

Rams Head Coach Sean McVay – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(Opening Remarks)

"Great team win, really pleased with our guys today. Definitely some things that we can clean up, but I thought our defense was outstanding from the start against a great offense that has been putting a lot of pressure on people. It's a great football team tonight that we played. (Seahawks Head) Coach (Pete) Carroll and his staff, we have so much respect for that team, his coaching staff and all those guys. I thought, really, our team did a nice job of responding and now we've got to do a great job next week against the Cowboys."

(On who stood out tonight on defense)

"I think, really, (DT) Aaron Donald is always a guy that stands out, (OLB) Dante Fowler with another couple of sacks tonight. It was great for (CB) Troy Hill, I thought he showed up in a big way tonight – made a bunch of breakups, came up and tackled well and then to be able to get that pick to cap it off, I thought was great."

(On if he thinks the third-down 19-yard pass on the opening possession to WR Robert Woods was a turning point for the offense)

"I think just to be able to get some momentum, to really score on your first-two opening drives, really, we scored on three of our first four. We had the one three-and-out on the third series, but I thought that was big. It was a great job by (QB) Jared (Goff) sitting in there, delivered a good ball and then we were able to get some momentum going. To be able to punch it in was big for us. I thought Jared did a great job and I love the way, more than anything, that he responded from a couple of things that – just some miscommunication. Give credit to (Seahawks S Quandre) Diggs, he made a nice play on the one pick that he ended up taking back the other way."

(On if he feels like the offense picked up where they left off in the Arizona game and if he feels like they've found a rhythm)

"I think the two weeks, we've been into a rhythm. That's a great defense we played tonight and some of the things that led to stops, they did a great job, but it was also very correctable things. I like the way that our guys just continued to compete, loved the way that we wrapped it up. You're only as good as your last game, but now we've got to move forward and put together a good performance. I think when you see the two games that we've had the last couple of weeks, that's more in alignment of what we want to be, while knowing that there is always going to be things that we can improve on."

(On if TE Tyler Higbee's back-to-back career performances and what's enabled him to have that kind of role in the offense)

"I think just getting the opportunities. We've always thought he's a complete tight end. (Tight Ends Coach) Wes Phillips does a great job with him and he's a really good football player. He's going to continue to get opportunities, he's going to continue to be a big part of this offense – especially when you just look at how vital he's been over the last couple of weeks when things have started to go in the direction or trend in the direction that we want. That's a good thing."

(On if he thinks this game was the best overall performance from the team this year)

"I think it was a big-time win for us, no doubt about it. Until you go back and look at the tape it's always hard to say. I've really just been impressed with this team's mental toughness, their ability to stick together and just fight through the day, fight through the next opportunity and we will see if we can keep this thing rolling."

(On how nice it was to see the defense play the way they did)

"Really for them to just be able to continue to hold a great offense, great quarterback, leading the way and you look at what they've been able to do running the football, I thought it says a lot about our defense and their resilience, just to be able to continue to compete. A couple of the turnovers where we put them in some bad spots, they didn't flinch, they didn't blink. Those guys did a great job all night."

(On the no-huddle offense being so efficient and QB Jared Goff's comfort with the offense)

"Well, I think it's really just changing up the tempos. When you can be efficient on those early downs, you can mix it up. It's not always being in no-huddle, but it's being able to pick and choose your spots where you feel like you can apply pressure to the defense and I thought he's done an excellent job operating when

we've decided to press the tempo a little bit, but he's done a lot of good things the last couple weeks just when we're in our normal operation in and out of the huddles. Ideally for us, you want to be able to just kind of present different tempos at the right times to try to give yourself an advantage."

(On Goff's improved performance and efficiency)

"Well, I'm seeing a guy who's been playing good football lately. Any time that you look at the entire body of work, it's a team sport. We can sit there and watch every single play and there's going to be some times that he can be better and there's going to be some times where I could be better with the call or his 10 teammates could be better. What I like is we're playing good ball lately. The last couple games all 11 are on the same page. I think our coaches on offense have done a nice job and I've been pleased with that."

(On the offensive line's performance)

"It's really impressive. It's been great. (Run Game Coordinator) Aaron Kromer doing is an outstanding job, you've got (T) Andrew Whitworth leading the way, I think (OL) Austin Blythe's been outstanding at the center position, and then you look at two of our younger guards in (OL) David Edwards and (OL) Austin Corbett really stepping up in a nice way and (T) Bobby Evans has been great at the right tackle position. I think you see those guys getting more and more comfortable, they're confident, they're physical, they've got athleticism. I've been really pleased with that group."

