



Oakland Raiders Transcript

S Johnathan Abram

Q: How many Twitter notifications did you get last night?

Abram: "Honestly, I have no clue. I turned my Twitter notifications off."

Q: Did you watch Hard Knocks? What did you think?

Abram: "I got to watch a little bit of it. It was kind of just previewing while me and Carl were watching film."

Q: What did you think about the intensity of practice out there going up against the Rams?

Abram: "Today was pretty good. The intensity was kind of pretty much the same as it's been you know the last couple days. [Head] Coach [Jon] Gruden does a good job of you know enforcing the tempo and intensity throughout practice so it pretty much didn't change. It was just a different opponent. That was about it."

Q: Was it hard or difficult for you to avoid unleashing and putting some power into these guys?

Abram: "Kind of, but you know that's the one thing we've been working on you know just practice etiquette. You got to treat those guys the same way they treat us. You don't want to go out there and bang somebody and they go and do the same to our offense. You know, just senseless, senseless injuries."

Q: There were so many clips on Hard Knocks between you and Coach Gruden trying to tame down your physicality. Did you think some guys on the Rams would see that and come after you a little bit to test you in anyway?

Abram: "Not really. I mean I really didn't, I really wasn't worried about it honestly. I was just worried about going out there today, doing my job you know, executing, showing the coaches what I can do."

Q: One of the things Coach Gruden said he would be watching is the defensive backs against their receivers. How did you guys do at that today?

Abram: "I feel like today we did a pretty good job. You know, first day seeing this offense. One of the best offenses in the league you know, they went to the Super Bowl last year. We're doing a pretty good job of covering the receivers. Having the eyes in the right spots. We competed well."

Q: What do you think you learned about yourselves as a defense going up against the Rams offense today?

Abram: "I mean, pretty much that we can play with anybody. That's one thing I'll say. We can play with anybody. You know, if we can go up against one of the best offenses in the league and go out there and compete the way we did, then we can go against anybody."



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Q: For you as a rookie, did you have any milestones for training camp coming in here playing against the Rams?

Abram: "There really wasn't a milestone for me. I mean, I look forward more to the game. Actually going out there and putting it on tape. My thing is just coming out here and you know just working on my craft and you know just building a bond with my teammates."

Q: How do you feel your camp has gone and how do you feel your progressing to being ready?

Abram: "I mean it's going pretty good, but got a lot of strides to take you know? I have to grow in so many areas you know, from coverage, tackling. Football knowledge is everything."

Q: How much would you like to play in the preseason and how much do you think you need to play in the preseason?

Abram: "I'm going to play as much as they need me to play. I mean, anything to help my team win. That's all that matters."

Q: Did you watch the Hard Knocks last night?

Abram: "I watched some of it, yes."

Q: What did you think of it?

Abram: "Honestly, I really don't know what to think. It's just the inside. Just showing what we do on a daily basis, that's about it."

Q: How do you feel they portrayed you in the different scenes that you were in?

Abram: "That's just me. I'm a kid off the field you know, a man on the field. That's just me. I like to have fun."

Q: My last name was Salmon (reference to Hard Knocks)?

Abram: "'Sal-mon' not salmon. I mean, give me a couple words where the L is silent?"

Q: What about a calf that you might strain?

Abram: "You don't hear calf? You don't hear the L? I know a couple like could, should and would. The 'L' is silent. But I just think salmon should be 'sal-mon' instead of salmon."

Q: You have horsemanship skills. The world may not have known that about you?

Abram: "There's a lot of stuff the world doesn't know. *(laughter)*"

Q: How did you become a Wayne Brothers fan? You were like two years old when the show came out.

Abram: "It doesn't matter. *(laughter)* I watch TV. I watch a lot of TV."



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Q: Jared Goff was just talking about when Hard Knocks covered the Rams he was a rookie and his advice was just don't say anything. You obviously don't subscribe to that. What is your philosophy on that?

Abram: "I mean, my philosophy is what Coach Gruden tells us every day. Just be yourself. You know, don't change up, just be yourself because that's all that matters at the end of the day."

Q: A lot of the players have talked about getting more out of this kind of practice than a regular practice. Do you kind of feel the same way?

Abram: "Yes. I mean, like I said, you get to see a different offense. You get to go against different guys. Throughout training camp you know, for the first ten practices, it was just all against us, just against our guys. So now you get to go out there. You get to see different speeds, different body types, you know, the way different guys move. So, it helps."

Q: Was there anything they did that surprised you?

Abram: "Not really."

Q: Are there any scores to settle tomorrow?

Abram: "Nah, just go out there and get better. That's about it."

QB Derek Carr

Q: What did you get out of today?

