

**Coach Mike Holmgren**

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**(Opening statement...)** “It’s pretty good, we’re still playing. I want to clear something up. Darrell Jackson probably will play. I read something on the computer that he would not play. What I said was he aggravated his foot in our game. I said this morning on my radio show and he had to come out. But actually he is feeling better now than he did Monday last week. So he’ll probably get to practice a little bit at the end of the week. (DJ) Hackett, more problematic, last week on Friday he could not play. And then when I got to the stadium and worked him out they said he could play. And he made some nice plays in the game, but then he hurt himself. It’s a basketball ankle, side. It’s not the high ankle, it’s the side.”

**(On Hackett’s hip being re-injured...)** “Not to my knowledge. He got through the game ok that way. The thing that he hurt was his ankle.”

**(On Darrell Jackson being back...)** “I got to see how productive. We have him back. He suited up. Now I would say he was less than a hundred percent in the game. It is good to have him back. The uncertainty of whether guys can play in your planning, and particularly at wide receiver when you have different combinations of three and four and everything, you want to try and get the guys who are actually going to be running the plays in the game to practice them. And we couldn’t do that too well last year. Seneca (Wallace) caught the first pass of the game. We were prepared to use him a little bit more prior to Saturday. We’ll see how it goes. (Bobby) Engram is ok. (Nate) Burleson is ok. (Deion) Branch is ok. Now we just have to see with the other guys how we fill in that.”

**(On if players who don’t practice will play...)** “If they’re healthy. With Darrell, with a veteran player you can do it. You can kind of do it sometimes because he knows. With a young guy or a guy new to your system it’s harder. As an example, Nate in the game there were a couple instances there in the game where he didn’t think he was going to have to play a certain position, but he got thrust in there and didn’t come out exactly the way I wanted it to. With a veteran player you have a chance to pull it off. With a young guy it’s hard.”

**(On Marcus Trufant’s chances to play...)** “No. Not really. If we were able to get to the next game he has a chance to play.”

**(On the fan support...)** “I went to dinner after the game and they applauded, which was nice. Wherever I was that particular time they were happy. They’ve been great all year. Our fans were tremendous in that game. But they have been great all year. My sense is that they’re pulling for the Seahawks, and routing for the Seahawks, and going to the games and filling the stadium; that’s more fun now and they’ve been doing that now for a couple of years. Now a game like we won certainly has to increase enthusiasm and new fans perhaps. They’ve been pretty good for a while. That’s my sense. But, heck, for those people that were in the stadium or watching it on television; if you were involved in that game the other night you had to ... I was able to go to church Sunday with my family, and I had more older folks come up to me and go ‘ughhh’, like I was going to be responsible for the last breath they took. And they were happy. But they were happy. It

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was very much like that. They're people that know us, and they're happy for us and happy for the team."

**(On Mack Strong's comments on being a team of destiny...)** "I did see that. I think it's a great way to feel. And Mack Strong is a pretty solid guy, and he's not quoted all the time and he doesn't say a lot. So when he says things he believes it. And I think when you win a game that way, you kind of have to believe 'heck maybe it's bouncing our way'. Call that what you want, a team of destiny, call it whatever you want. We kind of got one that maybe we didn't think we had, and all of a sudden we have it. Now that doesn't take off the challenge that lies ahead of us. Because we are going on the road, and because the other teams involved still in the NFC or playoffs are outstanding teams, we know what the challenge is. But all we can do is what we can do. I looked at the film. We can play with more efficiency and better than we played Saturday. We still goofed up a few things that I think we shouldn't of, but it was a great win for us. My goodness it was great."

**(On Lofa Tatupu making big plays...)** "That's why he goes to the Pro Bowl. That's why he's a young man, he's going to go to two Pro Bowls. He'll probably be one of those guys, like Junior Seau if he stays healthy, that goes every year because he's such a good football player. I don't know what else to say about him. The played he made, unfortunately it was stepping out of bounds that we got the safety on, in that sort of chaos to have the where-with-all to do what he did it's unbelievable. You can't even appreciate how wonderful a play that was to think about doing that when it's just wild. But that's him. I'm glad he's on my team."

**(On the review of the spot at two yard line before final field goal attempt...)** "I'm thinking more 'how we're going to do this last minute', because I'm kind of thinking they're going to score and we got to come back and score. So that's kind of where my mind's at. Then upstairs someone said 'I don't think he made it.' And I didn't know. I did not at that time do anything with the officials or anything to delay anything. I just said 'I hope they review it then'. I was at a different place what I was thinking about. The guys upstairs saw it. They were talking a lot. And then when he stopped play, I said 'are we going to win this?' And they said, 'yeah, we should, because it's pretty clear on the film.' And then it became fourth down instead of first down; huge play, my goodness, huge play. And then Dallas still had a decision, while I guess they didn't have a decision to make, they had to kick it."

**(On calling the final timeout...)** "What happened there was I thought they should have added at least ten seconds to the clock. So that was what I was talking to the official about. I said 'we have to get ten more seconds'. I had one more timeout left. And then the referee after the replay, after he said what he said, because I'm still thinking they're going to kick the field goal and we're going to need the time and the field goal. And then he came up to me and said 'I wind it now'. He goes, 'when I put the ball in play I wind it.' So Dallas could've just sat there. I had one timeout. They could've rolled it down to whatever, I think there was a minute and eighteen. They could've rolled it down to 40 seconds or 35 seconds. So I said 'ok, I'll take my timeout now'. That's what I did, and

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then we were out of timeouts... I said 'how about our ten seconds'. I remember saying 'how about our ten seconds'. And they said 'it's been factored in. That time is right'. And I never argue with the officials."

**(On when issuing a challenge if anything that happened on that play is open for review...)** "You have to tell them what you want to look at. But the play stands on its own. So if all of a sudden I'm challenging something, but they see something that's clearly wrong, they make the play right."

**(On if the referees could've ruled Terry Glenn's fumble an incomplete pass...)** "Sure, they could've. But it's very unlikely that upstairs they're going to overturn if that hasn't even been challenged by the other team. The challenge you have to see a lot of evidence to overcome. They're not going to overcome what's been called on the field if that's not even part of the original challenge, very unlikely. But if they're looking at it and they go 'hey, he didn't even catch it.' Yeah, they should do that. It's my way of thinking they should do it. The whole idea behind a challenge is to get the play right. Sometimes it hurts us, sometimes it doesn't. That's the whole idea behind it. And as long as they get it right and you can see it, then I say 'get it right'."