(On Running Back Todd Gurley II's performance and the offense's production not being a coincidence)

"I think so. When he gets involved, good things are happening for us. That means we're probably running the football efficiently, as well and that means we can kind of dictate some things on our own terms as opposed to feeling like you're always kind of on defense mode if you're in the second-and-longs and the third-down-and-longs and I thought it was another good week where we were going to be efficient on third downs. I think we were about 50 percent again tonight and I think that's a big thing."

(On Gurley II's stiff-arm touchdown run in the fourth quarter)

"I loved it. We needed it, because we had moved the ball and had a couple turnovers in that second half, we had missed the field goal, so to really have 21 points in the first half and then to have some good drives and some things and some things and nothing to really show for it until (RB) Todd (Gurley II) punched that in, I felt like that kind of capped off the night. I loved the couple of runs by (WR) Robert Woods as well on that drive to be able to get us down in there. I think it was a 95-yard drive right there to be able to cap that off, and any time Todd bounces it around the corner, that's when you feel pretty good about he's going to find a way to get it in."

(On if he pays attention to which other teams around the league are winning and losing as the playoff picture unfolds)

"You know what, we really don't. whatever happens is going to happen and it's the cliché but it's the truth, because whatever happens in those other games, sure you'd like things to work out in your favor, but the only thing that really matters is what we can do and all we can do is have a great week of preparation, try to beat the Cowboys. If things work out, usually, I've kind of said this before, they have a way of kind of working themselves out if that's what's supposed to happen, but we're going to continue to just focus on trying to play good football next week."

(On how it felt for him personally to see the offense get into a rhythm)

"I'm always going to go back to the players are the ones making those plays. I think you can feel as a result of us being efficient, getting opportunities, you can get into a little bit more rhythm and get a feel for what you want to be able to kind of present to a defense, but it's about those plays coming to life from the players. They've done a good job and that's your job. That's my job is to be able to put these guys into positions. Sometimes they work out, sometimes they don't, but you always want to evaluate your decision making. For the most part I think there was a good feel, but you'll go back just like anything else. When we look at the players, you look at yourself and you make sure you that you learn from the mistakes and try to learn from the good things as well."

(On if this game felt like a playoff atmosphere)

"It was a great atmosphere. I think what we've been fortunate to have over the last couple of years is that fans show up, there's a buzz. I thought that there was a buzz even just walking out. The players had that good feel again, very similar to last week and they came out from the jump. I thought that they demonstrated that in a big way and let's see if we can keep this thing going."

(On what the difference between last and this time against Seahawks QB Russell Wilson was)

"I just thought their relentless pursuit. I thought we were able to keep a great player like him, for the most part, in the pocket. Did a great job of playing good coverage on the back end. I think stopping the run, being able to efficiently kind of keep them where they're really not able to get the runs off and he's not able to make the plays. They had a lot of big-time plays off the play-action game last time we played them. It's a great offense and one game, it was a great game for us tonight. Now we move on and we get ready for Dallas next week."

Rams QB Jared Goff – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On how he feels the offense played tonight)

"Pretty good. We ran the ball well and the theme has been, 'Stay ahead of the chains.' Run the ball well on first down, move the ball well on first and second down. Good things tend to happen for us and that's how we're built and it's been great."

(On if there is something he likes about no-huddle plays and why it works so well and is so efficient)

"There's a bunch of things it does. It slows down the rush, it allows us to get them set and they're inevitably a little bit tired when we are going no-huddle. It's also something I've done my whole life. I've always been a no-huddle since I was in high school, so it is a little bit of a comfort zone for me. We've done a good job of it."

(On when RB Todd Gurley II is as productive as he was in the game tonight and what it does for him and the offense as a whole)

"Opens everything, it opens everything. It starts with him and when he's rolling and we're rolling in the run-game, it opens up everything. We're able to do what we want to do - tonight was a perfect example of that."

(On the opening drive was and the third-down conversion and 19-yard pass to WR Robert Woods and how big that was to get the offense going)

"It was big. I think that has been a point of emphasis to start fast and to be fast on offense and get that first, first down, we say. It just gets us rolling and it was a great play by (WR) Rob (Woods). We dialed one up there and he got a good look for it. It was good."

