



Oakland Raiders Transcript

Head Coach Jack Del Rio

Opening Statement: “Glad to be back home. Had a successful road trip over the last 10 days. As I said yesterday, I thought it was very purposeful. Guys were on point, business like. Got two big victories and now we’re back for a divisional [game] to finish the first round of the divisional games with Denver coming in here on Sunday. Looking at the tape, really not a whole lot changed. I felt like I had a good grasp of it as we sat and talked about it yesterday. It was a great win to get and felt really proud of our guys for the effort we gave. I thought our ability to handle, I mean, it was hot and windy and I thought our guys handled the weather very well. So the conditioning part, meeting with our guys, we felt like we had energy throughout all five quarters and we played just about all five. We’re really pleased with the way the team responded to the challenges of being in the humidity and the heat and having enough energy to play really well and finish with a win. Questions?”

Q: What did you see in the 23 penalties?

Coach Del Rio: “I thought we earned some, and I thought some were questionable. What I like about our guys is we’re resilient. We continue to fight and we work our way through whatever obstacles present themselves. Yesterday, we dealt with a large number of infractions that we don’t want to see, but we fought our way through it and came home with a win.”

Q: How do you combat having a variety of penalties?

Coach Del Rio: “The thing we do is continue to teach and look to grow. As a football team, it’s not going to be perfect. The key is to come out of these games, finding a way to win and then making sure that you address and learn from any mistakes that have occurred. I think that you recognize some of the positives and then you recognize some of the negatives and you point them out and correct them. We’re not going to dwell on it. We’re not going to spend any more time than is necessary to make the corrections, and then we move on.”

Q: Do you say anything to your players during the game about moving forward and forgetting the penalties that are in the past?

Coach Del Rio: “Yeah, a little bit early. I actually went over to the offense. I felt like we were growing a little bit frustrated and I said, ‘Let’s not do that. Let’s not feed into that negative energy and act frustrated. Let’s rectify it. Let’s just clean it up. It’s self-inflicted.’ I thought we did that. I thought we had strong segments of the game where there were no issues and we were moving the ball very well. I thought focusing our positive energy there rather than getting caught up the other way.”

Q: What was your assessment of the first half compared to the second half?

Coach Del Rio: “Primarily, offensively, not committing those penalties that put us in second-and-long, third-and-long, those were the things that were really killing drives in the first half. We went out, the first two drives in the second half and went and scored. Defensively, we had several three-and-outs, and we had to have them yesterday, got the ball back for offense. Obviously, Derek [Carr] played phenomenal yesterday. He really did.”

Q: Do you have an update on Sean Smith?

Coach Del Rio: “Yeah, Sean has a shoulder and is not available today.”

Q: Is the injury long term?

Coach Del Rio: “Nothing to announce today other than he has the shoulder that we talked about yesterday.”

Q: How do you think DJ Hayden and TJ Carrie did filling in for Sean yesterday?

Coach Del Rio: “Yeah, I thought they did well. I thought D.A., [David Amerson], we matched D.A. on Mike Evans and he did a nice job. We doubled him throughout the day. Those other guys were left one-on-one a lot, and I thought they did a nice job covering their guys. Overall, the explosives were way down. I think we had two explosives that we allowed on the day; one on a quarterback scramble and one on a pass. That’s a good number to have coming



Oakland Raiders Transcript

down. That's what we're after. Third down continues to be a strength for us. We want to continue to fight in red zone situations and win those, but a lot of the critical situations are the ones we're winning. Proud of our guys for that."

Q: Are you happy with the progress that has been made on the defensive side of the ball recently?

Coach Del Rio: "Yeah, I mean, it's kind of what we've expected, you know? Doing some good things and there's still some things to clean up there as well. But, yeah, coverage is tighter. We're much more sound, not letting anything get behind us, really keeping a lid on [No.] 13 [Mike Evans] was the key and not letting them getting the running game going. I thought both goals one and two for our defense were achieved yesterday."

Q: Do you think the strength and conditioning plan for your players really showed yesterday with the overtime length?

Coach Del Rio: "Yeah, yeah. A lot of the theories behind how we trained the entire offseason, how we trained in camp, how we train and condition our team right now through the season, how we do things, a lot of that we've mapped out. I give [head strength and conditioning coach] Joe Gomes and his staff a lot of credit for being very thoughtful, very considerate of what's best for the players and I think the players understand that. The process is really healthy here, how we go about preparing for games and the strength and conditioning component of that and then nutritional, all of those different elements that we work so hard at and I think Joe is doing a great job for us."

Q: Do you adjust your strength and conditioning schedule based on travel time and things of that nature?

