



Oakland Raiders Transcript

Defensive Coordinator Paul Guenther

Q: What does Marcus Gilchrist provide as a nickel corner?

Coach Guenther: "He's really playing safety and nickel corner for us. He's a veteran guy, seen a lot of football. Smart guy. Picked up the playbook in no time. So, he gives us a piece we can move around some. He was a good pickup for us for sure."

Q: What does having Derrick Johnson in the middle do for this defense?

Coach Guenther: "He's just a guy that's played a lot of football. Seen just about everything there is to see in this league. Just coming in here and learning our system, he's picked it up real quick. He's able to get us in and out of defenses. When you're at that point, the guy has been here for what, two to three weeks now and he's able to really understand what we're trying to get to. To have a veteran piece that can kind of control the show out there is a big, important part for me."

Q: Is the system you're installing complicated or easy for the guys to pick up and go with?

Coach Guenther: "I wouldn't say it's complicated. We teach concepts and techniques. There's a lot of things that we'll mix up in those techniques and concepts. If you understand this concept, it'll carry over to a different defense. Whether it be a blitz or a coverage or a front, whatever it is. If they understand those concepts, it makes us a lot more multiple with everything we're doing."

Q: What would you say makes your defense different from others?

Coach Guenther: "Just maybe the looks that we may be able to give. The matchups we're trying to get to. It is a matchup league whether it be a receiver and a corner, a tight end and a safety. It could be a three-technique on a guard. Those type of things, we've been able to do over the course of time. These guys, they're really starting to understand, hey, this is what we're trying to get to. When we're in the meetings, don't just say, 'Yeah, yeah coach.' I'm trying to explain to you why we're calling these calls these calls and what situations. Why we're calling these calls different things. They guys, really the whole group has been a sponge with everything we're doing."

Q: You guys have more veterans on your roster than when you first got here.

Coach Guenther: "Well it is and it's guys from a lot of different systems. Some point of it, not only with the coaches who are going through it the first time as new staff, you get it with the players. So, it's important that we're all talking the same language. We've been through this probably three or four times before the players came in there. Get them on the board and make sure we're all on the same page so there's no gray area. Just to have guys from different systems, they may have some things that may have some carry over. Hey, you all called it like this in Kansas City or Houston, this is really what it means here. The carryover has been really seamless."

Q: How much catching up is Khalil Mack going to have to do?

Coach Guenther: "Well, he's going to have a lot of catching up to do. We're going to have to have a plan for that for sure. Really, I'm really concerned about the guys that are here now working. These guys have been busting their tails every day. Coming in early. Meeting with the coaches. Being great in the meeting rooms. Communicating on the field. We do a lot with one-minute situations today, so it was really good to see."



Oakland Raiders Transcript

Q: What has been the challenge to teach your system? Has it been an issue to teach it when you have a prominent player who isn't here?

Coach Guenther: "No, not really because I'm trying to get the guys that are here better. These guys have been busting their tails, trying to get better. Trying to make the team. There's some guys out there that I really think have a lot of uncovered ability. We're trying to get it out of them to understand, hey, you might not be a 60 snap a game guy. You might be a 15 snap-per-game guy, do the best job in your role and how you can help us win."

Q: How much does having guys who have been in your defense before help you?

Coach Guenther: "It helps. It helps for sure because again there may be something that comes up on the practice field where it's happened before. Those guys that've been with me can explain it to them in the meeting rooms, those things. It's been good to have those kinds of guys around."

Q: How much contact have you had with Bruce Irvin before getting here and what have your impressions been?

Coach Guenther: "Well I went and worked him out at West Virginia and I had a good visit with him. It was an impressive workout. I was trying, in Cincinnati, really trying to push to draft him, but he went 15th before us to Seattle. Just coming out of college, I knew he was a really gifted rusher. Good guy ran fast in the 40. Really good athlete. Just coming here I thought his best assets for us was to go forward rather than go backwards. He's done a good job with what we're asking him to do in the base fronts. Obviously, we know what he can do as a pass rusher. Hopefully we can get him over a double-digit mark this year. That's the goal for him."

Q: What are the impression of P.J. Hall and Maurice Hurst?

