get back in two weeks from now, and get ready to go and put together another game. We're just going to pick up where we left off. That's the whole idea.

Q. Trey Flowers – was it just cramps?

PETE CARROLL: I don't know. He cramped up. I didn't know that.

Q. Does a unique experience like this bring a team closer together (Indiscernible)?

PETE CARROLL: Yeah, we've already come together, and I think what we did today is we celebrated it. We embraced this challenge, and the guys attitude was perfect the whole week, throughout the whole thing. Everything we threw at them, every challenge of what was coming up, they were perfect about it.

This team has already come together. These kinds of opportunities though are always special, and they add to it, and they add to it. They had a great time in the locker room. They're so fired up. As tough as this trip is going back, they're going to have a great time on it and with it, and it will be as good as we can make it.

There will be a lot of guys cramping up, I'm afraid, but, yeah, it just adds to it, and gives us a chance to feel really good about going to whatever the next challenge is.

Russell Wilson

Seattle Seahawks

RUSSELL WILSON: How you guys doing?

Q. How was the crowd?

RUSSELL WILSON: The crowd was impressive. Just to come all the way to London, I noticed when I came here this summer, Ciara and I came here this summer, we noticed all the fans and the people and the energy around football, around the Seahawks and all that.

But to come out here, you know, it was an amazing experience. It was kind of a, you know, it was kind of a Super Bowl atmosphere, really, to be honest with you. The energy was amazing. It was loud as could be. You know, it was just an amazing, amazing atmosphere in front of an amazing crowd at an amazing stadium in Wembley. So much history and tradition, and to come out with a huge win was huge.

I think, too, just to see how many Seahawks fans traveled all the way from Seattle to here, and just how many fans around the world. There were fans from obviously, London, Seattle, New York, Germany, all these different places to come see us play. And you know, the Seahawks fans travel the best in the world. It was just an amazing experience to play here in London.

When you're a young kid growing up, you know, when I was a young kid growing up, I never thought I'd be playing football in London, but now the fact that it's real and the fact that the NFL is growing worldwide and how much that means to the sport and everything else, and how the fans can really get into it around the world and the more they get to see, the better it's going to be. It was an amazing experience. Just an honor to play here and get a huge win for our team.

Q. What changed the most since starting 0-2?

RUSSELL WILSON: I think the thing is we're staying on schedule on offense. Defense continues to make great plays. You know, we're lights out most of the time in the red zone. We're making a lot of plays. On third down, we were great tonight. Lot of great things happened.

So I think that we're just -- it's a process, it's a journey. You just continue to mold it up and get it right. We're right there. I think the offensive line is doing a tremendous job too give me enough time to make some plays and guys getting open, and just doing a tremendous job of doing that.

Q. How do you feel about heading into the bye week?

RUSSELL WILSON: Yeah, we're fired up about what we can do and where we're going. It's one game. One game doesn't matter. You look at the journey and go ahead. But to look at the bye week on a tough, tough challenge, coming all the way to London, I thought our coaches and our organization prepared us the best way possible for us to come here and be ready to roll. Every guy took on the challenge and the opportunity and looked at it as an opportunity versus a problem, and we looked at it as, hey, you know, let's go bond, let's get together. Let's go prepare at the highest level and be great professionals and do what we do best and find a way to win. We were able to do that, you know.

I thought we had great practices all week, I thought the flight over here was great. Everything was just top-notch in how we prepared. And I think that showed on the field.

Q. Can you talk about the development of Jaron Brown?

RUSSELL WILSON: Yeah, I think J. Brown's doing a tremendous job. He's getting open, making plays. He had a big touchdown early on in the game. Kind of looked right, wasn't there. Came back left, he did a nice job sliding in the side, Boom, touchdown. You know, so he's making some key plays.

I think a lot of our receivers are doing a lot of great things as well. So it's exciting to have the plethora of receivers that we have and the talent that we have, and the skill positions making plays across the board.

Doug Baldwin really came alive tonight in a big way. I think that we were able to really look for him and find ways to get him the football. He's an electric one, one of the best receivers in the National Football League. Tyler Lockett's been doing it all year.

I think everybody's making plays consistently, and that's the exciting thing, you know. David Moore scored a touchdown, scramble play, how he spun out and got open and all that. So his awareness is tremendous. A lot of guys touched the football tonight, and I think it starts with the offensive line giving us enough time, being as physical as they are across the board. From Duane Brown to Sweezy, all the way to Britt, to D.J. Fluker, to, obviously, Ifedi out there on the right tackle too giving us enough time and making decision, and we're running the ball well too. So that all kind of goes well together.