Carr: "Today we got to see some different looks. These things, like I said, I don't know when I said it, these days are like Groundhog Day, but I said that these days are better than a preseason game because we get to get third-down work, second-and-long work, different situation work all over the place and we get to see a different defense. When the scheme is different, that right there is so valuable because you know you can go to the film and coach off of it and teach and correct. We didn't game plan these guys at all, so you come out here and we really don't know what they are going to play, but just based on info from the past, but we go out here and they've changed some stuff up and all that good stuff. It's fun to get different looks against different players, let our guys compete and see if they can get open or who can we block, all that kind of stuff, and it's really good. Like I said, I'd rather do this any day. This stuff is good work."

Q: Where is this offense right now?

Carr: "We've got, like you said, we've got a couple guys that are out but that's 'next guy up' and when that happens we got to have our best guys be our best guys, and that gets tough when people are taking them away in practice and things like that. That will be a reoccurring theme every practice, you always want it to be crisper, you always want it to be cleaner. We were able to hit a couple touchdowns. We had four or five touchdowns, but you want six or seven you know? We had one play, first play, jacked



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the ball up just to kind of, really, to set the tone and you hope to come down with it and they make a play. That kind of stuff is going to happen. It's not alarming to anyone in the meeting room or anything like that, but there is stuff that we need to correct off the film and things that we could do better."

Q: On the deep pass that Tyrell Williams dropped, do you take away that he ran the route correctly and you threw it right? Or do you take away that it was bad timing?

Carr: "No, no, no. We definitely executed, he ran the route perfectly, got the perfect spacing that we wanted and, again, I missed a throw today, probably the easiest throw of my career today. I missed an out route and I sit there and am like, 'Really? What the heck.' I'm sure he feels the same way about that one, but we definitely look at that as appositive because we trust Tyrell and know that he's made that play a whole bunch of times."

Q: Did you watch Episode 1 of Hard Knocks?

Carr: "I did, yes. Yeah, I watched it. I told John Abram to move his car. *(laughter)*"

Q: It's definitely 'sal-mon', right?

Carr: "It's definitely 'sal-mon'. *(laughter)* I don't know what he's talking about, but like I said, that guy, he never needs to change. I love him."

Q: Are you concerned that Antonio Brown's pool is more elaborate than yours?

Carr: "Oh no. I'm not concerned. I'm not concerned at all. I like when other people have nicer things than me. *(laughter)*"

Q: Is it a good test to see how you guys react to what will be un-scouted looks during the year, especially for the new guys, how they adjust on the front?

Carr: "100 percent. Being able to see some different coverages, different looks, it really makes you rely on your rules. It makes you rely on your scheme and these things are really good, especially for your young guys, and myself included. Where you get into a situation and you don't panic, you just go back to your rules, 'Hey, make that call. That guys open.' Make sure you're throwing to the right spot. We can work on technique and things like that later, but making sure we're doing the right things mentally, then you come back the next day and want to be cleaner or crisper on what you messed up the day before because you had a day of going against the guys, you had a day of seeing certain things."

Q: What do you get out of the intensity from these practices compared to a preseason game?

Carr: "Again, I've played those DB's, it feels like a thousand times now, so we are talking to each other before the plays and after plays, all these kinds of things. Taking little shots at each other, all that kind of stuff. *(laughter)* But the intensity of practice, definitely the starters because we know how preseason games go nowadays, guys don't play as much so we treat these as games that are competitive and we want to compete against each other and things like that. All while no one is scheming each other, so we just try your best to come out here and compete your tail off and then just say, 'If they are going to play



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that, we are probably going to get to this or we'll probably check to this,' or things like that. At the end of the day you just come out here and compete against somebody else and you get more out of it than just a preseason game."

Q: Did Head Coach Jon Coach Gruden reiterate to you guys that he didn't want to see tempers flaring out here?

Carr: "Oh yeah, I think that falls solely on the head coaches and their leadership and how they coach and they teach. There was maybe one time where someone got shoved a little too late and we will live with that if it's not what happened my rookie year in Dallas, where fans are trying to fight Cowboys' players. *(laughter)* We love Raider Nation, but we don't want to get into any fights or hurt anybody or break any hands on some helmets. I think that the leadership by their coach, obviously they're a winning team, the leadership by our coach, it was very well said and documented how we were supposed to practice, and the intensity was great but until the contact, and that's a good thing."

Q: What have you learned about Josh Jacobs overt the past couple weeks?

Carr: "Super competitive. I think he's got a good grab of the offense now and now you're starting to see his leadership and personality come out. Whereas, we are over here and he's starting to get a little mad if he doesn't see a guy giving enough, and I'm going to urge him to go let that guy know, 'Hey, I don't care if you are a rookie. We all believe in you and you've proven it on the field to us that you can play, go ahead and speak your mind. If it's not right, get it right.' So, I saw a little bit of that out of him today. Fieriness that I haven't, not to say that I haven't seen it, but there hasn't been an opportunity for it, so when you go against somebody else that little fiery spark came out and it was a good thing to see that he had that in him."

Q: Antonio Brown hasn't been on the field. Can you contextualize the significance of all these missed snaps as you guys as an offense and trying to get this together for Week 1?