Coach Guenther: "You know, when you've been in it long enough, you kind of know, even in shorts, what it's supposed to look like. I think both of those young guys are really coming along. Obviously, Maurice is probably a little bit ahead of P.J. because P.J. comes from a small program. This past week I've seen P.J. make great strides in the things he's doing. Maurice is going to be...He's played in there. P.J. played some end and some nose. There's some versatility in there. But those guys have done a really good job of picking it up. Arden [Key] is the same way. So, we have three guys out of this draft that I think are going to really help us."

Q: What kind of progress have you seen Gareon Conley make over the past few weeks?

Coach Guenther: "He's doing good. Most importantly, he's out there and he's doing good. He's really understanding the little details of everything. The press techniques that we're teaching. Some of the different coverages, we have a lot of different coverages in now. He's done a really good job for us."

Q: What about Obi Melifonwu?

Coach Guenther: "Same thing, it's good to have them out there. There's guys fighting for jobs. At this point and time when everything is new, I'm new here, so I told them I don't care what happened in the past. It's I'm going to keep the best 22, 23 guys that are here that I think can help us win. Again, he's out there. He's starting to work, which is good to see because he needs to. He needs to be out there playing and not in the training room. It's good to see that he's back out there."



Oakland Raiders Transcript

Q: What have you seen from Conley and what do you hope to see from him over the course of the offseason?

Coach Guenther: "We're pretty much done with the installation of the defense for the most part. Just the clean up the little details and the footwork and all those types of things. What I typically do, I'll take all the film from what we had in the spring and usually I'll write them little notes in between practices or whatever. But usually I'll give them a little write up when they come back here for training camp. These are the things that moving forward I think you need to work on. Like I said, he's doing a really good job. I don't have any problem with what he's doing so far."

Q: What has been your impression of the defensive backs as a whole?

Coach Guenther: "I just think we're getting...Shoot if you were at practice yesterday, we dropped about five picks yesterday. We made a big emphasis on turning the ball over. Obviously, it's a big part of what we talk about in our meeting rooms. Turning the ball over, getting it back to our offense. We've had some opportunities and you see the guys are getting excited about it. It's good to see that they're all running down there, chasing the guy after he intercepts the ball. It's been good. We've gotten our hands on a lot of balls, we just have to catch them more."

Q: What have your impressions been of Tahir Whitehead?

Coach Guenther: "Again, he's in the same boat. You have a lot of these older guys that nobody was in the system except a handful of guys in the past. In the beginning he was just trying to learn it all on his own. Now he's starting to get it. He's starting to see the bigger picture. We explain to these guys, you have three phases of the OTAs. OTA #1, I do all the installing. OTA #2, I start all over again. In OTA #3 I get them to come and put it on the board. OK Tahir, you're the WILL linebacker. You get this hat, lets see what you're going to do. The defensive end hears it in front of him, the three-technique, the free safety behind him, so he can see the big picture when you go up and see how it fits together. I think he's really starting to see the big picture now as we start moving forward."

Q: A lot of players talk about how these practices make them think on the fly. How beneficial has that been for the team?

Coach Guenther: "It's great. It's great. I think, I was telling Jon [Gruden], he must've looked at our defense and known every route that beats the coverage because we've seen...over the course you know when you're in this defense enough, you know hey, in this coverage this is the snake in this coverage or that coverage. We've seen a lot of these snakes out on the field. It's great to get that out on the practice field because you may only have one that comes up on Sunday or for that week or two that may come up before the game that you have to handle. Really we're handling that right now in May or June is great."

Q: How is working with Jay Gruden different than working with Jon Gruden?

Coach Guenther: "Really I think they both love football. Good football coaches. Smart offensive minds. Good motivators. I think they're very similar in that way."

Q: At this point in the offseason how do you balance making your players uncomfortable but making sure they have their feet under them?

Coach Guenther: "Yeah, you never want to make them feel too comfortable. You want to say, hey, this is where we messed up and this is what we did really good. Every day before we start the meeting of the



Oakland Raiders Transcript

install, I show them these are the good play, these are the bad plays we have to clean up. Just to keep them working. I want them to feel comfortable in the system, but at the same time there's more to get to. We have to get to that step before we get to where I think we need to be."

Q: Did you look at or consider Eric Reid?

Coach Guenther: "I did not look at him. I felt good about our safety position and I really didn't study him much."

Q: What have you seen from Tank Carradine?

Coach Guenther: "Tank has been a great surprise for us. I think he's a great fit for our system. He's playing base in on first or second down. He's moving inside in the pass rush. He's real smart. He knows what to do. He's understanding the defense. He's a strong son of a gun in there. He's really going to help us out a lot in there."

