

Seattle Seahawks Media Conference

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Seattle, Washington, USA

Coach Mike Macdonald

Weekday Press Conference



MIKE MACDONALD: All right, don't really have anything for you, so go ahead.

Q. Mike, it's another Victory Monday. You said the process stays the same. Anything about this Victory Monday feel or look different for you?

MIKE MACDONALD: Well, I think that's part of the message this week with the guys, is there is going to be a lot that is under our control that we can keep it within our process, but there will be some things that are going to be different.

That's okay. But the thing that is going to stay the same is our approach to every day and like what the intent of the day or the walk-through or whatever we're trying to achieve that day is.

So today is kind of one of those things. We have to go over some logistics which is exciting, but also something we want to get ahead of so when it's time for football we can be focused on football.

Q. What does this week look like schedule-wise?

MIKE MACDONALD: The guys are going to be off. They're in today for some logistics stuff, put last night's game to bed. Got the food trucks out there. That's exciting. Off for a couple days and start like a normal week cadence on Thursday. I believe we're traveling on Sunday.

Q. Seems like with Super Bowl coaches ... (indiscernible) like how much of the game plan you want to...

MIKE MACDONALD: Yeah.

Q. That first week. What's your take on that?

MIKE MACDONALD: Working through that. Working through that. Definitely different schools of thought to your point in talking to some folks today, talking to our

coordinators on how we want to operate. Still working through how exactly we want to do it.

Frankly I think it's going to be something we'll have to navigate as these two weeks present itself, too. So the bulk of the work will happen this week and then go from there.

Q. Are you going to consult with John Harbaugh?

MIKE MACDONALD: I haven't talked to John yet, but at some point I probably will, yeah.

Q. When you look at the tape, what's something that caught your eye, and when kind of when you saw it from a (indiscernible) kind of made it stand out to you?

MIKE MACDONALD: I just think the way our guys play. Just proud of our effort and how we play. You know, just really you can kind of go through each position group, each guy and point to plays where maybe as insignificant as it seemed in that moment how it played into the bigger picture, and that's really cool.

Just shows you the power of the collective effort that the guys had. Really proud of their effort.

Q. (Regarding fourth down play.)

MIKE MACDONALD: Oh, yeah.

Q. I know you talk a lot about (indiscernible.)

MIKE MACDONALD: It was electric. Even during the celebration I don't think anybody left. The whole stadium was still packed, just cheering for everybody. Just an incredible showing by the 12s.

Q. Have you had time to look at New England?

MIKE MACDONALD: I think I watched like five plays. (Smiling.)

Q. (No microphone.)

MIKE MACDONALD: Well, no, because normally the way that the schedule is at some point everyone is kind of mix and match the same way where you end up playing



common opponents throughout the year. Even in the playoffs it might happen to you where you're playing another division that you weren't matched with.

So this one, this is kind of unique from my experience at least, but only talking about ten to 12 years here.

Q. You said I think last week that you guys wouldn't be here if you didn't have the participation during OTAs and mini camp that you did.

MIKE MACDONALD: Yep.

Q. Why do you think you had that kind of participation?

MIKE MACDONALD: Well, I think it's a tribute to our guys. It was something that like at this point last year as we were finishing up the season, I think buy-in of understanding what we're trying to achieve was there and the guys were excited about it.

You know, I felt like maybe towards the last part of the season they started to feel maybe what we could build and the possibility of doing it. So maybe the initial intension was there and then really it's a team effort, coaches included, strength staff included once they're in the building creating an environment where they feel like they can really take to the next level.

I mean, I think offensively we might have been 100% dang near every day, which is awesome, especially with a new staff. So really incredible.

Q. You talked about Sam a lot after the game. But in particular some of the throws under pressure.

MIKE MACDONALD: Yeah.

Q. (No microphone.)

MIKE MACDONALD: Yeah, those are great plays, all-time great plays, standing in there and trusting the timing of the play and letting it rip. So it was pretty awesome.