Coach Del Rio: "I can't give you too many of the details. I just don't want to get into that, obviously for competitive purposes. But, we work hard at the whole plan and I think it's not just about being there and that day. It's certainly part of it, but it's the accumulation. It's the understanding that we still have four big trips to make. The first five went well, we have at least four more and depending on how the season goes, then we earn more. But, four that we know we have coming, and so a plan to be able to tolerate that and thrive in that. I think weather's part of it, the time on the airplane and all of that, and altitude is part of that. We'll play two games in altitude this year with Mexico City and Denver. Being able to get our team as prepared as possible to go in those situations and all the details that add up."

Q: Was that Khalil Mack's best game of the season this year?

Coach Del Rio: "I mean, Khalil's been great all year. Probably statistically, with tackles for loss and sacks, and overall defensive effort I think probably the combination would have somebody to say that. But, I think he's played really well all year for us. He's somebody that they have to pay attention to him and if they don't for a minute, he's going to make them pay."

Q: Was this Derek Carr's best game?

Coach Del Rio: "I don't really look at it like that. I don't care to make any proclamations if that was the best game, the third best game, it doesn't matter to me. For us, we just want Derek to go out and be himself, play good football for us and help our team win. I thought he did some beautiful things yesterday and there's some things he'll learn from and do better. Very happy with the way he's shown the ability to bring us back. Crunch time, clutch time, you've got to have it. He's been money and that's been big for us."

Q: You had your defense trying to play with 12 guys a couple of times...

Coach Del Rio: "We tried to play with 12 guys a couple of times and we tried to play with 10 once. I talked with Kenny [defensive coordinator Ken Norton, Jr.] today and we're going to see if we can go ahead and play with 11 all the time. That's what we're looking for."



Oakland Raiders Transcript

Q: Was there a common denominator with the two 12-men penalties?

Coach Del Rio: "The common denominator is that our ability to exchange personnel and be in the groupings we're calling for did not get executed the way it needs to. That's been addressed. It's something that you do at all levels of football. Heck, coaches at Hayward High are doing that. We've got to be able to handle that. We expect to do that better."

Q: There was at least one of the illegal formation penalties where it looked like Vadal Alexander had given the sign that you're supposed to give and then they called it anyway.

Coach Del Rio: "Yes."

Q: So then the other time he didn't give the sign?

Coach Del Rio: "Allegedly. We feel very good about those young men that have gone in to play the tight end position doing what they need to do. The illegal formation call, we don't agree with what was called. But again, like I said, as far as addressing that, we've made our corrections. We're not going to dwell on anything negative. We're going to move forward with positive energy and focus on the things we need to do."

Q: You seem pretty outwardly calm about it, but your last year in Jacksonville you had 70 penalties for the entire season. It's got to be exasperating...

Coach Del Rio: "Well, it's because I coach discipline. We're a disciplined team. Because I know that and because I know we coach it and stress it and I know our guys buy into it, I'm not going to overreact to circumstances that are occurring that might indicate otherwise because I know the truth. I know what it really is. We are a disciplined team. It may take a while for others to recognize that. We're going to play hard, be tough, play smart and we're going to be disciplined. When you know you're working on the right things and doing the right things and guys believe the message and are working towards it, there's no reason to waste energy thinking otherwise."

Q: You say that every game is important, but with this being a big divisional matchup, what are some of the things that you're looking at to face the Broncos and their defense?

Coach Del Rio: "No, we'll just prepare and compete. That's what we do. Clearly, divisional games take on a little more significance, but at the end of the day, it's next. It's our next opportunity and we're going to prepare all week and then let it loose on Sunday."

Q: Is it in the back of your head that this could be a tiebreaker for both teams?

Coach Del Rio: "It's a little early for that kind of thinking. We're going to go see them again later in the year. We've had two division games. We've got four more coming up here in the next two months. So, look forward to them. It's a great opportunity."

Q: On the play you challenged in the first quarter, what did you see on that play and what were you looking to challenge?

Coach Del Rio: "I get really good information for the most part and that was just one where the process kind of broke down a little bit. I'll leave it at that. I didn't get really good information there. *(laughing)* I said, 'OK, we're talking about blank.' And then like, 'Yeah, yeah.' I was like, 'OK.' Yeah, so that was not what it has been. That process has really been very good for us, and I lean on him, my guy up there and we'll continue to."

Q: Would you advise fantasy football people to get on the Donald Penn bandwagon?

Coach Del Rio: "*(laughing)* He comes along once every two years or so, so you better be patient."



Oakland Raiders Transcript

Q: With the way the game went yesterday, how do you feel about the team playing their best in clutch moments?

Coach Del Rio: "I feel great about that. As I said, last year, I think we learned how to compete for 60 minutes. I think this year, we've learned how to continue to compete for 60 minutes and look for and expect to make the plays that need to be made to win."