**(On if Matt Hasselbeck trying to do too much is behind him...)** "While I hope so, Steve, I hope so. He has done it all season really. We've been careless with the football all season. He has way more interceptions than he should being as bright as he is and understanding our system now the way he understands it. I think by his own admission he would say he tries to do too much. There are things in his head; I think the number of substitutions and injuries that we've had, the different combinations, I think that's had an effect on him. And really, he's human and I think he has a chance to be great. He's a good player, and he had a great season last year. But I think he has a chance to be great. And to be great, those things, you have to find a way, and I'm not going to coach it out of him – not at this stage, he's got to find a way to deal with those things that he has to deal with. Physically he does everything I want him to do. He really is very good. Now the two areas and we had this discussion before the season started; he doesn't play the game by himself – he doesn't have to. In his mind, he's a very bright guy and probably could be a lawyer because he likes to argue, but he goes 'that being said, if I'm not to have to play the game by myself, but I don't have everyone else, so maybe I have to do a little bit'. There's always a little bit of a give and take between us. But he's absolutely capable of shooting lights out. And it would be wonderful. Now the other guys have to help him. The quarterback is not out there by himself. He got banged around a little bit early in that game. I was not particularly pleased with our pass protection early. That's going to have a little bit of an effect on the quarterback."

**(On if they argue less...)** "Way less. Way less. Two, three, four years ago it was ridiculous. Now actually we don't argue very much at all. We really don't argue too much. We have a little discussion here and there. We're at the point in our relationship, and he's at the point where he is as a player that we don't have to do that anymore, I don't have to do that anymore. I don't have to bang him around anymore. We just talk about stuff."

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**(On importance of Branch and Hasselbeck being on the same page...)** “You look at the great combinations. The best one in the league now is (Marvin) Harrison and (Peyton) Manning, and they’ve thrown a million balls to each other. That’s real. That’s important and it’s real. Any good quarterback-receiver combinations do that. They kind of know what to expect. That’s one thing. And that will get nothing but better. They’ll be together for a while now and that will get nothing but better. Then what Deion has to do, which will also get better, now please understand what I’m saying. He is really good and he helps us a lot. There are three or four plays every game though, where he does something that, because he hasn’t been with us very long, that I wish he had done something else. And it happened Sunday. It’s not that he’s not trying hard. It might be a little subtle thing; his angle, how he’s doing something. And that will get better too. Nate Burleson falls into that category as well. But it’s all good. We’re kind of going through it now, and making an error here and there in that respect with those guys. But next year, I would think that it will be better, get better, because they’re talented men. And they want to win. They want to do it right.”

**(On having Jerramy Stevens for Chicago after missing the first Bears game...)** “Jerramy impacts things when he has a game like he had Saturday. And Jerramy’s thing has been consistency this season. I think he would say that. I pulled him aside before the game, when we were in warm-ups, and I said ‘listen, I’m going to you. Don’t let anything distract you. Don’t get in any little contests, verbal things. Be strong at the ball.’ By that I meant, ‘don’t worry about running after the catch, but catch it and be strong with your hands at the ball’. And I said, ‘we got to do this’. And he had a good game. Not just because of what I said, but he had a good game because clearly he was focusing in on doing it. I think he had a pretty good game. When he plays that way we’re better. Year, we are better, because in our system that’s an important role...I’ve had a number of frustrations this year. And Jerramy, I tease him about it, and he teases me about it. But the good thing, the good thing, is he wants to be good. He wants to do it. And if he can just focus and don’t let anybody drag him into anything, because he’s a very feisty, competitive guy, and some of these habits are tough to break, but you just have to.”

**(On being favored or the underdog...)** “It’s been a good thing for the teams I’ve coached; particularly if you’re confident in what you’re doing and you have to be playing well. I think the first year in Green Bay when we play New England in the Super Bowl and won, we had been an underdog going in there. Certainly I was the underdog coach. I was the new coach and coaching against Bill (Parcells). So I kind of played that up a bit. That type of feeling hungry and no one gives you respect, it can work on some players. After a while you think ‘the guy’s 30 years old, this isn’t going to work. But it does. It works on some players. The other side of the coin is you can be really confident and good and say ‘I don’t care who comes in here.’ The second year in Green Bay, that team felt that way. We lost the Super Bowl because I couldn’t get them to believe how tough a game it was going to be in my opinion. It was my opinion. They really had a confidence, because we had gone through the season, played well. We had a good year. Both ways. I don’t mind being below the radar. I thought, even after our game with Dallas, there didn’t appear to be much about the Seahawks on television nationally. It was about the snap or

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TO (Terrell Owens) coming back. One side of me, I say 'that's too bad' because we played a good game. But the other side, it's ok to be under the radar."

**(On playing a Bears team that beat the Seahawks 37-6 earlier in the season.)** "We have a lot to make up for because we didn't play very well. And we're going into the same place with the same fans, and playing the same team. And we had better be better, because that was not very much fun. I think we're capable of playing better. We have some guys who are going to be able to play in the game that didn't play in the first time. But the Bears are awfully good. There is a reason their record is what it is. And you can never discount the home field advantage; that's important."

**(On impact of not having Shaun Alexander in the first game vs. Bears...)** "I've told you, we don't change the plays that much. But we couldn't run very well against them. That I do remember. And since that time, now our offensive line has changed also, right when we get somebody back we kind of lose somebody else. The plays themselves won't change too much, but the player makes a difference."

**(On lack of running game allowing Bears to rush Hasselbeck...)** "Well the situation allows it more than the players, because they're going to play what they play on first down, second down, second and short, whatever they decide how they're going to do it. But you get in passing situations, or all of a sudden you feel like we get behind and we're going to throw more. Now that played into their hands with their home crowd and they're defensive line the way it was. They're excellent pass rushers."

