

# Seattle Seahawks Media Conference

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Seattle, Washington, USA

## Devon Witherspoon Weekday Press Conference



**Q. You've had a couple of days of practice already this week. What can you take about how you and your teammates are approaching this week?**

DEVON WITHERSPOON: Obviously we're just trying to see who we're going to play. We don't know who that opponent is yet or when the day is going to be.

It's like any other game on the year. We didn't come this far to just come this far, so (inaudible).

**Q. Does it make it easier to maintain intensity in practice?**

DEVON WITHERSPOON: It's nothing new. We just attack every day the same. It's just another routine day for us, for real.

**Q. How much does an offensive formation versus personnel kind of give you indications of what they're going to do?**

DEVON WITHERSPOON: I mean, it says a lot, but in this league coordinators when they know you, kind of can tell from stuff like that. They try to give you maybe the same personnel, but a different picture just to run the same play out of it.

You have to really study these coordinators in this league. They do a pretty good job of hiding what they're trying to do, so yeah.

**Q. How did it feel to finish as the league's best scoring defense?**

DEVON WITHERSPOON: It feels good. Like I said, it was amazing, but we didn't really think nothing of it. We didn't find out until Juice sent us a text. We're, like, that's cool, too.

**Q. What are the plans for this weekend? Are you having a watch party? Is somebody hosting at their**

**house? What does Saturday or Sunday look like?**

DEVON WITHERSPOON: I have to keep that information between the locker room. I can't display that right there.

**Q. What do you like about being a football fan and being able to watch the games this weekend?**

DEVON WITHERSPOON: Obviously we have to study these guys, so it's kind of more than just watching it from a fan point of view.

Who doesn't want to watch playoff football? Everybody wait for this time of the year to come around to see who is going to do what. Yeah, I'm just going to sit back and still watch as well.

**Q. Is there a playoff game that you remember from growing up watching that sticks out in your mind?**

DEVON WITHERSPOON: Not at the top of my mind right now, but there was a lot of them obviously, but not at the top of my mind, no.

**Q. Was there a team that you followed growing up?**

DEVON WITHERSPOON: Not really, but I liked Darrelle Revis. I kept up with those guys.

**Q. We always hear about your energy and vocalness on the field. Have you always been that way?**

DEVON WITHERSPOON: No, that's just always been me, so...

**Q. How much is the fact that of the four teams you can play, three of them you've already seen this year, how does that kind of alter your approach this weekend what you're going to look for compared to the one team you haven't seen so far?**

DEVON WITHERSPOON: To me it's just another opponent. It doesn't change anything we do. We know it's hard to beat a team twice, so it's like we have to approach those games kind of a little differently, because they kind of got -- especially the division games. You play each other so many times during the year, they kind of know what you're going to do. That plays a part into it.

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Anything goes. It's really just another game.

**Q. You guys led the league in rushing yards per carry allowed without playing a lot of heavy packages. What's the key to that, do you think, for your defense?**

DEVON WITHERSPOON: Get all 11 guys and make it (inaudible) football, man. (Inaudible) We play relentless energy and swag. I mean, we just go out there and have each other's back. Like I said, we promised ourselves back in OTAs that this is what we're going to do, and this is who we're going to be, and we've just hold ourselves to that standard.

**Q. You have two of the best nickel corners in the game, you and Nick. How does that allow you to do things that maybe another defense couldn't?**

DEVON WITHERSPOON: I think that's a better question for Coach MacDonald, to be honest. You put us in a position to make plays. You can't ask for nothing more than that. Then like we just go out there and execute, so...

**Q. Back to the run defense. The front in particular, those four, five guys up front, what have you seen out of them this year?**

DEVON WITHERSPOON: I mean, I think they take speaks for itself, but there's nothing they can't do. They get after the quarterback and stop the run. They rush as one. They communicate. You couldn't ask for nothing more than that. They do everything that we need them to do, so shout out to the guys up front.

**Q. First time you saw Nick, obviously there's the physical stuff that jumps out, but what has he done over the course of the season to really impress you?**

DEVON WITHERSPOON: I mean, just the way he's able to learn defense, the way he takes his approach to the game seriously. He played a lot of different resistance and had to learn a lot of different things, but you don't really hear him complain. He just go out there and go out there and do it.

That's what I like the most. He just attacks every day the same.

**Q. Not every team can run very well out of 11 personnel. What type of teams do that well? How do they do that well?**

DEVON WITHERSPOON: I mean, I don't really know who do what, to be honest. They can run the ball out of any

formation, but like I said, the Rams, they like to get their receivers in just to give you different looks and stuff like that. They kind of run the ball out of their 11 personnel as well.

You start to see teams do that now just so you won't get the standard look and kind of predict what's coming already. They try to run it out of a zero personnel, so yeah.

**Q. With no opponent this week, what are the coaches having you guys work on?**

DEVON WITHERSPOON: We just find one thing we need to get better at over the course of the year. As we look back and reflect on what we did good and what we did bad, we just try to work on the things that we did bad and improve them over these next couple of days.

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