(On when he was backed up and tried the 95-yard drive to TE Tyler Higbee and if he was looking for that)

"Yeah, it just happened. That's happened two weeks in a row now, where we're able to get to that last guy there in the middle. It's not usually an advised throw, back across your body, but the way we run that, it's okay at times. Last week we hit one pretty good and this week was no different. (TE) Tyler (Higbee) has just continued to step up. I'm so proud of him, the way he's been playing. Two straight games 100-yards. I think today was his career-high again, he broke last week's. He's a great player and he's been rolling."

(On what has been happening in the offense for Higbee to have such a large role as he has in the last two weeks)

"We've been in a lot more heavy sets, so he's been playing a lot more. That's part of it. I think just a lot of it is just by circumstance, I think. Just where he's been, he's been playing well. He looks great, he looks fast, he looks healthy. He's just been on the field a lot more. It's been great."

(On how difficult it is to go out there every week knowing he has to win and there's no room for slip-ups)

"Do we? Right now, we're in pretty good shape. I think we were happy to get away with the win. I think you don't put that pressure on yourself, though. I don't think that's ever part of it. I think you just go out and play each play as its own entity. Play each drive, play each game as its own entity. Don't think about any consequences of anything. Just play and have fun."

(On the first interception and if it was a matter of miscommunication or if he just threw it out too far)

"Just a little miscommunication. I wish I could have spent a little bit more time seeing that. Just miscommunication, that'll happen. It's something that we'll get cleaned up. Not good there to start the second half doing that. Just taking care of the ball is definitely going to be a point of emphasis."

(On why WR Brandin Cooks has not been getting as many targets lately)

"Again, it's just circumstance. Our offense runs through a lot of different people. Today, it was not him and some days it's been him. He knows that and he does a great job with that. Some of the personnel we were in, some of the plays we were running, it's just completely circumstance. Just happened to be that way."

(On if there has been a mental change since they played the Ravens and everyone was talking about looking within)

"No, I just think that's a sign of who we are. It's a sign of a good team. When bad things happen and you're able to respond that way, I think it's inevitable that you're going to face some adversity. By the way that we've shown we've responded to that. That's as bad as you can really get beat on Monday Night Football and at home. It's as bad as it gets and we've come back from that and shown that we do have some fight to us and some, I'm not going to say the bad word, some stuff in our neck. It just shows, it shows. I think we've got some players and just coaches, front office, everybody just fights. It shows."

(On outplaying Seahawks QB Russell Wilson who is a leading MVP candidate and if there is any satisfaction with that)

"No, I'm happy with the win. (Seahawks QB) Russell (Wilson) is a great and has been for a long time. I wish him the best."

(On how the offensive line has played the last few weeks)

"They've been great. They've really stepped up, answered the bell. I think it's, again, a testament to who they are. They've got good character and they respond well. They're starting to gel together. I think I've talked about that in the past. Sometimes some guys gel the right way and some guys don't. These guys are gelling right now. It's a good thing to see."

(On what he thinks about the offensive line the last few weeks)

"They've been great, they've really stepped up and answered the bell. Again, It's a testament to who they are. They got good character and respond well. They are starting to gel together, I think talked about that in the past. Sometimes some guys gel the right way and sometimes guys don't and these guys are gelling right now. It's a good thing to see."

(On what his reaction was when RB Todd Gurley II's stiff arm on his rushing touchdown)

"He's a bad man, that's what I told him. He's a bad dude and it was vintage (RB) Todd (Gurley II). That's who he is."

(On if he agrees with T Andrew Whitworth's control what the team controls and does it simplify things for the team without causing pressure)

"Yeah, it puts a little bit more of an emphasis on that, for sure. I think all that we can do is try to win every game. Now, we've won one and now it goes to Dallas and we've got to try to win that game and do our best. We can't control what happens – who wins, who loses, anything like that – we control what we can do and one game at a time."

(On if he is happy for Rams Head Coach Sean McVay since he had a great game of play calling)

"He's been great. I think he's hard on himself, but he's been really good. I thought these last two games he's really, in the same way that all of us have responded, he's responded the right way and you wouldn't expect anything different from him. He's been great and we feel good. He's our leader and he's done a great job."