Q. Kenneth Walker, like the numbers don't look impressive but had a lot of good runs.

MIKE MACDONALD: He had a lot of great runs. He really did. Talk about hidden yardage within that game, and he's responsible for a lot of those hidden yards.

Like to block it a little bit better at points, but when you have a guy like K9 he can make it right for you. That was awesome.

Q. (Regarding having a run go backwards.)

MIKE MACDONALD: Yeah. I think it's a similar message that we have with the rest of our players. I'm thinking with Sam as well. Hey, go be decisive and then let's go fix it from there.

I think you have seen Ken's game go to the next level throughout the course of the season. And again, if you change up your message and say, you have to run it like this all the time but you don't get some of those runs, that his natural ability takes over.

There is a balance there. It's kind of like the secret sweet spot that you're searching for a guy like him.

Q. George as a backup and Cam, what did you think of that?

MIKE MACDONALD: It was remarkable. Hadn't played in how many weeks. Normally when you got a guy coming off IR you need some time to get ready to go. Tribute to him and our training staff for having him in shape.

Just shows you just got to stay ready, man. All 70 guys, need everybody, never know what's going to happen. When the opportunity presents itself and you're ready, something great can happen.

Q. What are some of the unique logistical challenges of moving your whole operation to practice somewhere else? Is it similar to the joint practices? That give you a little bit of an idea?

MIKE MACDONALD: A little bit. Right now it's kind of just looking at it big picture. Feels like it's more what it would feel like when we go -- when we would play overseas. You know, you're taking servers and there is a lot of logistical stuff that's going, technical stuff that a lot of people have to put in a lot of work to make it happen.

But we trust -- what's awesome is like we don't have to worry. Just kind of show up and do our job. Everybody does a great job setting the table for us.

Q. What do you see as big challenge for you, for your players?

MIKE MACDONALD: I think it's -- you know it's easy to say process, but the days will look a little bit different. It's really the intent behind what we're trying to do every day.

Just staying focused on the things that we can control, because there is so much extra, you know. And that

comes with the territory, so it's exciting. It's an opportunity to kind of make it -- get it right, and I trust our guys. Our guys will be great.

They know that we got one goal in mind. Let's go make it happen.

Q. Do you have any early sense on whether Sam will be able to do more practice next couple weeks?

MIKE MACDONALD: I honestly don't. I don't know what the trajectory is with how many reps he will need or how many he will want to take.

Q. How did Charles come out of game?

MIKE MACDONALD: To my knowledge he's good. Just a little sore.

Q. (Indiscernible.)

MIKE MACDONALD: Oh, just game breaker. I don't know what his stats were, but felt like he affected the game dang near every play.

Tremendous. Tremendous. All three levels. You know, sparking the offense at the end of the half was huge. Going up big in the red zone. Yeah, great game.

Q. (Regarding Brady Russell.)

MIKE MACDONALD: He's got a hand right now so we'll just work through it on what the timing is and what we need to do.

Q. Do you think Robby has a chance to make it back?

MIKE MACDONALD: We hope so. It's got to calm down so we can have a better feel for how it's going to look, but not sure what his practice status will be this week. Not sure.

Q. Speaking of Robby, you had to adapt without him in the lineup there. How do you feel like you kind of...

MIKE MACDONALD: Yeah, I thought our tight ends played really well. Eric Saubert had a great game. AJ Barner. We were able to work around it.

It's the benefit of having those type of bodies that can play on special teams, and Brady was able to fill a role as well at fullback.

So just something you have to work through.

Q. (Indiscernible.)

MIKE MACDONALD: Good. Again, don't know the extent of practice availability and all that, but just a shoulder right now.

Q. (No microphone.)

MIKE MACDONALD: That's one of the reasons we made him captain last week. This guy, he's kind of like the heartbeat of our team to a certain extent, especially on defense. Just a definitely emotional leader. Sets the tone every day.

When you have a guy that's been around for this long and he operates the way he does, just sets a great example for the rest of the team.

Really happy for him for what he's been able to put our team in, the position.