Q. How has it been --

RUSSELL WILSON: I think first of all, we want to be physical. We want to be physical at the point of attack. It keeps the down and distance short. It keeps it kind of manageable. I think ultimately it's just an attitude. It's a tone setter.

I think we ran the ball six or seven times the first drive in a row, I believe. Just to set the tone that way of it's going to be tough to play us week in and week out. You know, that's how we want to be. At the same time we want to be explosive with our receivers. Those guys are electric every time they touch the football. So the more times they can touch the football, the better.

So we have a great balance of that. And I think Coach Schottenheimer is doing a tremendous job of calling out the plays, being aggressive, and going for it. I think that we're right where we want to be. We have a long season though, honestly. We have a long season. We just need to keep our head down and stay the course.

Q. How much confidence do you have in David Moore in this situation?

RUSSELL WILSON: I have confidence in David Moore because he shows it every day. We worked hard all off-season. He's shown it all preseason. He's shown it all season so far. He's a joy to be around, you know. He brings great energy. He brings attitude to the game. He's fast as can be. He's strong. He can go up and get the football. You know, you saw him make the play tonight where he spun out and kind of went off the field, and he just has a great awareness of the game. All of our receivers across the board are doing that.

So I think that's the difference maker. To be as young as he is and as talented as he is, he's going to have a bright, bright future ahead of him, and I'm looking forward to that.

Q. How did you see your defensive performance?

RUSSELL WILSON: Well, I think our defense has been lights out. Leading off of Bobby, I think being one of the star players in the National Football League, you know, him being the captain of the defense, just how he sets the tone and how he brings it every day at practice, I think Frank Clark coming off the edge, those type of guys, I think, are secondary. Making so many different plays, you know, and just, I mean, they're ball hawks.

They're just going after the ball and they're hungry for it. It's tough going against those guys every day. They make us better, and we make them better, and vice versa. So, you know, I think the best thing about our football team right now is that we're playing together. You know, there's no other thought but to win, to do it together and enjoy that process of it.

So many times people, players or teams even, you want to -- you love -- so many times people love the result more than they love the process, and I think the key to being successful is loving the process more than the end result. I think you have to love the process just as much if not more. I think that every guy from the left to the right, from the front to the back believes in that and is doing that.

Q. Do you think that's the message?

RUSSELL WILSON: Yeah, I just missed him. He's a great player. I've got to put it on his hands so he can make that. That was going to be pretty cool. But we'll get it next time.

Q. Turning the route?

RUSSELL WILSON: I think the process and the formula is just staying the course. I don't think it's a complicated thing. I think it's being consistent every day, having great belief, you know. Just like I said, loving the process more than the end result. I think when you do that, it gives you a great chance.

Doug Baldwin

Seattle Seahawks

DOUG BALDWIN: Really, from the beginning of time, putting wins on film during the game so we can demonstrate what we're capable week in and week out. Sidney Rice started that, and that's what I carry over into the room now. We're going to have fun, and really enjoy ourselves, because to be told it's hard, it's not easy. We're making sure that we just have fun, and when you have fun, everything else comes easy, and we've been having a lot of fun lately.

Q. How do you see your play --

DOUG BALDWIN: Mine? It's okay. I think there was a first down or third down catch I wish I would have had back, if I could have stayed on my feet and got that first down. That was something I wish I could have had back.

Q. Did you go to different cleats?

DOUG BALDWIN: I did. I was a little unconfident in my molded cleats just because of the surface, the condition of the field, so I went to the detachables, and I felt much more comfortable.

Q. Doug, is this one of the more difficult games to play?

DOUG BALDWIN: It's different, that's for sure. The travel was interesting. The time change was interesting, and trying to adapt to it all. It wasn't easy. I'm so grateful that we have a bye week after this.

Q. You have thousands of fans coming out here from the northwest to support you. Talk to me about what those fans mean to you, and the loud fans mean to you guys as a team?

DOUG BALDWIN: It's crazy. It's crazy. To fly all the way over here to support this team, I mean, it's phenomenal, you know. It shows their dedication, and I'm sure they've got a vacation out of it too. They better have.

Q. Are you concerned about your injuries?

DOUG BALDWIN: About my injuries? No, not really. I mean, they're not significant enough to -- as long as I can be able to pick up my future kids in the future when they're born and play with them, you know, I'm not worried about it.

Q. You were able to get some big catches in. What specifically changed that allowed you to do that?

DOUG BALDWIN: What changed? We threw the ball in my direction (laughing). I mean, that's really what it is. Like I told you guys this last week, sometimes it's like that. Sometimes you don't get any targets, and sometimes you get 20 targets. It's just like that sometimes. But I had an opportunity to contribute to the win tonight though.