Rams RB Todd Gurley II – Rams – Seahawks Postgame Quotes – Dec. 8, 2019

(On using a stiff arm on his touchdown run and on that play overall)

"It was just me one on one with the corner and I had to go (Titans RB) Derrick Henry style with the stiff arm. I thought he would try to punch out the ball. I didn't even see it yet. I've got to see it."

(On if he feels that this was the offense's most complete performance of the season)

"I don't know last week was pretty good. We got the job done, so we did a better job than we did last week. Last week we came out and put up field goals, this week we came out and put up touchdowns. So, we were able to strike early."

(On if tonight's atmosphere had a playoff-like buzz)

"It was great. It was Sunday night – the weather was good, the rain stopped perfect time. The crowd was definitely into it. Seattle fans always travel well. It was just a good game. I feel like we handled what we had to handle at the beginning of the game that way we wouldn't have to play catch up."

Rams WR Robert Woods – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On the Rams' 95-yard touchdown drive where it appeared as though he got the ball on the same play twice in a row, and what he thought the second time that call came in)

"Call it again a third time (laughs). Really just seeing what they gave us – they gave us the edge, being able to read it. The first time, they gave us the same look – ran it again. I was asking for a third one, but really just getting the right look, (QB) Jared (Goff) making the right read and being able to just move the ball forward."

(On the significance of that 95-yard touchdown drive where it seemed to cement the Rams' momentum and ultimately the win)

"I think every drive was big this game. It was a possession-type game – taking everything all four quarters. That drive, the 95-yarder driving down the whole field – finish up with a touchdown, took the clock, put some points up, and looking like a real crisp offense."

(On what has clicked with the offense since the Baltimore game on Monday night)

"Just going out and playing fast. I think our mindset, we're attacking teams, we're getting on them fast, and really just, I think, just playing faster than them."

Rams WR Cooper Kupp – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On today's win)

"I think it was just a full team win. Look at how we ran the ball. The guys up front how they blocked - (RB) Todd (Gurley II), (RB) Malcolm (Brown) – the way they were running, opened up so much stuff in the pass game just as a receiving corp. You see (TE Tyler) Higbee making huge plays, just kind of doing what we're supposed to do. Doing our job, executing the best of our ability. When things move on you just go onto the next play and execute that. It was great. It was just an intentional focus to move on, execute to the best of your ability – and I think good things happen when everyone takes that mindset."

(On his touchdown reception and near touchdown pass)

"Yeah, the touchdown – (QB) Jared (Goff) did a good job getting us into the play we wanted to be in. Just a little high-low on the hook player and we were able to get the back to jump up – take the cheese. Jared did a great job firing a low-ball front goal line. So, really just a well-executed play from an offensive standpoint. On the near-pass play – didn't get exactly the look we wanted. I have to do a better job of getting to my second read and planting my feet in the ground – the little imbalance there – a little too (Packers QB) Aaron Rodgers-y I think. It's just not my game. So, I have to plant, to keep my feet set, be able to drive the ball in there before that back-side safety comes over. So, I'll make sure I'm working on that this week and we'll get that fixed."

(On if he was happy when they called that play)

"Oh, I was pumped when they called the play. I wasn't pumped when we didn't get exactly what we wanted, but I can do a better job of making a play for us."

Rams T Andrew Whitworth - Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On if they had fun during the game today)

“Oh yeah. A lot of fun. Having fun and enjoying playing football. I had one hell of a gauntlet to start December – (Arizona Cardinals OLB) Chandler (Jones) twice, (San Francisco 49ers DE) Nick Bosa, (Seahawks DE Jadeveon) Clowney and (Cowboys DE) Robert Quinn. So, it’s a Christmas gift for a left tackle (laughs). But, it’s been fun so far.”

(On how much it impacts the offensive line when the offense is producing)

“Well, I think any time you can start working the perimeter and inside of the guys, and when you mix it throughout the night you run inside, you run outside – you really start to stretch the defense out where they’re not sure what to play. It just puts them in a really tough spot, where they have to kind of commit to one way or the other to stop something. That’s the kind of efficiency that in years past we’ve had, and we’re starting to get back.”

(On the wide receiver sweep twice in a row on the 95-yard drive)

“Yeah, you know what? It was something they were giving us, and giving us an opportunity to get out on the edge and use our athletes and play them. That’s the beauty of football, man. Once you see something you have to keep attacking it.”

Rams CB Jalen Ramsey – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On what it says about a defensive like this to hold Seahawks QB Russell Wilson to only six points the entire game)

"We played a really good game – I feel like a complete game. We've got to watch the film, of course. There's always stuff we can improve on, but I think we played a really good game tonight."