**(On importance of breaking down game film from first game vs. Bears...)** "I want to show the guys how bad we played. No one wants to be embarrassed ever; good players or coaches. And if I think we played a stinker, that's ok to talk about that. I remember when I was teaching in high school or learning during my teacher training programs, 'be careful of negative reinforcement'. Every once in a while you have to hit them between the eyes and show it to them. Heck with that theory business, we're in the real world here."

**(On teaching high school...)** "I liked just about everything about teaching high school. I enjoyed that. I think I've told a number of you, I enjoyed that a lot. It gave me a chance to teach subjects and physical education and coach. I was kind of able to do two things; wear a tie sometimes, shorts another time. And then to see the development of young people; see them grow up and thinking that you make a little bit of a difference in their life. That's the gratifying part of teaching. One of my daughters is a teacher and an excellent teacher. She just lights up."

**(On if the same five guys will line up on the offensive line...)** "Yes."

**(On whether that is an improvement to first game's line...)** "That's a tough one Clare, because (Robbie) Tobeck is kind of the wild card there. And Robbie is still not playing. And (Chris Spencer) Spence is doing a pretty good job at center. But he's played now. And (Rob) Sims has gotten a lot of good work and played in some games and is getting

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better each week. Having (Floyd Womack) Chop around as a swing guy, who I know can play all the positions like he did a couple of years ago, it's kind of a comforting feeling. That's a good thing in a game."

**(On how Chris Spencer performed in his first playoff game...)** "Chris did fine. He's really a special man. His leg. I don't know if you had a chance to see his leg in the locker room, did you? And he played. He's a warrior, and he played well. He did."

**(On big plays being contagious...)** "I talked specifically about that in the meeting the night before the game. In playoff games, the teams most of the time, it can be decided by a couple plays in the game. The one play doesn't ultimately win the game for you. But when you have a chance, I talked to them about when you get the chance to be in the right spot to be the hero, the team that wins, those players make that play. Whether it's the great catch, or Lofa's play in the endzone, or Babineaux's play, or (Shaun) Alexander popping it out of there against an eleven man front, whatever it may be, and we needed every one of those plays to win. It was that close. Most of the playoffs are decided that way. And so I talked to them about it. When we look at the highlight film, I can show specifically those things based on what I talked about. It helps your credibility. It helps them believe that what you're telling them is kind of the way it is. That's all good."

**(On seeing any changes with Walter Jones this year...)** "Not to me. I think with Walt we have a tendency, the bar is so high, that if he plays a very good game sometimes we say it's not good enough. And I'm not sure that's fair. Saturday he was very good. He was All Pro Walter Jones. And he's about as consistent a player I've ever had. He's a very quiet guy. But he's very good. Every once in a while someone almost gets the quarterback or gets there or gives up a sack, people are just stunned. But it doesn't happen very often."

**(On different combinations on offensive line effecting Jones' play...)** "Maybe in the running game. Not in the passing game because tackles are kind of on their own. They'll make calls. Tackle end games, crossovers and stuff, they got to work together and there it might show up once in a while because you got a veteran with a younger guy and he's kind of learning. Sims is learning. But in the running game you have to make a lot more calls. And he's had four different people play next to him this year. And it's bound to have some sort of an effect. You'd never know it by him. He's the same. 'Hi Walt.' 'Hi Coach.'"

**(On Itula Mili being released...)** "You get into the playoffs and sometimes you have to do things that you don't really want to do, but you feel you have to do to put the right team on the field. And that was one of those things. We were so banged up and so uncertain at wide receiver that we wanted to bring up Ben Obomanu. And then you start looking at, how can we do this. The last couple of years, to no fault of his own, he's either been hurt or sick or something. And so, that was why we did it. It was unlikely he was going to be active throughout the playoffs, because we have the three tight ends that are playing now. Both Bennie (Joppru) and Will (Heller) are very valuable special teams players. And that really wasn't Mili's strength. So we had to make a tough call. I wish

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him well. He's one of the good guys and has done some really good things for us. But that's the reason and that's kind of how it came to be him."

**(On how footballs are used during games...)** "They've change it so much. The whole idea behind the kickers-ball bag, those had a K on them. They're marked. Balls would go to wherever stadium and then teams would do it with the kicking-balls, would do all sorts of weird stuff with them. Put them in microwave ovens. Put them in dryers. To get more, deflate them. Mess around with the kicking-balls. It was common knowledge it was bad. And so then on the competition committee said let's clean that up. The kicking-balls it's like they're coming at Brink's Truck. It's the darndest thing you've ever seen and their guarded. So those are the kicking balls. Now the kickers complained, but statistically nothing changed too much. We evaluate that. At least we knew it wasn't going to be filled with helium. So that was that. The quarterbacks have always complained about film on the Wilson ball. When it comes right out of the bag if you were to order one right from the factory, it comes right out of the bag, and I was a quarterback and I agree with this, there was a feel to it that eventually goes off of it after you practice with it for three or four days or kicked it. For the games they used to use brand new balls right out of the bag, the Super Bowl, and it would be kind of slick to be honest. At least it had a slick feel after playing with certain balls. So last year or two years ago they changed it so you could rub the balls down with cloth or brush that they'd send. And you'd have your training or equipment guys, that's what they're doing before the game, they're kind of getting this stuff off the balls. Then the balls get taken to the officials. They look at the balls and make sure that anything's wrong. They have to be inflated to 13 pounds. They do all that stuff. Then they go in the bag and those are the balls they play with. This year they changed it even more, that you can bring balls that you practice with. You can bring your own balls. The quarterbacks don't have any problems with it anymore. But the kicking-balls are the kicking-balls and that's the reason we did it with the kicking-balls."

**(On Jordan Babineaux's game saving tackle...)** "I did not see that play until this morning. I didn't see how close that thing. It's funny. I know we won. I'm looking at that play and I'm going 'get him...' It's unbelievable how close that was. I talked to the team and said 'hey Babs, unbelievable, heads up play.' (Tony) Romo did a nice job actually after the fumble, picking the ball up and trying to score. I mean that was close. It was kind of that type of game. I acknowledged him with his teammates today. And they love him and he kind of has that reputation now. He's a young guy that is still learning to play, but he has been involved with big plays for us."

**(On John Howell and Pete Hunter in the secondary...)** "It is what it is. We got these two young guys. They told me after the game. They both came up to me in the locker room and said 'thanks for the opportunity'. And I said 'thanks for helping us.' Now they have to do it again. Our situation in the secondary hasn't changed. It's the same situation."

