



LOS ANGELES RAMS

Rams Run Game Coordinator Aaron Kromer – Media Availability – January 16, 2019

(On if any of the players have any amount of anxiousness as they're getting ready for the NFC Championships)

"No. Here's what I sense – I sense confidence. I sense a determination. Focus in the meeting room. Focus on the practice field today in the walk-thru and an opportunity that they see in front of them that they're excited about. But, by no means anxious."

(On his role as the interim head coach in New Orleans and what he remembers from that experience and how much it has colored his coaching since then)

"My time at each stop that I've made, I've made a lot of friends. I've learned a lot about football, a lot about communication and a lot about people. New Orleans was one of those stops for me. I had a lot of opportunity there. We had a lot of success when I was there, so I have a lot of fond memories. As you look at it overtime, that's what it is – it's memories and it's a collaboration of people and opportunity to learn and grow. That was a great opportunity for me and I enjoyed it. This job I have right now with (Head) Coach (Sean) McVay is a great, great opportunity. We have a great team of great people. Every day you go to work here at the Rams, you are excited about working with the individuals – not just the football. Football excites you, but the character and the people on this team and this organization, really, are what make it special."

(On the workload RB Todd Gurley II had last week and if he plans on giving him the same amount for this upcoming game)

"I think everybody wants to know about this two-back system and really, what it comes down to is, it's allowed both of them to be fresher. If one guy has to play the whole game, that's a tough down. You could see where in games throughout the second half of the season where, when (RB) Todd (Gurley II) had to stay in there as long as he had to stay in there, he wasn't as effective because he was tired. Any running back that I know, gets subbed in and out. What this has allowed us to do is give both of them a rest and both of them a chance to play at their best."

(On if having both Gurley and RB C.J. Anderson has changed anything for him as a run game coordinator)

"I think it allows you to have confidence in calling more runs, to be honest because you know the freshness of that player that's going in. They both have similar talents. Although, they're different. But, they're both very capable of course. (RB) C.J. (Anderson) has had a lot of success. We've had 11 guys committed to the run game, whether it's the quarterback knowing what runs to run versus certain looks. Whether it's the blocking of our wide receivers. The fifth play of the game last week. A guy that's unheralded, (WR) Josh Reynolds, cuts off the defensive end on the back side to make us a good, positive run. That's something that goes – I thought it was the tight end. You know, you watch the tape and you're like, 'That's a nice block for the backside tight end and here's Josh Reynolds.' Obviously, I knew that, but when you see it, it looked like a tight end blocking. When guys are that selfless and they'll do anything for the success of the team, you're going to have success."

(On what enabled the offensive line to play as well as they did against the Dallas Cowboys)

"Throughout the year, we've tried to keep the line fresh. We have a couple veterans on the team – the left side of the line basically. We've done everything we can to keep them fresh. Whether it's not practicing

every day, filling in with more walk-thrus in practice for them. They looked as fresh as I've seen them all year. That was a big part of it – that those three hit a fountain of youth in that game. It's the way that the organization has gone about getting these three ready to play. So, it's really benefited them and I believe now that it's starting to show."

(On the loudest he's ever heard the Superdome and what his relationship with Saints Head Coach Sean Payton is like)

"The loudest the Superdome has been that I was in was a Championship game – don't bring this up to (C) John Sullivan because he was on the (Minnesota) Vikings at the time. It's when the Saints beat the John Sullivan's Vikings in the Championship game in 2009 – the season after the 2009 (regular season) and that was the loudest I've heard it. So, we're expecting it to be loud this week. The crowd, they love their team and their going to pack the place. They know that they can have an impact, in their minds, on the game. So, we're expecting that noise and we're practicing for that. But, we practice for that every week, every away game. My relationship with (Saints Head Coach) Sean Payton goes way back in the 90's. We coached college football together at Miami of Ohio, where I graduated from. Their strength coach and I've played together. I also worked with a bunch of other guys on the staff. So, I have good ties and good friends on that staff, but not this weekend."

(On if there is a different element to the run game that Anderson brings that maybe Gurley doesn't)

"I don't think it's something that Todd doesn't bring because I can't picture anything that Todd doesn't bring to the run game. He brings it all. He's got speed. He's got power. He's got size. He's intelligent. He has been productive all year for us and has done a great job. But, having C.J. run the football, if you watch closely, you see him finish the runs aggressively – meaning he gets really low to the ground and when you tackle him, he's going to gain a couple more yards that you weren't expecting. You look out and say, 'Hey, that's a nice five-yard run,' and then you look up and it's a seven-yard run or it's an eight-yard run. I think that finish that he has – that power at the end of the run – is really what makes him a good back."

(On how much of the performance against the Cowboys was game planning and how much the gameplan changed and altered and adjusted based on what was happening)

"Every week the game evolves. Every week, they practiced all week to stop your run. You practiced all week to gain yards in the run. As the game evolves, you're trying to see more and more and the guys are giving you feedback on how they're playing. Like I said, with the intelligence of our group, they can give you feedback during the game – things that you might not even see yourself and help you in run calls in the game. Sean gets the plays in so fast. We're in and out of the huddle or no huddle and they're keeping the pressure on. Sean McVay thinks so fast in calling the plays that, that's added pressure on the defenses as well. But, it's a combination of everything. You gameplan every week. Some weeks you have 120 (yards), some weeks you have 200 (yards) and it just happened to be last week."

(On if there is something that he will do specifically with QB Jared Goff to prepare for the noise since the verbal part will be affected)

"Obviously, you'll need a silent cadence for most of the time. We'll use verbal and silent depending on the noise. But, there's adjustments in all these – you anticipate not hearing at any stadium at an away game. Obviously, you truly can't hear in New Orleans. So, you just have to be on the screws and you have to know plays you know by heart – you have to run plays that you know. You have to use schemes that you trust and that you know you can do without hearing every little word. I think it's just a confidence and the continuity that we have that we expect to be able to get that done."

(On if it's only the noise when he refers to the home-field advantage in New Orleans)

"The Saints play very well at home. They play well in the dome. They play fast on the turf – that's their other part of their home-field advantage. But, any time you don't have to travel across the country, stay somewhere else and then have the crowd noise in your home environment, it's going to be a little bit different. But, listen, every week in the NFL, half the teams play away and you've got to win those games just as many as you do at home."