

# Seattle Seahawks Media Conference

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Seattle, Washington, USA

## Charles Cross

### Weekday Press Conference



**Q. You have spent a lot of time playing next to the rookies, Grey Zabel. What have you thought about playing next to him?**

CHARLES CROSS: Grey has been incredible so far. He's a smart guy. He plays very well. He has a lot of good attributes, and I think he's got a lot of great ball ahead of him.

**Q. How do you feel like the line adapting to the new scheme?**

CHARLES CROSS: I feel like we are adapting well. Just coming in, putting in a new scheme, being able to run off the ball, control the run game, and control of line of scrimmage. So I feel like we're definitely moving in the right direction with that.

**Q. How fast have you noticed Grey Zabel getting off the ball? That's what he's known for.**

CHARLES CROSS: He gets off the ball pretty well. He's doing a great job finishing his assignments, making plays, and doing what he's supposed to.

**Q. Charles, Leonard talked about he noticed the offensive line coming out of the huddle more with intentionality. Has that been a focus coming out of the huddle, getting the plays out, you know, with a little bit more velocity and how you are executing the plays?**

CHARLES CROSS: Yeah, I will say breaking the huddle is where it starts. Help get to the line and get set and put more pressure on defense. So that's something we've definitely been working on this offseason for sure.

**Q. I saw you smirk when you were asked about Grey. At what point do you start pushing the rookies, or do you just take a hands-off approach until we get closer to the training camp or preseason?**

CHARLES CROSS: I feel like Grey is -- like, they're here

for a reason. They know ball. They've been playing this game for a while. They're professionals. Grey has been doing a great job coming prepared each and every day and being a professional.

**Q. As someone who repped themselves coming into the league, what made you sign with an agency this offseason?**

CHARLES CROSS: It was a decision I felt was best for me, and it just ended up working out that way.

**Q. Do you plan on having extension talks with the Seahawks this offseason?**

CHARLES CROSS: I'm just worried right now and this season. We'll get to that when the time comes.

**Q. Were you glad that (indiscernible)?**

CHARLES CROSS: Yeah, absolutely. I wouldn't want to be anywhere else's but Seattle. I love the fans here. I love the team. It's one of the greatest organizations in the NFL. I like it here a lot.

**Q. What's your impression of the new coaches? What do you think they can specifically bring for you guys?**

CHARLES CROSS: I feel like they've been doing a great job, you know, installing the offense and detailing it out, just getting things down to a T and being specific about it.

I feel like this is something that they've been doing an exceptional job at, and continuing working with them I feel like will only help the team.

**Q. How much will change for you in a new offensive scheme? I know you need to know all of the plays, but how much changes for you?**

CHARLES CROSS: It's a little different for me as far as the offensive scheme. Just adding fullback into the mix, different targeting, different plays, everyone going different places.

Like I said before, you have to run the ball. There's a lot of similarities with everyone in the league as far as run game.



**Q. Do you like the fullback?**

CHARLES CROSS: I do. I do like the fullback.

**Q. Why?**

CHARLES CROSS: I don't know. It's different for me. I played there before, but I definitely feel like having that help back there guiding the running back or making an impact on the run game for sure.

**Q. Charles, Mike mentioned that the team being tough and connected. (Indiscernible) Where are you seeing that connection from?**

CHARLES CROSS: Just the way you practice. Everyone is just basically as one. We're out here working towards the same goal. Everyone wants to win. Everyone wants to take advantage of the opportunities we have, and I feel like we're doing that. I feel like we're on the right track to doing what we want to do.

**Q. Last week Abe Lucas said everyone wants to run the ball, but here, this year especially, it feels like a nonnegotiable. Do you feel like there's an added emphasis, especially with downhill running and everything this year?**

CHARLES CROSS: Yeah, I definitely agree with that. Being able to run the ball at an efficient rate definitely helps everyone on the team, being able to control the game, be able to control the clock, and really play our game and not let the defense dictate it.

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