**(On John Marshall's game plan...)** "Pretty good. I helped him a lot with that game plan. No, it was excellent. And John, both he and Gil (Haskell), as coordinators on this

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team do an excellent job. They really do, and I'm lucky to have them here. We had a meeting at the start of the week. I don't mess with them during the week. I don't think that's smart. But in the beginning of the week, I toss in my two cents, and want to know generally speaking at least what kind of approach you're going to take. Really what I wanted to do with John this last week was remove any anxiety. Every once in a while, I believe he does this, he might not, because if something's not working I'm hard on him. At times, I don't want him to think that he has to call something for me. I think that really inhibits any single caller in the game. After we talked in the beginning of the week, I said 'you do what you (do)'. After we talked about a couple things, I said 'ok, now we've talked about it. But when it comes down to it you do what you have to do'. And then if I want to blitz more or something I might toss that on the phone. 'Let's get after them'. And he did a great job. They all did a great job."

**(On absence of Craig Terrill and Marcus Tubbs and lack of size on defensive line...)**

"In fact I'm probably better to answer that question than John (Marshall), because typically if you are to ask the coordinator or a position coach, they're in the fox hole with their guys. I was, I know that, when I was a coordinator. In fact I was a little defensive about how my guys were criticized and so on. The simple fact is we are undersized on the defensive line. So they have to make up for it in technique and speed. And we cannot not do that. Typically, if someone pops a run on us, which has happened this year, it's because our technique wasn't just right. Because we got to be right, because we're not big. Russell Davis is a bigger man, but he was used to a different style of defense. We're a little more of an attacking defense, he was a little more of a lateral thinking there. And then (Chuck) Darby, heck, he's not the biggest guy in the world. So it hurts. It hurts. That's the other reason I'm proud of them. You go up against big lines like Minnesota, or Dallas, or Kansas City has a big line, Philadelphia has a huge line; those guys have to be right technique-wise, and then effort, tremendous effort. So that's how we're surviving."

**(On playing overseas...)** "It's my understanding you get one every 15 years or something. I could live with that. I'll be on the porch having a little pina-colada when they travel to wherever. Actually, I used to lobby, and I lobbied. I think that China game next year. I always like it in the preseason. In the preseason, I had the privilege of going to Germany, Japan a couple times, England; playing in those game in the preseason I always enjoyed it, particularly if you made the trip somewhat educational for everybody and fun. You got to play the football game, but give the players a chance to see something they might never see. That's why. And I like that. And then the game is not on your record. You play the game. Now regular season games, regular season games, I think that has to be thought through a lot, one man's opinion. Thought through a lot more, because there are tremendous revenue things to think about, your home fans which are so vital and pay the bills, you don't want to cheat them at all. I know they would like to do that. The league would like to do that and they probably will do it. I mean they will do it. But I kind of like the idea of playing at Qwest, myself."

**(On Bob Casullo being in the coaching booth now...)** "I didn't think we were seeing the whole picture well enough from the field. It's very unusual for a special teams coach. I know that. I talked to Bob (Casullo). Things were happening in the game and I couldn't



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get enough answers immediately on the field. And he goes ‘well, there’s no special teams, I can’t think of one’. I said, ‘I don’t really care as long as we’re functioning better’. And I did at after the San Francisco game. We had a punt blocked and we also had a fake work against us. And I said, ‘right now I’m uncomfortable with not getting the information.’ And now I think it’s working out better.”

**(On communication with Coach Casullo...)** “I don’t yell at him. He’s hooked up on a headset with John Jamison who is on the field. And John was in my wedding, so I don’t yell at him too much. But those guys talk and they yell at each other. Now I’m out of it, but I can get information from John from Bob and it’s much quicker, much more precise. It’s working better.”

**(On the return game...)** “So much of the return game is your returner. And I think Nate is doing a great job. I think our coverage teams were effected by the return they got the other night. The guys were losing. We’ve probably lost four or five real key special teams players this year. And special teams are built on a core. You have your core players that are going to play all the teams. Right now we’re kind of mixing and matching just a little bit there. But, just like anything else that’s happened this year, we got to do it. So a guy steps in and this is what you do and do it best way you can. But losing (Josh) Scobey, who was an excellent special teams players, (Isaiah) Kacyvenski before he left here was an excellent special teams player, Jimmy Williams – excellent special teams player. There was a joke, all those guys were captains and then they get hurt bad. So I try to get somebody to be a captain, they wouldn’t do it last week. Said, ‘I’m not doing that’. Then (John) Howell popped his hamstring. So Howell’s done. So Howell hurt himself in the game and we just signed him. And Howell had been a dominant special teams player the year before. So yes, it has an effect. What’s to likely happen is you take some of our starters and we’re going to plug them into certain special teams.”

**(On run defense vs. Bears...)** “We have to be better than we were in the first game, otherwise it’s going to be a long day. Because they pretty much did what they wanted to do when we played Chicago the first time. We have a lot of pride on the team. And I’m sure the guys are going to look at the film and not like what they see, but they ran on us. So we have to be better. We must do a better job, otherwise it’s going to be another long day.”

**(On if there will be a roster move...)** “We could. By the end of the week it could happen.”

**(On Shaun Alexander’s status...)** “He’s fine. In fact to this moment I really don’t know what happened to his foot.”

**(On this week of practice...)** “It’s gone good. We’ve had a good practice week. We really have. I’ve been pleased with the way the guys have focused. And they understand that it’s the playoffs and its sudden death, and they practice that way. And I was happy with it.”

**(On playoff experience in preparation...)** “I think there is some value there. It’s not the most important thing I don’t think. What they understand is the intensity and how it really is a little different than the regular season believe it or not. Everyone is kind of cranked up. They realize its sudden death, there’s no tomorrow. You are going to be playing against people that are probably a little quicker a little faster. There’s more at stake.”

**(On injury update...)** “We will have most of the guys ready I think to play in the game. There will be about five game day decisions: a couple linemen, Darrell Jackson, (DJ) Hackett, the same names that were questionable. (Marcus) Trufant, of course, is out of the game.”