(On the defense starting to gel and come together)

"I think we've been doing that. We had one game against the Ravens where we kind of fell off from what we had been doing. Every other game since then we were playing well."

(On if playing against scrambling quarterback like Lamar Jackson of the Baltimore Ravens helped them prepare for Seahawks QB Russell Wilson)

"You could say that, but they're different quarterbacks. So, not really."

Rams DT Aaron Donald – Rams-Ravens Postgame Quotes – Dec. 8, 2019

(On holding the Seahawks to only one touchdown)

"We've just been flying around. I feel like, you know, from our offense and defense and special teams, everybody did their jobs at a high level. We played good as a team. Guys made plays, we made enough plays, and when you play football like that, you tend to win."

(On what has changed for the Rams in the past two weeks)

"We're just playing our football. I feel like the offense has been playing great. And when you're putting points up like that it gives us the opportunity to get after the quarterback. We've been doing it and guys have been getting the quarterback down, and when you got guys you can constantly rotate with, that run out there and make plays, it tends to make it a little fun, because anybody can make a big play at any time."

(On how much pressure is taken off the defense when the offense scores early)

"A lot. It's just momentum, you know, you see the offense score points, that gets us amped up and pumped up to go out there and get those guys then ball back and that's what we've been doing. Having that mindset. Every time we gave them the ball, they were doing things with it, putting points on the board or having long drives, letting us get a breather. So, we're playing good football together."

Rams S Eric Weddle – Rams-Ravens Postgame Quotes – Dec. 8, 2019

(On how the Rams have improved since the loss the Baltimore)

"I believe we're hitting our stride at the right time. We just gotta build off this — we haven't done nothing yet, really. We must win the rest of the way. We kept our season alive and we got to keep that energy, and that do-or-die attitude the rest of the way. And that's what we've been doing the last couple weeks.

(On how the Rams defense contained Seahawks QB Russell Wilson)

"I think we started with a great game plan. We mix it up, coverages with pressures, our disguise plan was really, really good. And when you got corners that can play aggressive man and not really give them much over the top, it really lets your front eat and our front seven did a great job against the run."

(On how the Rams offense helped the defense succeed against the Seahawks)

"Offensively, it takes a team, a complete team effort to have success on defense. With our offense getting long drives, getting points, it really gave us confidence through the day that they're not gonna drive 80 yards on us and get touchdowns. So, we just wanted to keep the ball in front of us and make the plays we need to make."

(On the Rams defense giving up only 1 touchdown the past 2 games and making a strong turn around since the loss the Baltimore)

"I think everyone looks at themselves, right? The great thing about this place is no one's above the team, coaches included. I think everyone just dropped the ball. We got out coached, we got out played, and we just looked at ourselves and we vowed to not let that happen again. And when you have that from the top down, the only way to go is up."

Seahawks Head Coach Pete Carroll – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(Opening Remarks)

"Well, this is a rough night for the Seahawks tonight. We did not do what we had planned to do at all. And I thought it was a really good night for the Rams. They did a lot of stuff that they wanted to do. They were able to control the ball and move it like they wanted to and stay pretty secure with it for the most part as well. And they did a nice job on us early in the game. Without question early in the game, they were controlling the tempo and it took us a bit to get, we weren't surprised by it, but we just didn't handle it as well as we would like. And it took us a while to get settled down and then once we got settled down, then in the second half was a different game. But it was too much of a surge in the first half to overcome. We made our efforts, we made -- the things that we do to get us back in it, we had couple great picks and a great touchdown by (Seahawks S) Quandre (Diggs), and we blocked the field goal too. We did the kinds of things that we needed to do, but we needed a couple plays on the other side to go ahead take advantage of it, and we weren't able to find it. So a difficult night. And you got to hand it to them. They played great. They did just what they wanted to do. So it's really -- the interesting thing about it is it doesn't change anything for us. We had to win this game and now we have to win the next one and keep on rolling if we're going to do anything with this season, which we have a chance to do. And we got to go about our business. So it's really important for us to go ahead and move on and get rolling and stay true to what's next and that's how we do it anyway and so it will be handy. It will be helpful for us and, in our mentality. So it's a good game for them."

(On what he knows about Seahawks RB Rashaad Penny)

"He's he got an ACL sprain and we don't know how serious it is, but it's significant."