Q. (No microphone.)

MIKE MACDONALD: It's kind of like set your intention. What are we trying to do. Kind of like what Ernest does. There is a certain attention to detail, physicality, the method about how we want to operate. He brings that every day. When you have a guy with his stature that has that, it's contagious.

Q. (Regarding Nick.)

MIKE MACDONALD: I'm a broken record, but I thought Nick had a great game. The difference between this game and San Francisco is I think he -- like he handled his kind of emotional sweet spot better. I was in more of an operative mode and just played great football.

Really affected the game, and if we don't have those pass break ups, I think there is a different outcome to the game.

Q. (No microphone.)

MIKE MACDONALD: Well, it's great. It's awesome, but also means that we got work to do. I think one of the differences about how we've ran our program this year and the last two years is like we don't have, hey, this is the Super Bowl handbook. This is how you handle all the things.

Our mentality is hey, look, we're in this together and going into this experience, and this is how we want to take it day by day and get through all these hurdles, so to speak. Those guys will be right there for the ride and leading the charge.

That's how we'll handle it.

Q. Kind of a rough moments for all three of your cornerbacks last night. For them to ultimately come back and (indiscernible) how critical was that for you guys for them to still hold on?

MIKE MACDONALD: I think that's the by-product of the inputs you put in. You face some adversity earlier in the game and just stick to it and trust that if you just keep stacking plays over and over again you'll give yourself a chance.

So the plays by 'Spoon in the red zone were just, you know, some of the best plays in our team history probably, including in the circumstances. Awesome.

Q. Do you have anymore clarity on your assistant coaches and their job prospects past this season?

MIKE MACDONALD: No, no I don't. Couple like opportunities have been filled to my knowledge, but nothing like finalized.

Q. You've talked about integrity is important for this team. How did that show up like after (indiscernible) and then players talk and refocus and get back in the game?

MIKE MACDONALD: Yeah, we define integrity as doing the things you say you're going to do and doing that consistently. If you don't let the outcome affect how you're going to operate you can operate that way.

And so when you do work through those things in adverse times I think this really shows what you're made of. Our guys prove that time and time again.

Q. Steadfast is another word you've been using.

MIKE MACDONALD: Yeah.

Q. How does that show up?

MIKE MACDONALD: You could say relentless. That's part of what we want to be our play style. How can you not? Are you going to step off the gas? For what? Like you're going to stop chasing a vision or how you want to play, stop training or stop coaching your guys. It makes no sense. Why would you operate that way?

Q. (Regarding Jake Bobo.)

MIKE MACDONALD: Oh, yeah.

Q. Seemed like he's been a heartbeat guy for you guys in the locker room. What kind of impression does that make that he is able to make that play in the moment?

MIKE MACDONALD: I think you're just really happy for him. I'm not surprised. That's Jake Bobo. That's the guy we know, we love. To your point, I think couple weeks ago I was -- he was a captain and shows you like the respect that he carries throughout the team and how much we appreciate him, how much we respect him.

So for him to make a play in that setting, yeah, I think you're just fired up for the guy. Just really happy for him.

Q. (Regarding Devon Witherspoon.)

MIKE MACDONALD: I think just the situation and what got us to that point and what was required. You know, especially the last play. The play shouldn't be lasting that long.

And talk about relentlessness, you know, like I'm thinking if I'm in this type of coverage I don't have to coverage for X amount of time and it extends. There is no blink. He's just competing.

He did that the whole game. That's who he is.

Q. He said it was a seven route earlier. (Indiscernible.) Is that him or is that something you guys...

MIKE MACDONALD: Oh, no, that's him. (Smiling.) Yeah.

Q. (No microphone.)

MIKE MACDONALD: No, there is -- look, it's a football game. We're going to go work on what happened, going to take things out of it that I thought our guys did really well that maybe we can build on, and some things we need to get cleaned up.

So guys know that. They're great. We'll work this over the next few days and get back to work on Thursday.

Q. What was last night like for you?

MIKE MACDONALD: Oh, it was epic. It was awesome. (Smiling.) it was great.

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