**(On Chris Gray and Floyd Womack’s status...)** “They practiced today. They practiced today. And now I have to see how they’re feeling tomorrow after they practiced today, and then we’ll make the decision based on that.”

**(On Nate Burleson’s status...)** “Same thing. He practiced a little bit today. I expect them with the two more days to heal up and to be feeling better. But we’ll have to wait and see how they feel tomorrow.”

**(On Julian Peterson’s status...)** “He’s on alert here for the baby and all that business. It could happen at any time, so he has his cell phone with him all the time. I would like the baby to come, and I’m all for having babies. I want the baby to come, and let him focus on the game.”

**(On Matt Hasselbeck’s performance the past couple weeks...)** “I don’t worry about Matt anymore too much. I mean there might be some games where I think we could do some things differently, but I always go into a game fairly confident he’s going to do the right thing most of the time. He’s played pretty well the past couple weeks, and I don’t think about it much.”

**(On Hasselbeck returning from injury being a different thing for him...)** “It was. Yes it was. And I think now there’s been sufficient time so that’s not a factor.”

**(On offense gaining better rhythm last couple weeks...)** “It’s better. It’s been better. The pieces have juggled around so much that I don’t know if it affects offense more than defense. I’ve always thought so if you move people around and change bodies. That’s the biggest thing, and we’ve overcome it for the most part. But that’s really been the different.”

**(On a fun factor that rises during the playoffs...)** “After the game if we win I have more fun than anybody. It’s exciting. But we’re working. And I think the people sitting

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upstairs or the fans have a great time for the playoff games. It's pretty intense for those of us actually in the arena."

**(On the secondary...)** "They're doing fine. The young people we asked to come in here and get ready to play a game in one week. They're going to give me everything they got. I know that. And if it's good enough, we'll see. I have a lot of other things to think about, and I've kind of scratched that one off my worry list."

**(On those without playoff experience like Kelly Jennings...)** "Their kind of swept up in the playoff atmosphere I would say. But the thing is with young people, with young guys, rookies, they're just surviving. They're just playing the game. Here, it's another game. And they haven't been through it yet. But they've played some good football in the last few weeks. I told them yesterday that they are no longer rookies. I don't look at them that way anymore. They've played a lot of football and I expect a lot from them."

**(On how to beat Dallas...)** "Anytime I've tried to figure out what type of a game it was going to be I've been wrong. The last two times we've played Dallas; two years ago it was high scoring, last year it was low scoring. I'm not good at figuring that out. So I don't ever say that. We are going to play football the way we play and hopefully score more points than they do and that's it. I don't care if it's low or high as long as we have one more point... As long as I've been in the league it works the same way. If a team is struggling and your record is not so hot and you don't have a hope for the playoffs the training room is a lot fuller. That's just the way it is. And I saw on Dallas' injury report no one is hurt there, no one. Now partly it's probably Bill (Parcells), partly. They're afraid to be hurt. But it's playoff time. And as I told our team yesterday that you are either in or out and don't be hanging around the training room unless you're hurt."

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**(On the injury report...)** “This list here is pretty right on. (Marcus) Trufant, obviously, won’t play. Jimmy Williams and Kelly Herndon went on IR. Chris Gray, (DJ) Hackett, (Leroy) Hill, Darrell Jackson and (Floyd) Womack are all questionable. The linemen will be game-time decisions. Hopefully they’ll practice a little bit tomorrow. Jackson, I’m holding out hope that he can play. We’ll see; we’ll test that thing tomorrow. Hackett, same thing. He got a hip flexor in the game last week. He’s making progress, but we have to see where he is. They’re going to be on the IF list. (Rocky) Bernard and (Nate) Burleson: Nate had a little foot problem. It doesn’t appear to be serious, but he did that in the game. (On whether Burleson hurt it in Tuesday’s practice) He came in yesterday, and then he did some stuff, and then it happened. He felt it for the first time; I’m sure it happened in the game. At this stage of the game, either you’re in or you’re out. That was the speech I gave them yesterday. I expect them all to show up.

**(On how much he expects to see Pete Hunter and Rich Gardner on the field...)** “Probably too much. Probably too much. They’re great young guys, and they’re going to have to play. It’s not a great situation for them. They’re excited about the opportunity, but they’re going against some very fine players. There’s no alternative, so we’ll play.”

**(On how the new players affect the defense...)** “That’s why I’m an offensive coach. I wash my hands of this whole thing. That’s John Marshall’s deal. Of course, it does. But no one really cares, except us. You sign some guys, you line up some guys, you’ve got 45 guys plus the quarterback who suit up on Saturday, and then you play.”

**(On whether he would try to take advantage of a defensive secondary that was depleted by injuries)** “Never. I just stay with the same game plan. You evaluate your personnel, check the matchups; everyone does it. That is the balancing act, really. You evaluate those things, and you have to make sure you don’t stray too far from what you think is important to your offensive structure, and then you play the game. Believe me: every coach approaches it that way. They look at who they’re going to be playing against, and react accordingly.”

**(On the ball control in Sunday’s win over Tampa...)** “As you get into the playoffs, now, all those things become more problematic. Dallas, against us in the past, and most of the time, has shown a great ability to stop the run. They’re physical guys who run the defense, his defense, very well. That’s kind of how that division is. They’re big, physical teams who play the game that way. The other thing, yeah, that would help our defense if we could do that. But that’s easier said than done.”

**(On some of the common threads in the playoffs...)** “It’s been an unusual year, health-wise, as it has been for other teams. Everyone knows that. The positive side is that, the last two ball games, I’ve been pleased with how we’ve played. We’ve played better. Our running back is running very, very hard and very confidently. Our young linemen, who have had to play, have a few games under their belt and they’re getting a little better feel for it. I think Matt (Hasselbeck) has, since the injury, although we have not been as consistent on offense as I would like, I think he is in a little better place right now, too. The wide receiver situation has hurt our continuity because of different people playing different positions all the time. But that still is a strength of our team. We have good wide receivers. Some of the things I think you need to get into the playoffs and keep going are kind of there for us. A couple of the other things, though, aren’t. I think you can say that about a number of the teams in the NFC. And here we go. It’s sudden death, and here we go.