Q: What have been your observations of Nicholas Morrow?

Coach Guenther: "He's been great. Like I said, I really don't care where you played at. Played DIII, Division I, doesn't matter. It's what you do when you're here. It's what you earn when you're here. He's done a good job with everything we're asking him to do to this point. I think he'll push for some time for sure."

Q: What are you seeing from James Cowser?

Coach Guenther: "We know last year he did a lot in the rush. We're trying to make him a linebacker so we can utilize him on all downs. Not just maybe in the pass rush. Just trying to teach him that position to give him a chance to get his feet wet in the middle. He's smart, to make some of the calls for us. He's done a good job. He asks great questions. He's an intelligent player."

Q: What do you think about Fadol Brown?

Coach Guenther: "He's another good fit for us. I mean 6-4, 6-5, 280, 275 pounds. He's a good rusher. He can play the run. He's been real active in there. He's learning the defense. Just the technique and the footwork of everything we're asking him to do. He's going to surprise some people I think this year."

Q: Has he surprised you?

Coach Guenther: "No, like I said, before I took the job I watched a lot of the games from a year ago. When I got here I watched some of the practices. You can see. I watched some of the practices from training camp, the middle of the season, the end of camp just to kind of see and gauge what was going on here. You could see his effort on the practice field was evident. When he walked in here, I was like, this guy is ideally the right size for what we're looking for. He's been getting better every day."

Q: What makes Hurst a good fit for this defense and what was your reaction when he was sliding down the draft board?

Coach Guenther: "I was saying, 'Draft him, right here.' When you look at these players in the draft, you have an eye for what you're looking for what you're looking for each the nose, the three-technique, the ends, the middle linebacker, the corners, whatever it may be. When you watch him play at Michigan, he had certain traits for a three-technique in our defense. When he started to slide and he was there for us to pick in the fifth round, I couldn't believe it, really. He has great off. The three-technique is the



Oakland Raiders Transcript

penetrator of our defense. He does a great job with that. He's going to have to learn big man's game a little bit where you don't get the double teams as much in college. You're going to get a lot more of that in the NFL. Then obviously in the pass rush. He's slipper in the pass rush. He has good side to side movement. He's a powerful guy."

Q: Have you been notified if Mack will be here next week?

Coach Guenther: "No, I have not. He'll have to work that out. I don't get involved too much. Like I said, I coach the guys that are here."

S Reggie Nelson

Q: A lot more veterans have been added at this point in June compared to last season, what's the difference from last year with a lot more experience right now?

Nelson: "I mean, there was a lot of experience last year. We got a good group of veterans that coach surrounded the young guys with and I think they responded to us pretty well, and just going out there and just practicing hard, to be honest with you. It doesn't matter who's out there, we've got a bunch of young guys that are leaders that are coming up right now. Just taking it in stride right now."

Q: What has Derrick Johnson added at linebacker?

Nelson: "Experience, you just said it. A veteran. There's a lot of young guys in that room that can learn something from him and I think he just brings a lot to the game from what he's been doing in his career."

Q: Is there anything about this offseason that has jumped out to you in terms of the new coaching staff and the vibe of the team?

Nelson: "I mean, we are just enjoying the process. I think the defense is buying in, everybody is buying in. For it to be a whole new coaching staff, I think we are picking up the defense pretty well for everything to be new. I think all of the guys – [Gareon] Conley, [Rashaan] Melvin – I think a lot of us have been gelling together and picking it up pretty good. I'm pretty glad about that. Not glad, but you know we haven't had any big [mental errors] 'M.E.s' or anything like that. So, that just says a lot about our coaching staff. They've been putting in the work and getting us prepared for all of this."

Q: You have experience on this defense, are guys leaning on you for help?

Nelson: "I mean, everybody is leaning on everybody. I've been out of the defense for a while, so it's fairly new to me just like it's new to the rest of the guys. It's coming back slowly, but like I said, it's a great group of guys out there and everybody is buying in and getting the job done."

Q: What do you like about this style of defense?

Nelson: "I mean, I've been in the defense for like six years, you can't ask me that. *(laughter)* I love the defense. I had a lot of success in the defense, so of course I'm going to love it regardless."

Q: How much of a factor was defensive coordinator Paul Guenther and his defensive style in your decision to come back to the Raiders?