(On if he said ACL)

"Yeah, that's what I was told."

(On if Seahawks QB Russell Wilson is feeling okay)

"Yes. (Seahawks QB) Russell (Wilson)? Yes. "

(On what they did defensively that made things tough on him tonight)

"Well, we kind of moved the ball. We felt like we ran the ball for, I don't know, more than what we have been averaging, five yards or something like that, but we didn't convert on third down. And, really, there was two crucial third downs when we really had, or third down and a fourth down when we had our chances, and we just need to keep moving and we just didn't convert and we, the ball got away from us. In a game where they were really moving it, we had to stay with them, and we just didn't convert like we needed to keep the ball in our hands and keep the next sequence and series available for us."

(On him mentioning tempo and what the response is to that and if he lines up quicker)

"Just need to clean things up. We weren't making our calls quickly enough. And they did a nice job. They always do. And we were prepared for it and all, but there was a couple things that happened that made it a little more difficult and we just didn't get settled in. And so the first two drives for them were really well executed by them and we didn't do well enough. And you saw us settle down and we were okay after that."

(On the sacks given up)

"I don't know. We got to keep from getting hit in the back field, for sure. And I think that, it seems like we need to, Russ needs to get the ball out to avoid the rush from being effective. Whether he has to throw it away or not, he's got to do that to help us a little bit. But I thought their rush, which is as formidable as we face was there tonight and they did a good job with it."

(On the fourth down play when they went for it and the type of play itself and it looked like it was open)

"Fourth and one? Yeah, it was a really nice execution, everything was there and we just didn't catch the football."

(On what the message is to the guys after the game)

"Yeah, this doesn't change what's ahead at all. Unfortunately, we had a chance to, a really nice chance to stay abreast and stay on top of our division, but we'll deal with that later on as we, next week it starts -- every week is extremely important and we just got to keep stacking them up. We've played really good football and won a lot of games here and this isn't going to deter us from that."

(On Diggs making impact plays, again tonight)

"Incredibly timed play. I mean, what it should show you, because it shows me, that he'd been there before. He had a chance to make a big play and he just made it look like it was as easy as could be. And it's not the first time he's done that. So he's a really good ball player. We have been telling you about his savvy, his instincts and how natural a player he is. I thought that was obvious there. And also, the other pick was a really good one too. He went and helped outside of his area to go make a play by reading the quarterback and did a great job to come up with that ball too."

(On if Penny is out for awhile and how he feels about the RB position)

"The obvious thing is that (Seahawks RB) C.J. (Prosise) steps up. We were able to get C.J. up this week. He hasn't played in quite awhile now, so we're very fortunate to have C.J. coming up. And (Seahawks RB Travis) Homer is still available to us."

(On if he was expecting Rams CB Jalen Ramsey to shadow Seahawks DK Metcalf)

"We talked about what they might do and we didn't know until game time. It didn't matter."

(On if that is a good experience for a rookie to go through and if he doesn't go through -- he's physical, he gets in your face, tries to get in your head a little bit and it cost him 15 yards in the second half and if it is a good experience to know what that's like)

"I'll go along with you on that, okay, yeah, I guess. Every experience is fortunate important for him. They're all first time stuff. And to have a player of that magnitude match up with you, it is significant. He shoved-he shoved you know, kind of thing. But the rest of the night -- we'll talk about it and see if there's anything he can take away from it."

(On Seahawks RB Chris Carson going over 1,000 for the year in a row)

"We lost him tonight. He's been a tremendous football player for us and he continues to be a real force. He ran really hard tonight and did a great job -- I don't know what he gained tonight -- but congratulations to he and the offensive line, those guys for getting that done, that's a big accomplishment."

(On if he feels like the Rams did a great job of covering receivers or Seahawks QB Russell Wilson not finding them or what can you say about that)

"I don't know. I don't know about that. Let me see the film."

(On if Seahawks LB KJ Wright came back in)

"Yeah, (Seahawks LB) KJ Wright came back in, (Seahawks LB) Cody (Barton) came back in to play and all that, so those guys were all right."

(On what he thinks of Barton in general)

"I can't tell you, I don't know, I got to see some more stuff I got to see the film."