**(On if there are players on the team that play at a higher level in the playoffs...)** “Last year would be an example I would use because we went far into the playoffs and to the Super Bowl. I didn’t think that happened too much. I thought, as a group, our defense came into the playoffs last year and played good team defense. Now that takes a lot of guys. It’s not just one guy. It takes a lot of guys playing well. I thought Matt Hasselbeck last season was very consistently good, all season long. And I think in the playoffs what you need to win a game against a playoff-caliber team, you need playmakers. Either a guy making a great catch, a great interception, creating a fumble, a punt return. Something that elevates the whole team. The teams that can do that just a little bit in the playoffs usually are the teams that win.”

**(On if he has ever seen the field as wide open this year...)** “You know what; I know that’s how a lot of people are looking at it this year. But I’ve always felt going into the playoffs, when we had a chance to do that, as an assistant coach or a head coach, that the feeling on most teams is, ‘Hey, we have as good chance as anybody.’ Any year. That doesn’t change. You’re in there. Football is a funny game. The ball bounces funny. You get a call here and there. Something happens. It’s just like the regular season. So I think every team, and every team I’ve ever coached, you go in thinking, ‘Hey, we can do this.’ Now, some things have to fall in line for us. But we can do this, and I’m sure every team feels the same way. So while I know this year much has been made of the AFC, NFC and all that kind of stuff. To me, it’s always the same. The records might be a little different. But it’s always the same. When you get into the playoffs, you’ve got a shot, you’ve got a chance.”

**(On not giving up this season...)** “It hasn’t just been the last two years. The type of people we bring in here, we really try and look at character and how we think they’re going to react in the fourth quarter of games and all that kind of stuff that we think is important for the team concept and makeup. I think now we have a team made up of young men like that. I really do. When it gets hard, and when you lose some games and you lose some games particularly that you think you should win, then that’s when you really have to coach and you really have to play. Everyone kind of sees who the real person is. My coaching staff is excellent at keeping them going and the character on the football team is good. We all understand. What I try and do is just make them aware of the fact that these happen in football and every week you have to be ready to play. Not just X’s and O’s but inside. That’s the difference. Some teams when they lose a game they shouldn’t lose, or you think you shouldn’t lose, we’ve had a couple of those this year, I didn’t think we played with enough emotion. That we thought we could just maybe go out there and kind of play football and show up. It doesn’t work. It just does not work. We have a lot of young people on this team, we really do. They’re learning. So it didn’t surprise me that they hung in there. One thing we always say is that if one person gets hurt the next guy steps up and plays. There are no excuses. That’s kind of what they’ve done.”

**(On how he plans to use Robbie Tobeck this week...)** “I have not decided yet who’s going to be deactivated. Chris Spencer has been playing center, and doing a pretty good job. Robbie’s weight is still down. So I don’t know. I can’t give you a good answer on that yet. We have some injury situations in the offensive line with Chris Gray we’re still dealing with. That probably won’t be decided, really, until the last minute.”

**(On if any of the challenges you had with your post-Super Bowl team in Green Bay end up applying this year...)** “We won a Super Bowl in Green Bay and then the next year had a set of challenges. Yeah, there were challenges there. And I think there are challenges for Super Bowl winner and, according to everything I read and was asked at training camp, there are challenges for Super Bowl losers. But they’re kind of the same in my mind. The players cannot believe because they got into the game that they are somehow entitled to get into the game the next year.

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That can creep in, if you let it. But you really shouldn't let it. We kind of coached to that and talked to that, and our offseason program was good. In Green Bay, the players used to tease me, good-naturedly, of course, I had a TV show there and a couple of other things I did in town as the head coach has to do there. The year after the Super Bowl, I cancelled all that. I said, 'Look, I'm canceling all my stuff. I'm just going to focus here and I'm asking all you guys to do the same thing.' In Seattle, there are players who have things going. I said, 'I'm going to do that because I'm going to commit everything. And I'm going to change my program and I'm asking you guys to change yours to try and do this.' That was a little thing I did to try and have them focus in. Ultimately, it comes down to the players themselves. The coaches are going to coach the same way. You're always going to do what you do. The guys have to want to go back and really understand how they got there in the first place."

**(On adding a TV show this year...)** "Yeah, I did. I was under a lot of pressure. I was asked to do that."

**(On the health of Matt Hasselbeck and Shaun Alexander...)** "They're fine. Both of them are fine. Matt still has a little soreness in his hand. But his knee is fine. The things that kept him out of those games, he's OK. And Shaun is fine."

(On

(are you catching the Cowboys at the right time given that you will be playing a 7-4-0 defense with Grant Wistrom and Chuck Darby providing safety help over the top against Terrell Owens?) No. I don't think so. I think they are coached by one of the guys I think is one of the all-time great coaches in this league. He's going to get them ready to play. There is no doubt about that. When you get asked that question about the other team's emotions and the last game, who knows what their emotions were like in that last game? I just have to react to what I see on film and what I know about their coaches and about their players. I don't know if you ever catch anybody at the right time in the playoffs. It's a new season. We're all saying the same thing. New Orleans and Chicago don't have to say it this week but they'll be saying it next week. It's sudden death, it's a new season. We're all saying the same thing. What has gone on in the past has allowed us this positioning in the playoffs. That is done. Now, here we go. Everybody has to bring their "A" game. It's just expected."

**(On his previous experiences...)** "I have great memories of the Super Bowl, obviously. Bill Parcells is Bill Parcells. I am who I am. At the time, in that game, I got my first dose of going and competing in a big game against a legend. They wanted to talk about Bill a lot. They didn't want to talk about the packers a lot. That was OK. That turned out to be OK. I learned a lot from that experience. Actually, I consider him a friend. As an assistant coach, this goes all the way back to being with the 49ers, he has always been very good to me. I have gone to him when I needed some advice. He was very open and he's an interesting man. I have a lot of respect for him. Every time we compete, we won last year and we probably lucked out a little bit and I thought they lucked out a little bit the year before. But they've all been good football games. I think ultimately though our personalities are different, we view the game the same way. We're kind of football purists. We have tremendous respect for the game and have very strong opinions on how things should be done."