Nelson: "I would say it was 100 percent if he asked me, if it presented itself, I would have come back. Because I played in the defense, so I mean it worked out in favor for me to be a part of this team and this



Oakland Raiders Transcript

organization again compared to the situation last year. So, I'm enjoying the process, to be honest with you – out there competing every day just like everybody else is."

Q: It seemed like you were pretty much saying goodbye towards the end of last year...

Nelson: "I mean, I'm enjoying the process man. *(laughter)* I'm competing. I'm happy to be here."

Q: What has stood out from Conley in Year 2?

Nelson: "Oh man, I'm happy to see Conley out there running around. A player of his caliber – long, just like Melvin – he's showing why he was the first-round pick. I think there's a high standard out there for him and he's holding that up. I think Conley is doing a great job right now doing what the coaches ask him to do."

Q: Is there anything in particular about him that stands out to you?

Nelson: "He just has tight coverage. A great little athlete. He's going to be great in this game. Just keep learning and playing ball."

Q: What has been your impression on working with Nick Nelson so far?

Nelson: "Who? Have you been out there?"

Q: No. He's not out there?

Nelson: "Right. So I'm not working with him right now. I hope he gets out there so I can work with him. Right now he's with [head athletic trainer] H. Rod [Martin] and them. So you'll have to ask H. Rod."

Q: Obi Melifonwu was out there more today. I'm sure it has been a frustrating process for him to not be out there. What have you seen out of him and the work he has been putting in?

Nelson: "I think Obi is working out all of his kinks and stuff right now. I've always been a fan of Obi, his size and how athletic he is and what he brings to the table when he's healthy and stuff. So, I just can't wait to see more out of Obi. He's flying around, doing a good job competing like everyone else. I think Obi is going to be one of those shocking's, because I like him. He's a great athletic guy, tall, you know, just his body build period. Only he can stand in his way, to be honest with you."

LB Derrick Johnson

Q: Have you learned everyone's name yet and how have the first few weeks for you been?

Johnson: "I have learned everybody's name now. Emmanuel [Lamur] is a person I'm really getting closer with. Tahir Whitehead, those are veteran guys. Both seven-year guys. Me being a 14-year guy, I cling to them a little bit more. A lot of young, talented players on this defense and this team. It's exciting. It's my first time, not being around new players of course being in K.C. for that, but just being in an atmosphere that's very new to me. Just the facility, coaches, everybody, but the Raiders have really taken me in. Taken a young man, I would say, in with open arms. It's going good right now."

Q: How quickly do you feel like you've been able to pick up the defense and what are your impressions of the team?



Oakland Raiders Transcript

Johnson: "Man, Paul Guenther's defense, it's very aggressive. So many different looks. The onus is really on the linebackers to learn a lot of stuff. That's good for myself because I know a lot. It's putting a lot of pressure on me to learn it quickly. Learn it well enough where I can put my own flavor in making plays on this defense. I'm having fun with it now. The last couple of days have been my best days, running around. I was telling the young guys this, once you get the system down, because everybody is learning a new system. Everybody is in it. Once you can get it down really well, you'll look a lot faster out there on the field. We all can run fast and jump high, but mentally, once you got it down, all your abilities, your talents can show out there on the field. That's what we're doing right now. We're not there yet, but we're getting there."

Q: How long does that process take to get the defense there?

Johnson: "I'm thinking through training camp, preseason is going to be big for me and the rest of the players. Preseason will be a really affective way to learn the defense and be in game situations. It could go to the middle of the season type of deal to learn every, everything. Paul Guenther is very smart in looking at his team and making sure, seeing what we have and calling plays off of that until we all get it. He just wants us to play fast. That's the key."

Q: How will the amount of looks the offense and defense are seeing this year help this team learn how to think on the fly?

Johnson: "It will help you. Now it's hard at the beginning because with learning so many new plays. Gruden's offense is a kind of like [Kansas City Head Coach] Andy's [Reid] a little bit. A lot of shifts and motions. I've seen this offseason before, so I'm familiar with it. At the same time, I'm learning Paul Guenther's defense so it's a lot going on. It's slowing down for me, man, and that's a good feeling being a football player. Football is hard. Football is a hard sport to play, but when the game slows down for you and you know exactly what you need to do, then it's about thinking about what Derek Carr is doing. What Marshawn Lynch's steps are when he's back there about to get the ball or he's not about to get the ball. If the linemen are light on their hands or they're back about to pass. It's a lot of things that go through your head that you need to think about. That's why you need to have the defense down to a 'T' so you can worry about what the offense does so you can make plays."

