

# Seattle Seahawks Media Conference

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## Aden Durde

Weekday Press Conference



ADEN DURDE: How we all doing. Good? Good.

**Q. The last time you faced the Rams there was a lot of explosive plays. As you diagnose those plays, do they all come back to the same things, something similar, or were there different reasons?**

ADEN DURDE: There was a few different reasons, and some of it is just execution and some of it is communication. Some of it is just angles and allowing people to run.

So there is a few different reasons here and there that we have to clean up.

**Q. Looking at something like that, how much of the reaction is, I should have been there versus I was totally fooled on that play?**

ADEN DURDE: Yeah, I think when you look at tape, just kind of irks you at times when you see plays against you that happen. You got to look at it critically and fix it and understand what we got to do and how we got to play and these different things and just get over it.

**Q. Stafford's no-look passes, how do you combat that?**

ADEN DURDE: They're difficult. Like he's an elite player and knows how to manipulate people. You have to kind of own your area and get ready for it.

He can do it at any given moment. That's the reason why he is who he is. He's great.

**Q. They didn't have Davante last time they have him back now; similarly, like they used three tight ends so heavily as well. How do you expect them to mix things up maybe different than last time?**

ADEN DURDE: Yeah, I think like you have to look at what they're doing now when he's back and how they're playing

and how they used him in the past and how other people have been featured when he's out and how well they've done.

They do a great job of like utilizing their personnel, and you see kind of the respect you've got after these guys is that other people come in and play at a very high level.

You just have to be ready to execute and be ready to play who you have to play.

**Q. What makes Stafford's hard to bring down?**

ADEN DURDE: Bring down?

**Q. Yeah.**

ADEN DURDE: His understanding of what's in front of him, the speed that he plays with, the release that he gets the ball out with. He's one of the best O-linemen on the field.

**Q. You guys had a really high percentage this year of getting pressure on your stunts and things like that. (Indiscernible) what is the general sense...**

ADEN DURDE: Selflessness. Like execution of how you help your brother and how you set him free and communication presnap and understanding what you're doing.

To me that's the execution of good game running. He's about working together. I know it's such a simple answer, but anything I've been around that does that is the guys become connected and they know how to work together.

Different guys do things different ways. You can't cookie cut something and say they're all going to do something. Leo is a lot different to (indiscernible), so you can't do it the same way. It's like D-Law needs to know that and put work in together to work out who can do it with who and work out like that.

**Q. Selflessness is something that's come up a lot. (Indiscernible.) How do you -- it's easy to talk about, but is that coaching? How do you get that?**

ADEN DURDE: I think it's Mike. Like he creates an



environment where you can be yourself. Creates a vision we all want to follow and every day we push to get there. I think the more you do that and drive towards something and they see -- not they, but the people around, coaches and players see how hard you work for something, you own your role, you respect that, and just that energy is contagious. It just flows through.

I think that's is what builds trust. Being consistent every day, the same person.

**Q. Not that you guys don't switch personnel out on defense, but like a lot of times you're in nickel, you're going to be with your guys out there. A lot of times you're trying to -- defenses are trying to match personnel groups the best way. The fact that you can just be like, this is what we do, this is what we got, how much does that help to have this defense make to where the guys are doing what they're doing and it's going to be these guys out there?**

ADEN DURDE: Yeah, does help a lot. The front changes a little bit in certain situations, but having the guys out there makes versatility, allows you to kind of do a lot of different things in the same grouping of people, which helps.

Yeah, it's just how we play.

**Q. Rams started the first game with explosive runs. Second game with some successful early down runs. What do you have to do to start the game better defending the run?**

ADEN DURDE: Yeah, it's not just the run. It's everything. We need to understand that we need to get our cleats in the ground, understand what we're doing, understand where our keys are, and get ready to play.

I think if we can do that we can be way more successful in those situations, but you make a great point?

**Q. You guys started to get after Stafford in the second half. No sacks in two games.**

ADEN DURDE: Thanks. (Laughter.)

**Q. Do you chalk that up to like getting balls out quickly, not a whole lot you can do, versus there are things you can do?**

ADEN DURDE: Yeah, there are definitely things you can do. Like you've got to win quicker at times. You've got to understand the down and distance you're in. You've got to understand how you work together and all these things.

Sometimes I've got to put the guys in a better position. There is mixes of things. We do say like pressure and hits do matter. They matter.

Like you've just got to keep pressing and it will come. You don't chase sacks you just got to rush. That's how it works.

**Q. Their O-line isn't chalked full of all pros or anything, but they're a good group. What stands out about the O-line?**

ADEN DURDE: Yeah, they play tough. They get off the board in the run game, which allows them to kind of stay in front of the sticks. Ball comes out quite fast and they make decisive decisions. I think they play well together.

They're a good group.

**Q. Knowing they were so aggressive on fourth down starting last game, how does that change setting the team up mindset-wise going into this one?**

ADEN DURDE: Yeah, I don't think that doesn't change. In today's game you got to be ready for everyone in situations. I think we've done a good job of that. That's that def zone football mentality that we talk about. You have to be constantly ready to go. These are games people are trying to win. The only outcome is winning. It's like in those moments you got to be ready to bow up and go.

**Q. (Regarding Demarcus.) When you're watching him, is there a sense of anticipation...**

ADEN DURDE: On that one, yeah, definitely. I was watching the play and I saw Chenna go inside. As I saw him go inside I caught (indiscernible) coming round the edge and I was like, it's out. It was. No, cool thing to see.

**Q. (Indiscernible.) When you get a feel, is it the plays you looked at that they ran?**

ADEN DURDE: Yeah, it's different things. At times like it presents itself like you prepared and it kind of is the game plan that you thought. At times it's like we need to adjust. This is what we're doing. At times it's like certain players are playing extremely well. We can do certain things. Certain players aren't playing as well.

I think every game presents itself in different ways and it's how fast you can see that that allows you to be successful earlier.

**Q. Are those Plan Bs, Cs built in? Are you doing anything...**



ADEN DURDE: Not as much I wouldn't say. It's more like us discussing it, us adjusting, and us getting things fixed. You have to find answers because when you're playing against really well-coached teams they're looking for answers, too.

Someone's game plan is right. Okay, now the next person needs to adapt, next person needs to adapt. It's a constant flow of that I think.

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