**(On his relationship with Parcells...)** "It's not that dramatic. When I was an assistant coach with the 49ers, we had some great games with the New York giants. Huge football games. I've told you this before. I'm a big football fan. It's what I do for a living but ever since I was a kid, I've

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loved this game. I've always admired coaches I've thought did a great job and then all of a sudden you're thrust into a situation where you are coaching against a Joe Gibbs or a Bill Parcells or whoever. And you have to kind of snap out of it and say, wait a second, I have to get the team ready to play the game. I love all that stuff about football. I think it's OK. I really respect the guys who have been at it a long time and have been good a long time. It's not easy. That's the way it is with Bill."

**(On if he thinks about his own standing as a potential Hall of Fame coach...)** "Not really. It's funny. I kind of don't look at myself that way. I told the people in here the story before that I remember distinctly standing on the sidelines when Brett Favre went in against Cincinnati and thinking I would be the shortest-tenured head coach in the NFL. And I said to my offensive coordinator on the phones at the time, you know what? I don't think I'm ever going to win a game in this league. We had lost our first two in Green Bay and that was game three. Then Favre won the game and then he went on to play for two hundred and whatever games he has played. I have always looked at myself as a high school history teacher who is one of the luckiest guys in the world. Honest to goodness, to be here, I never thought I'd be here but here we are. And so, and then it hopes to have a wife and four girls and four grand-daughters to keep you very, very humble at home."

**(On what he admires about Bill Parcells...)** "He won, first of all. And he's done it at a couple places. He's made teams better when he went in there. The one thing, maybe one of the things I feel best about is that I've had the opportunity to go into a couple places and hopefully make them a little better. And I think, one, you've got to have an owner that will let you do it. Two, you have to kind of live through the bumps in the road and it's difficult. But he has done that. He did it with the giants, he did it with New England, he did it with the Jets, and he's doing it with Dallas. I admire that, not only Bill but other coaches in the league that have done that."

**(On when Parcells added Terrell Owens to their receiving corps...)** "I thought first of all, T.O., I'll be the first one to say it. I think he's an exceptional player. He is really unique with his size and strength and all the stuff he does as a wide receiver. And I think with the strong personality like that, and we have strong personalities on this team, we had strong personalities on our Green Bay team, you have players that have strong personalities. It's just important that the coach and the player understand one another and understand what each needs to do. My feeling was, if anyone could make that work the way everyone wanted it to work, it would be Bill. He's had strong personalities play for him. I also think this: Certain coaches are more able to do that than others. Either they have more patience or they are stronger psychologically or they are more understanding. Whatever it is, he's one of those guys who can certainly get the most out of a player."

**(On if he can compare the way you build a Super Bowl team to the way Parcells does...)**

"You know what, I couldn't comment on how he builds his Super Bowl teams. Some of it was pre-salary cap in the Giants situation. I work on the offensive side of the ball primarily. I know the type of player I want at each position. I have a profile on that guy. And if we can get them plugged in exactly the same way, then you've got a chance to have something. Because I believe in a particular system on offense and I believe he does the same thing with his defensive team. Now I've heard him say this before: 'My defense is just about where I want it.' He runs a certain style of defense. He has big linebackers, athletic linebackers. He has big, strong people. And they're good. Every coach has an idea, a philosophy of a system and the type of player you need for that system. I think we all go about it pretty much the same way."

**(On if it is imperative to have big personalities in the locker room and on the field to be successful...)** “It can help you particularly if they're leaders. I think every football team needs leaders. And they come in all shapes and sizes. Actually different types of leaders - lead by example or they're vocal. However they do it. By big personalities, you can have a big personality who is very quiet - Jerry Rice, for an example. You can have a big personality who's vocal, Reggie White. You can also have guys who are vocal that hurt you. So you want to try to not have too many of those guys. The young guys who come into your team that are searching for leaders, or will gravitate to certain people - you want to have people they'll gravitate to that you want them to emulate. I think it's very important.”

**(On DJ Hackett...)** “He's been playing well. He's gotten a chance to play and he's played well. And it's part of the normal maturing process I think that takes place. You see it in a guy's third year, all of a sudden he gets a chance and he plays. He has had some bad luck with injury over his career. Now it's, I like down there, and I might have looked down there in year's past and not pay too much attention to it. Now I have to, he's been a contributor this year.”

**(On if he knew much about Tony Romo during the preseason...)** “I really didn't He had a good game against us in the preseason. He appeared to move well. He appeared to make good decisions. He looked good. In the preseason sometimes that can happen. He was the catalyst. He kind of got them going this season when they inserted him. They had a nice run. There are times, you get the old coach, going, 'No, no, no yes, when he's doing something and you don't like what he's doing and he throws a touchdown or a first down or something. My feeling is, you can't consistently do that tall the time. More often than not, stay within the system. Play the thing the way it's supposed to work, then half a dozen times in the game - now it's up to you to make something happen. If it happens a lot more than that, usually good thing don't happen. Usually. There are exceptions of course. I know I had the privilege to coach one of the great running quarterbacks of all time, I think, Steven Young. During his career, he would do that a little too much, but his legs were so good to get him out of jams, good things would happen. He became a Hall of Fame player when he didn't have to do that quite so much. But it puts pressure on the defense. You're not sure he's going to be right there all the time.”

**(On if him and Parcells have spent a lot of time together...)** “No, no not really. Not that way. I can't say we have. We might see each other at the combine, have a cup of coffee or have breakfast or something, maybe at the owners' meetings.”

**(On how Parcells comes across in press conferences...)** “He has a particular, we have a couple people in here who can answer that better than I can. I still think, but I'm not sure that he allows his assistant coaches to talk. I have never done that. Everything thing funnels through him, and a couple coaches in the league do that. To me, I don't care to have that. As much I enjoy this with you, I don't want to do it as much as he does. Over the years, I think he is pretty good at it. He holds his ground. He dealt with the New York situation, that's very difficult, twice. I think he enjoys it. I think he enjoys, I'm guessing now and I haven't talked about it with him, he's strong. He's not going to be brown beaten very much. I think he enjoys that part of it even though at times he looks like there's a little grind going on.”