Q: What is the value in talking on the sideline with the other players between plays?

Johnson: "That's actually pretty good. The difference with that is there's not a lot of chatter out there. There's not a lot of talking about...when you have a little time to the side when you're not in there playing, there's not a lot of talking about stuff outside of football. It's all about football out there because we have a lot to learn. We're actually getting a lot of mental reps. Especially with the young guys. I'm always like, 'Hey, what's the play?' or 'What do you need to do on this? Make sure you're looking.' I've been taken Nick Morrow under my wing a little bit. Very athletic, young linebacker. Has all the skills. Mentally, just trying to get him up to date so he can mentally play a lot more. I love being around these guys. It's a cool atmosphere."

Q: Is there a real drive to pick up the system quickly because of the nature of your position?

Johnson: "Yeah, exactly. That's exactly right. I have to. My abilities come out when I know what's going on. For me to know what's going on I have to gear down. Not rush it, but really, thoroughly get it down and make sure I have Paul Guenther's defense really down, so I can start moving some pieces here and there. Start helping some guys out if they're iffy on some things and telling certain guys what to do at



Oakland Raiders Transcript

sometimes. That's not a bad pressure, that's a positive pressure for me. That's one of those things where this is what I've been doing for a long time in KC. I'm used to telling different guys what to do. If a lineman is dropping on this play, sometimes they need some help. To have a linebacker in there saying, 'Hey, you're off the three, you need to stay inside,' or 'Hey, you got the flat call. You have to take the running back to the flat.'"

Q: How would you describe your leadership style on the field?

Johnson: "You know what, I think our team, this Raider team really respects me. Really respects me. Once I say something, they kind of get it. My style isn't too aggressive. It's not that guy that's in their face. I'm a big guy of lead by example, of course. But at times you have to speak up. You have to let them know what you're thinking. You have to demand some things at times. Everybody is different, different personalities. You can't talk to everybody the same. I have to talk to Nick Morrow different than Bruce Irvin. It's just a different type of deal."

Q: What's your process when you learn or study new defense?

Johnson: "The terminology. It's all about the terminology. I've done everything that you can do coverage wise and blitz wise. Getting the terminology down. Instead of calling something 'Titan' or calling something 'Hogan,' well I called it [that] in K.C., we call it 'Titan' here. It's switching those words around. It's learning new language. It comes quick to me because I've been in the league for a while, but it was very challenging my first week. I was out there, I couldn't talk much out there because I was thinking so much. It's a good feeling for a guy my age to say, 'OK, I'm getting it down now.' This week has been my best week, so it's getting better."

Q: What's the key to you being a good pass defender as you get into an advanced age?

Johnson: "Advanced age, I like that (*laughing*). That's good. I'm going to use that (*laughing*). I take a lot of pride in mentally being like a quarterback on the field. I'm kind of going against their quarterback. Being a MIKE backer, being the person in the middle, you have a lot of mental conversations on the field going against the quarterback. I just try to think ahead of the game. Of course, I can't do it alone. I have to have guys with me. At the same time, I take a lot of pride in making sure I drop in the right coverage or at times, it's not only dropping in the right area, it's knowing when to take your chances and knowing your leverage. Playing your leverage helps you out. I've been pretty good with that over the last few years. I can still run around, so that's pretty good."

Q: What has been your observations of Derek Carr?

Johnson: "He's a grinder. He's a very gritty quarterback. Usually you don't use those words for a quarterback. They're prima donnas, you can't touch the quarterback. This and that. But he's a guy that leads this Raider team really well. Everybody is well respected of him. He gets along with everybody. Everybody. He's talking to everybody. Dancing with everybody. He's a guy that I've always looked up to. Always battled against him of course. He's a guy that when I'm out there, I know his moves. He knows my moves. Sometimes I'm trying to...When it comes to pass coverage, he tries to look me off here and there, so it's a battle between us, always. It's good being out there with DC. Always."

Q: What are your impressions of the three rookies upfront with Maurice Hurst, P.J. Hall and Arden Key?



Oakland Raiders Transcript

Johnson: "Athletic. Very athletic guys. Very athletic guys that can move around. More three-technique type of guys. I'm still learning those guys names, but I know their numbers because they're running around. They're just very athletic. Not very big guys, but guys that can get off the ball. Nowadays it's not really about base defense anymore, it's about nickel because everyone is passing the ball. It's a pass-happy league. You need some guys in the inside that can get some, everybody has these big money guys on the outside, you need some guys on the inside that can rush the passer on third down."