Q. How do you feel about the offense?

DOUG BALDWIN: I feel great about it. This is winning football. You run the ball, you convert on third down on passing game when you have to. You play stifling defense and stopping the run, and you don't turn the ball over. Usually you win the games when you do that.

Tyler Lockett

Seattle Seahawks

TYLER LOCKETT: Yeah, I think that's a good way to do it. But I think the way that I was able to do it as well was I got to give a boy the football at the end of the touchdown. I just saw him out there and was able to sign the football for him. Then when I had to go out there and do an interview for 213, I was able to sign a lot of the fans, take selfies and stuff with them. So I was out there for about 10, 15 minutes.

So that was part of the way I was able to make it up to them. But who knows. Maybe we have a chance to come out here and play again, and we can be able to figure out how to actually get something done.

Q. Asking about the fans?

TYLER LOCKETT: Amazing. Felt like we were playing in another home game. About nine hours all the way down here, and all I seen was green. I mean, blue, yeah, green and blue. Seeing Seahawks fans out there, even when we were traveling to London, out there screaming our names, taking pictures with us when we were looking at the London Eye, and being able to come out here and play in front of them and play in front of all the fans in London. Never knew we had a lot of Seahawk fans out here before we came out here.

It was amazing just to be able to interact with them even before I came in here. Being able to take selfies with them, and talk to them, and hear some of them say they look up to me, and I'm their favorite player, like little things like that. I don't think people realize how much that actually motivates us and inspires us to keep doing what we're doing.

Q. Did you feel jet lag throughout the week?

TYLER LOCKETT: Yeah. I mean, yeah, I never got adjusted to the time. My goal was to go to sleep at 3 or 4 a.m. because that's about 7:00 o'clock in Seattle. Because a lot of guys were going to sleep around 10:00 and waking up at 2:00 and couldn't go back to sleep till like 6:00 or 7:00.

And I was like my theory is if I go to sleep at 3:00, I could be able to sleep all the way to 10:00, because we didn't have meetings till 10:30 or 11:00, so I was able to at least get seven hours, and then I could go back to sleep for about an hour and a half and be able to adapt throughout the day. I think it worked for me.

I went to sleep at 4 a.m. last night, and I took a nap before we ended up coming out here, and I felt great. But, I mean, the hardest thing is having to adjust. Then we had an amazing trip, because everybody did just that. Everybody did their part in being able to tell us what we needed to be able to do. Went out there, had great practices leading up to this game. Like I said, everybody enjoyed this trip. We had a great time and want to do it again.

Q. Seems like your group had three different wide receivers and four touchdowns?

TYLER LOCKETT: Amazing. When you look at the teams we're going to play next, they've got to figure out the scouting report and figure out what to do. They've got to decide whether they want to stop the run or the pass. If they decide to try to stop the run, we're just going to sit there and pass the ball.

You've seen what David Moore did today. You saw what Doug did today. What J.B. did today when he set it off with the first touchdown. Even when we threw that slant to Brandon Marshall. We feel like we have a really great receiving corps, and we can really be able to play and feed off each other, and that's what we do.

We go out there and have fun. We don't care about who gets the credit. We don't care about how many yards somebody gets or how many touchdowns somebody gets. As soon as you see somebody score, we've got a touchdown celebration for it every single week. Just to be able to enjoy it. The more you enjoy it, the more you realize your plays are going to come.

Q. Talk about the celebration?

TYLER LOCKETT: Oh, yeah, oh, yeah. Having a great time. When J.B. scored, we did the Drum Line celebration. The Drum Line was a movie that was a long time ago, and the guy ended up playing, and I was Nick Cannon, and I believe Nick Cannon started playing on the other person's drum. So I was playing on Doug's drum. That's when the dude got mad, and Doug fake punched me, and I kind of fell out. So it's just things like that that we think of during practice to just have fun with it whenever we score.

Q. Talk about the influence Doug has had on you and on the team?

TYLER LOCKETT: Yeah, Doug is a leader. Doug is somebody who you can always count on. The thing that I learned about him is even when I watch him, he always finds a way to get the job done. When I talk to him and when I get to know him and we talk about things and I become vulnerable to him, and he helps me throughout life, it allowed me to be able to see that when you have somebody that cares about you and who truly wants the best for you, it makes it easier for you to go out there and want to play for your brother.

And being able to understand the type of leader that he was, and being able to understand what he brings to the table helps me learn more about myself and how I want to be able to give more of myself to everybody on this team.