

# Seattle Seahawks Media Conference

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## Ernest Jones

Weekday Press Conference



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### Q. What do you expect from San Francisco different from the last game?

ERNEST JONES: I just expect it to be a hard-fought game. You know, I'm sure they have a couple things schemed up for us, but it's always been about our execution, how we play, so I think the same thing applies this time around.

### Q. So for folks that haven't been through this experience before, what have you shared with some of the young guys?

ERNEST JONES: You can't start worrying about -- you know, we are close. We're close to something that a lot of people don't get a chance to do.

But if you start thinking about that game or that opportunity, you miss out on the good moments you'll have as you're going through this process.

But ultimately it takes one game at a time. We got to handle San Fran first and then whoever they send next to us so we can get to the ultimate goal.

### Q. As someone who plays right behind the defensive line, what those guys have done all season against the run, pass rushes, how much do they make things happen for this whole defense?

ERNEST JONES: Yeah, I mean, I think they drive -- it starts with them. The rushes that they are able to get individually but also together, everything starts with them. How they set the tone to are our front, our defense. They been doing a hell of a job. It's playoff time now so we need that even more. Got to go out and just make the plays.

### Q. Ernest, you've played against a division opponent in the playoffs a couple times. Once against these guys and once against the 49ers. What stands out

specifically about those meetings that maybe is a little bit different?

ERNEST JONES: I think it's just -- honestly, I don't feel like it's no different. I played Arizona, San Fran. Yeah, the stakes are just bigger. You're just going home if you don't win the game.

For us if we approach the situation like we've been, like this is a normal game playing San Fran, an opponent that we like to beat in the regular season and now in the postseason, it's just heightened now.

### Q. Did you noticed any changes or adjustments San Francisco made on offense after you guys plays them and this game against the Eagles?

ERNEST JONES: Yeah, we noticed a couple things. (Smiling.)

### Q. When you won NFC defensive player of the week you mentioned it was nice to get recognition. Alluded to feeling underrated a little bit. You were just named second team all pro. How does that feel?

ERNEST JONES: It's big time, man. Definitely a personal goal of mine, but I wouldn't have been able to do it without these players in this locker room. God, of course, just Him allowing me to be able to go out there and make the plays.

It feels good. I would be lying if I said when I got the news that I wasn't happy for myself and just super happy.

### Q. How did you find out?

ERNEST JONES: It's crazy. Woke up at like 6:00 for no reason. I don't want put his name out there, but there was a reporter that texted me. He was like, hey, congrats on the all pro. I was like, hey, thanks. I guess I made it.

But, yeah.

### Q. I think you're one of three guys, you 'Spoon, Leo.

ERNEST JONES: Uh-huh.

### Q. Does that mean something to have the Dark Side...



ERNEST JONES: That's big time. Should have been a long list of us on there I think. It was great for us to get that recognition. For us, I mean, let's just go, bro. We got a great defense. I like our odds against anybody. Let's get in these playoff games and see what happens.

**Q. What makes Drake stand out to you being a little undersized and being able to do what he does and have his game shine?**

ERNEST JONES: Yeah, I mean, Drake is -- just ever since I got here, I've said it before, consistent. To get to the point he is now, it doesn't just start this year. It started when he got here. The way he studies and prepares is second to none.

Then you turn on the tape and tell him to go get the ball, he's a ball player. He can play. The size doesn't matter. I think that's the biggest thing. He doesn't care. He doesn't think about it. He knows what he has and what he doesn't, and he uses his strengths to a degree that is great.

**Q. Jarran Reed said you're the quarterback of the defense. What does that mean to you just in how you have to show up and get players in the right position?**

ERNEST JONES: Yeah, I think for me it means a lot. One, for me that's what I pride myself in, is being that guy in the middle that keeps everything running.

So I think from a play standpoint, you know, I like to be the first to the fight, just making plays in the middle, making sure nothing goes down there.

It's just that leadership, making sure when things aren't going our way just keeping guys focused. If they gain five, six yards, making sure guys don't worry about that. They got to snap again to get in the end zone. It's ultimately what they have to do. So I just keep guys going.

**Q. When you guys put on tape or see the highlights of a run play, a completion, and there are six, seven, eight of you guys finishing the play, how much pride do you take in everybody being involved with that?**

ERNEST JONES: I think that's our calling card. Like no matter what happens, I think that's the biggest thing of or defense. No matter what happens, we really believe like getting in the end zone is going to be tough. Getting touchdowns out of anything is going to be tough against us if we play the style of play that we're used to and that we know how to.

So I think our biggest thing is no touchdowns, and that comes with everybody has to be in the picture. No leaky

yardages. That's just a style of play we want to implement here and keep going.

**Q. Mike obviously has a good scheme. What role does him explaining the why behind why you guys do things help you guys play well on defense?**

ERNEST JONES: The why is the biggest reason. That's where I think our defense has taken the next step. We're understanding why we're doing certain things, why and how teams are attacking us the way they are. And like, okay, we are going to be in these coverages. They're going to know we're in these coverages. How can we play those plays that are attacking us, and he's been a big part of that.

Like I said, the next step that we took was guys able to grasp that and just be able to make those plays this time around.

**Q. Have the splash plays you've made been a result of something like that?**

ERNEST JONES: The pick in San Fran was a result of that; pick in Houston.

**Q. It was here against Houston.**

ERNEST JONES: I don't remember that. I'm sorry.

**Q. Why do you think that's the case now? Like in year one is it just everybody is trying to learn it?**

ERNEST JONES: Everybody is trying to learn. I think it's -- Mike is also trying to learn what works for us, what can we handle as a defense, could we handle all of what Mike was trying to do for us last year.

I think we're getting to a point now where guys are familiar with the system and we can handle a lot more adjustments, whether it's in-game or tweaking how you do certain things.

**Q. People talk about scheme and mastermind coaches; talk about the teaching process. Do you notice differences in how well people are able to communicate and teach their schemes?**

ERNEST JONES: Yeah, a good coach is like not always having the right information but being able to relay what he wants to a player in words that he can receive it.

I think Mike does that great. Our whole staff does that great. I think that's why we been able to kind of pick up on different things.

**Q. When Mike talks about 12 is one, what does that mean to you?**

ERNEST JONES: It's like everybody is one. Similar to that picture. What ya'll talk about where there is nine, ten guys. It takes all of us to get to that point and we all got to be -- whether it's around the ball or pushing piles forward, whatever it takes. It's all 12 of us as one, and then you bring in the crowd at home, it's big time.

**Q. Probably going to be a pretty special environment there Saturday night. Is it hard at all as a player to kind of stay within yourself when maybe the environment is a little bit different than it normally is?**

ERNEST JONES: Yes, but I think this group has learned how to feed into that. We learned how to feed into it and be able to calm it down when we have to calm it down and turn it up when we have to.

So expecting the environment to be electric. I'm excited. I can't wait.

**Q. There used to be a song that the LOB liked to play when they were out on the field at home. Is there a song for you guys that you hope starts getting to be your anthem?**

ERNEST JONES: Yeah, we got quite a few, two or three that we play. I can't tell you the name of them. I don't even know the name of them. I know they get us ready to go.

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