Q: What are your impression of Tahir Whitehead so far?

Johnson: "Tahir Whitehead is a guy that is very vocal. Very vocal. These guys, even Emmanuel Lamur, they're very vocal. Two guys that are very similar. They've been in different defenses. Very smart. Very smart. Very smart. Seven-year guys, so you know that they know what to do. Very mature guys. In base defense, I'm out there with those guys. I'm used to being the only person talking, and their talking more than me. It's a good look. It's a good look."

CB Rashaan Melvin

Q: When we first talked to you when you first signed, you said you felt you could still be the no. 1 guy. What about your time here has reinforced that?

Melvin: "Just going out there on the field and understanding the defense. Being around a group of guys that expects to be great like myself. Coming in here, my expectation for myself was extremely high. Nothing's changed from when I first said that to now. I'm extremely motivated, confident to be in the system and I feel like I can prevail."

Q: Being that no. 1 guy, you're frequently matched up with no. 1 guys. Does that come with a certain mentality that you have to have?

Melvin: "Absolutely. It starts in the film room. It starts on the practice field. When you line up against a guy, you want to make sure you know everything about a guy before you line up against him. I think when you do that, it gives you a better opportunity to win downs and be successful. It's part of my nature to be competitive and be willing to outwork whoever is in front of me."

Q: What potential do you see in Gareon Conley?

Melvin: "I think Gareon Conley is a long guy. We all know he's a first round draft pick. He plays confidently and his work ethic... he's one of those guys that you tell him something once, he's able to get it done for you."

Q: Chester Rogers was someone you went up against in Indianapolis. How far do you think he can go?

Melvin: "I think Chester Rogers has an opportunity to be successful in this league. Same thing I was saying about Gareon, his work ethic. He's a guy that comes into the Indy facility every day to work and get better. He also is learning from guys he's close with, like T.Y. Hilton. We all know that T.Y. Hilton is one of the best receivers in the National Football League. I think Chester has a chance to follow that."

Q: What's it been like to learn a scheme?



Oakland Raiders Transcript

Melvin: "This is my fifth team. For me, it's an advantage. To be able to go to different teams and learn a different system over time. I've been a part of a system like this before. It takes time, but, for me, being a part of other systems has prepared me for this."

Q: What's your process to learn it?

Melvin: "Take as many notes as possible. Be attentive in my work. Ask questions. Make sure I fully understand what my expectations are from the coaches and myself."

Q: They talk about cornerbacks needing to have a short memory. Is that something you always had?

Melvin: "I think it's something that goes along over time. The more you play football, the more you understand that you're going to get beat sometimes. It's 60 plays throughout a ball game and for a guy to be 60 plays perfect, it never happens. You're going to get beat. It's part of the game. Every time you line up against another person, it's an opportunity for you to either win or lose. You're going to lose some, but you have to win more than you lose. Any defensive back will understand that, especially the great ones. They go out there and compete and as long as you win more times than you lose, that's how you get success."

Q: The turnover margin was something they wanted to focus on this season. What work can you do to make sure that you seize those chances?

Melvin: "I think every opportunity we get out there on the football field in OTAs... we maybe have 6 or 7 interceptions right now. That's progress. We want to carry that on to the season. Any time you can catch the football in the offseason or get the ball back to our offense, we all know how dynamic our offense has the ability to be, so just focus on catching the ball. Getting all 11 guys to the football is big."

Q: It seems like you guys really celebrate the interceptions on the field when they happen.

Melvin: "Absolutely. I don't like speaking on last year, but last year it was tough to get those big plays. We want to make it a habit. We want to celebrate with our teammates so we can enforce that this is what we want to be about for the whole 2018 season. With those guys out there making those plays, you see all 11 guys flying to the endzones, that's a great habit to have."

Q: How would you describe Paul Guenther's defense?

Melvin: "Guenther's defense is a lot. It's a lot of pressures and man-to-man coverage on the outside. I think we have the ability from the front seven to the back end to make this defense work that he's put in place for us."

Q: Did any of the guys give you feedback on your first pitch at the A's game?

Melvin: "Yeah there was a little bit of trash talk but hey, I didn't have a chance to warm up my arm but no excuses *[laughing]*."