(On if Seahawks DE Ziggy Ansah was close to being able to go tonight)

"He was close enough because he practiced all week, but he just, he just didn't have full strength. And he was able to practice because of the mode that we were in all week and get the work. But he just wasn't capable of mustering the strength he needed to pass the test at the end of the week. We didn't know from one day to the next if he would, but he just couldn't make it. So it wasn't safe for him to play."

(On Seahawks LB Mychal Kendricks and if he will be back next week)

"I don't know that. Don't know."

Seahawks QB Russell Wilson – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On what he takes away from the game)

"Well I felt like they played better than us tonight. We didn't play our best game. There were opportunities out there that we had. It just didn't go our way. There's a lot of season left. Where we're trying to go, there's a lot more season left. There's a lot more things to do. Everything is still out in front of us. We got to take one game at a time and just get better, see the film, figure out how we can get better as a collective group. That's really the bottom line."

(On how he's feeling health-wise and if he avoided the flu)

"I feel good. I feel healthy. Yeah, I'm good there. I feel good. I'm disappointed about tonight, but body-wise, I feel good."

(On if this performance is a setback)

"Like I said, there's a lot more to do. It's not a setback for us, it's just the beginning. We feel like there's a lot more we can do. A lot of areas we can get better and that's how we're looking at it."

(On what the Rams did differently compared to the first game against them this season)

"Well, they got up early. They played well. They got up early. We made some plays there in the second half on defense and then they stopped us on third down when they needed to. I think that was kind of our game today. We were kind of playing catch up a little bit. We didn't make our plays when we needed to, some crucial third downs and some other plays, too, throughout the game that really could've helped the game come back and open it up, especially early. That was really the case tonight."

(On the affect of losing RB Rashaad Penny)

"Obviously, it's disappointing losing (RB Rashaad) Penny. I feel for him. He's such a great competitor. He's just been tremendous over the past several weeks. That's just unfortunate. That's part of the game, unfortunately. I got to talk to him afterwards. He had his head up and he's looking forward to where he's going next and just fighting through the rehab of it all, and we'll be right there with him. It was tough. Obviously, when lose one of your key players and a guy you love to play with like Penny, who's been playing great football too for us. That was tough, but (RB) Chris (Carson) did well tonight. He made some key runs and made some nice plays and nice catches and stuff like that, so I thought Chris played well."

(On if they didn't match the intensity of the Rams)

"I don't know if we didn't match their intensity. I think they just executed when they needed to. You think about our first drive of the game, we went up and down the field. We had several drives where we were moving the ball really well. We went up and down the field. Unfortunately, we weren't able to convert that first third down. They ended up getting me down there on that first third down when we were on that 20 yard-line or whatever. Kicked a field goal. And then, they made some plays on offense for them. And then, we were still moving the ball and we didn't convert on some of our third downs that we thought we could have and it just didn't go our way on those plays. And then we had the fourth (down) where we went for it. I thought it was a good call by Coach (Pete Carroll) going for it. Unfortunately, it didn't work out the way we wanted it to. The next thing you know, they kind of took the lead there, pretty good there. So I don't think we didn't match their intensity. I think that we didn't match the execution more than anything else. When it comes down to playing a great football team, us being a great football team, we've got to execute when it matters and some of those plays we didn't. And that's just the truth across the board."

(On what he thinks is off in the past few weeks)

"Today, we had two drives in the first quarter. We had that really long one where we were throwing the ball well, moving it and running it and doing everything we wanted to the first drive. I'm trying to remember the second one off the top of my head, but there are so many drives throughout the game. I think that we didn't really have the ball that much early in the first half. I mean they had the ball for a while. And then, we got some turnovers in the beginning of the second half. You know, (S Quandre) Diggs' sweet interception and then he had another interception, so they were out in the field, the defense, for a little bit there. Because when we returned it for a touchdown, they go back out again. So it felt like we didn't have the ball really until the fourth quarter. And then we started throwing and making some plays and doing the things we

wanted to do. But I think we're staying the course. We're going to get better, we're going to look at the film and study, we're going to practice. Everything we want to do is still ahead of us. There's no fear in us at all.

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Seahawks RB Chris Carson – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On how Rashad Penny's injury changed the gameplan and what the offense was able to do)

"It was a big injury. That's like my brother so it was tough seeing him go down. The gameplan was to run the ball – we've got three, four running backs that can do that. We take the next man up approach. Like I said, it was just real tough to see him go down."