Carr: "Yeah, when he is on the field it's completely different, you know what I'm saying? He's somebody that changes the way defenses play. He's someone that changes, obviously, what coach will call for him and things like that, so you definitely wish he was out there, but we've had a lot of time on task, so it's not like what's the unknown. We know what it is and we know that when he is healthy and when we get him back we will be rolling."

Q: Does knowing about the Antonio Brown situation make things a little bit easier?

Carr: "Yeah, to be completely honest we haven't paid attention to what was going on and that's usually when anybody is hurt and dealing with something, you're like, 'We miss them, but there is so much that we are worrying about we don't get into anybody else's business.' But we miss them and we can't wait for them to get back."

Q: You want to address the oil or sunscreen lotion controversy?

Carr: "It's definitely sunscreen. 100 percent sunscreen, so I don't have a bad tan line for the preseason."



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Q: Does Brown even find ways to help or have input even though he is not here?

Carr: “Yeah, he’s great about communicating and things like that. Again, it’s tough when he is not out there. It’s tough for me not having that read or him in that matchup, or whatever, but at the end of the day I can play that in my mind and know we had enough reps to where I know, ‘Oh yeah he’ll win. He’s won on that every time.’ Or I know where that ball is going in that coverage and things like that.”

C Rodney Hudson

Q: What are the first few days of joint practice going to be like? What are you looking forward to against that defensive front?

Hudson: “Just getting better. Just coming out, competing, working every day at something and focusing on one or two things and trying to get better at it as a group, individually and as a team.”

Q: What have you learned and seen from Derek Carr his second year in this offense?

Hudson: “I think we all kind of know the system now. First year you are just trying to learn the overall picture, but I think the second year, him included, just trying to learn the little nuances and stuff to it.”

Q: What are you guys trying to do as an offensive line to get to where you need to be?

Hudson: “We just got to continue to grow together. It takes a lot of work. It’s five guys up there together. We got to communicate, everywhere we got to just continue to grow together. We got a few new guys but they’re both experienced in the first group, but it’s about everybody. We are trying to grow the first group, the second group, the third group, we’re all trying to learn and grow together.”

Q: Do you feel like you guys are about where you want to be at this point?

Hudson: “Yeah, we making strides. We making strides, but you never can be complacent. So, we have a lot of work to do and a lot of growing together to do.”

Q: What’s that process like just being comfortable with that guy next to you?

Hudson: “We’re just trying to work. We’re just trying to work. We’re not really looking forward to Week 1, we are trying to get better tomorrow. We practiced today and we got to go into the meeting rooms and learn from it, see what we did good, see what we have to improve on. I know I’m not personally, but I’m pretty sure nobody else is really that far ahead.”

Q: What part of your game did you really try to focus on this offseason?

Hudson: “Everything, man. Just trying to get better and continue to take care of my body. Being available, I think the most thing is being available to play, so just trying to take care of myself, trying to continue to stretch and get stronger and continue to work at everything really.”



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Q: As you grow, in terms of being in this league and experience, has what you have to do to take care of your body evolved as well?

Hudson: "Yeah, I think it has to. When you're 25 you don't feel what you feel when you're 30, and it grows every year, so just continue to learn. Learn from the people around me. Richie [Incognito] is here. He's older than me, so learning from him has been great so I'm just continuing to try and do everything I can."

Q: Anything new in terms of how you've taken care of your body as you've grown older?

Hudson: "Not new, just more time I would say. Not necessarily new, but for me spending more time at it."

Q: What have Trent Brown and Incognito brought to your offensive line room ?

Hudson: "A lot of ability. A lot of experience. Those guys played the game at a high level. Richie for a long time and Trent, he isn't young either. He just won a Super Bowl and stuff, so he has a lot of experience and they have a lot of ability too."

Q: What has stood out to you about Johnathan Cooper?

Hudson: "Yeah, he's fitting in good. Like I said, we all working to grow together and he's working hard. That's first step, is to have guys that work hard, and everybody has been working hard and we are just trying to grow together."

Q: You got to go against other guys today, did you feel like you performed how you wanted to?

Hudson: "You always can do better, so it's good to go against other guys and compete but there's some good, some improvement, so we'll come back tomorrow and try to work at it."

Q: Did you watch the show last night?

Hudson: "Absolutely not. Absolutely not."

Q: Why not?

Hudson: "That isn't my thing, reality TV"

Q: How would you describe the intensity of the practice?

Hudson: "I just try to focus on what I have to do for that play. I mean, like I said, when you practice against somebody else there is always high intensity, a higher competitive level to go against somebody else that you don't necessarily know that well, so it was just trying to focus on what we have to do that play and not really anything else."

Q: Do you buy into getting more out of these practices than in a preseason game?

Hudson: "It depends. I think you get more reps out here than some of us will play in the game, so it's a good learning experience. Like I said, going against guys that you might not know that give you



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something that your teammate that you know very well might not give you, so it depends. I would guess it's player by player. Like I said, it's a lot more reps out here than I would guess some guys would play in the game so it's a good experience."