(On if the Rams' defense was doing something different on the interior today)

"I wouldn't say they were doing anything different. We knew that they were going to do a good job trying to stop the run. They do a lot of games. We got down so it kind of had an effect on the play-calling. But credit goes to their defense today."

(On passing the 1,000-yard rushing mark this season)

"To be honest, I haven't even been thinking about it. A couple players came up to me and congratulated me. But on a night like this, you lose one of your close friends, you don't get the win, so I don't really pay too much (attention to) it."

Seahawks WR Tyler Lockett – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On how the absence of Seahawks RB Rashaad Penny impacted the offense)

“Not having (Rashaad) Penny hurt too. Unfortunately, he kind of got hurt a little bit. That was devastating and it kind of hurt. I’m sure it hurt us, especially just trying to move forward within the game, being able to have plays for him and stuff like that.”

(On his big takeaway from this game)

“Just let it go. We still have three more games. We’re in a great position. On to Carolina, just keep on playing, learn from it and just move on. It’s not really nothing to just sit and hang your head and get mad about.”

(On how he thinks the team can bounce back from this loss)

“The season is a marathon so sometimes you’re going to fall and sometimes you’re going to run really good, and you’re going to be ahead of the pack and you’re going to put yourself in a great situation. For us, I just think that we haven’t lost in a while. It’s good for us to lose. Nobody wants to lose, but everything works together for the good. You just look at the game, you kind of take the pros and the cons and you just move on. Even when we win, we move on and we get ready for the next game. It’s not something that we sit and bang our heads about. We lost, ok cool, we move on.”

Seahawks WR DK Metcalf – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On what the Rams defense did to limit a lot of the explosive plays)

"They played a lot of two shell. The defensive line had a good push. We've just got to execute better."

(On what they're going to take away from this game)

"We've got to move on to the next game so we're focused on Carolina. We'll fix the mistakes tomorrow, but obviously we've just got to move on."

(On if the Rams defense did something they hadn't seen or if they just executed better)

"Yeah, they just executed more and we have to execute better on offense."

(On if they're going to just flush this loss)

"Right, you can never look at the negative. Just fix the mistakes and just move on."

Seahawks DT Jarran Reed – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On what happened in the first half and what was the change in the second half)

"We just had to go back to the drawing board. We had to execute our plays. We had to get some pressure, we had to stop the run, and we had to get some pressure on the quarterback and get some turnovers.

(On if the Rams did anything different in the first half than previous times playing them)

"No, it's nothing different. It's the NFL. We've got to come to play every game, every single week. Especially when you are 10-2, you're going to get everybody's best game. They took it to us tonight. We've just got to take it to the chin. We've got to go back to the drawing board tomorrow and we've got to get back to work."

(On what the biggest change was for Seattle from the first half to the second half where two drives ended in FS Quandre Diggs' interceptions)

"We stopped the run. We got pressure on the quarterback."

Seahawks FS Quandre Diggs – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On how he read his pick-six interception)

“The coaches just put me in a great spot to make a play. That’s all it is. When the play comes to you, you’ve just got to make it. That’s what I did. Nothing more, nothing less. We didn’t win, so that stuff really doesn’t matter.”

(On the defense not clicking like it has been in the past few games)

“I think we have to come out with better energy. I think that starts with us, it starts with the leaders, including myself. So, we’ve got to bring better energy as a team in all three phases. I think we will get it fixed. We know who we are, we know what we have to do. At the end of the day, it’s one loss. We’ve got three more games to play.”

(On Rams WR Robert Woods finding holes within the defense)

“Woods is a heck of a receiver. He has been a heck of a receiver. I’ve always had respect for him. He has been doing it consistently. At the end of the day, he made the plays that he was supposed to make, and we didn’t make the plays that we were supposed to make. Hats off to those guys.”

Seahawks LB Cody Barton – Rams-Seahawks Postgame Quotes – Dec. 8, 2019

(On what he learned about the Rams offense)

“Nothing new that we hadn’t seen on film. They did everything that we expected them to do. Nothing crazy new. They’ve got good players and they make plays. We weren’t making plays on our end.”

(On what did he noticed that was different coming out in the third quarter)

“Even though we were down going into halftime, we made some adjustments inside and just came out with more energy. There is still a whole half of football to play and I felt like we came out great.”

(On what his biggest personal takeaway was from today given he got a lot of playing time)

“My takeaway from it is, I made some mistakes and they’re things you can learn from. They scar you, but you can learn from them and get better as a player.”