**(On what it is like to coach against Parcells...)** ““Oh, I think it's a challenge all the time, yeah. Honestly, I think every coach in this league deserves certainly, I know how hard it is. There are first-year guys who come in, very talented men. And there are guys who have been in a long time. Every game has its set of challenges. For a long time, the guys who worked for me and with me, I go into a game and it happens , Jon Gruden last week. While we were very cordial and we exchanged Christmas cards and all that kind of stuff, when it comes time to that actual game, we



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are feeling the same way about how we want that game to go. But I think, and I will stick by what I said earlier, Joe Gibbs is in the Hall of Fame, the guys I have had the pleasure of coaching against, Bill Parcells, the guys who are a little bit older or came in at the same time, (Mike) Shanahan, (Bill) Cowher, those kinds of guys, who have done some great things in this league. And I admire them. So when I go against them, yeah, I think it's a measure stick. I look at that a little bit."

(On how important it is to avoid turnovers in the playoffs...) "Everything. I think it's everything. I'm not a big statistical nut as far as studies and all that stuff, but I know what happens. And I can see on ESPN, they all do that for us, anyway. You can't turn the ball over and expect to win. You really can't. And that's been a problem for us this year. It has been a problem. When we don't turn the ball over, we usually win. And when we do, this season, we've lost. And so I can talk about it. I do talk about it. The players think about it. When the game comes, you just got to hope that it doesn't happen. No one wants to throw an interception. No one wants to fumble. No one wants to drop an interception or miss a bouncing ball that he should have had. But they are human beings. That is the one statistic that usually determines the outcome of the game."

**(On if he has a feel on how Saturday's game should go...)** "No, I really don't. One of the reasons is the team we are going to put out there is a little different than the team we lined up in training camp. But, no. Typically, when I've thought a game was going to go one way, it's gone the other way. I'm not good at predicting that."

**(On what he remembers most about the last two games against Dallas...)** "Well, yeah. The first one that we lost, it was about a difficult a loss as I've ever had. And then last year. The emotions. I guess you can talk about the emotions and why coaches go into early retirement, or whatever. You are just sick. You don't know how you are going to come back after one of those. Then last year, we won one where it appeared a little grim for a while. Then we win in the end on a long field goal. It's kind of a miracle win. And you're sky high. But, and you've heard many coaches say, that win doesn't stay with you as long as a loss stays with you. When you have one kind of taken from you, it's hard. It's hard. But they've been two quite different football games, that's for sure."

**(On if he is worried about sending his normal blitzing...)** "Yeah, it's a real concern. It is. That's pretty obvious, I think. To blitz, most of the time, unless you a big zone-blitzing team, you are playing man-to-man behind it. I'm not sure we can do that that much. But, we'll see."

**(On what has happened to the pass rush...)** "I don't know. Like I said, ask John Marshall."

**(On if there is a chance of seeing the Statue of Liberty play Saturday...)** "Wasn't that something? Last time I ran that was in high school, honest to goodness. It worked, too. It worked, but no."

**(On when the last time he saw the Statue of Liberty play was...)** "I haven't seen it, no. What you'll see in our league, you'll see sometimes a fake pass draw, maybe a fake pass sweep. But how he (Boise State's Jared Zabransky) did that, if you notice, he faked the thing here, and then somehow the ball got to this hand. It's amazing how they did that. We would try that in practice and guys would run into each other. We would do that. Any time we try anything special, guys run into each other. Obviously they practiced it a lot. But that wasn't the only trick play. They had four or five of them so, now there's one where emotionally, you look at the two, tough. Either

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great or real hard.”

**(On if he felt bad for Oklahoma’s coach Bob Stoops...)** “Absolutely. You know, Kathy struggles watching our games. I’m watching that game and I go ‘Come in, you gotta see this. It’s the last two minutes of the game.’ She comes in and starts watching and she starts getting all cheery. I said ‘You don’t have anybody to root for here, you just watch this game.’ She goes ‘Why do you watch this?’ and I said ‘Because I’m just watching this,’ and she’s getting like she’s playing the game. But it is. You watch it and after it’s over I’m thinking ‘Ah man.’ If I lost a game like that or if I won a game like that. You just can’t help it. It’s what we do. But you have to tip your hat to one team, and the other team, it’s tough.”

**(On if there is a harder business than the NFL with coaches on the hot seat...)** “From that respect, I think not. Because it’s visible to everybody and everyone has an opinion, in that respect. But yeah, when I worked in the produce market when I was 18 years old, that was a much tougher job. Or when I was working construction. Those are tougher jobs. Guys going to a factory. That’s a tougher job than I have. I’m very lucky. But the hard part at times is everyone thinks they know what you should be doing, and then it can get difficult for your family at times. Most of the coaches, we know kind of what we’re in for. But it’s tough on the family sometimes.”

**(On if his wife will be in the country for this game...)** “She’s in the country. She’ll be passing out sandwiches in Pioneer Square probably to those folks down there. That’s what she usually does.

**(On Deion Branch so far...)** “He’s been great. He’s going to be a great player for the Seahawks for a long, long time. He’s an upbeat guy and he’s a real team guy and it was a very good acquisition for us. You don’t get a chance very often to get a player like that, in free agency or at any time.”

**(On how much Branch’s past playoff success is a factor...)** “Actually it was a bog factor. When he became available, but it was just part of it. He’s a very, very good football player and a very, very good person and that’s the type of guy that really appeals to us. Now he’s small, he’s a little guy. But he’s got a big heart and he’s tough and other than the one game, by his own admission, he was wearing those green gloves and they were kind of slippery, he’s been very, very steady for us. A very, very good acquisition.”

**(On why he doesn’t like the green gloves...)** “I hate them. I just hate them. Of course, I’m not on the competition committee anymore but they used to bring us, this has nothing to do with the game. They used to bring us the gloves that they were going to try and market the next year. A bunch of men sitting around a table. They’d pass around these gloves. You’d try them on, look at them. And there might be 20 pairs of gloves. And you think the green gloves, I mean these gloves, you know. It used to strike my funny bone. If anyone could actually see this, they’d just die laughing. It’d be a sitcom. So we’d say no no no. We’d kill all these gloves. The next year, I go to the first preseason game, our first game or whatever, I look over and there’d be these orange gloves all over the place. I said ‘Wait a second!’ Well, by the time they showed us the gloves; the gloves have already been produced. They were in production. It was just, we’re going to show you these gloves but really, I thought we were making the decision. No, no, someone way, way above me was making that decision so we have these gloves. That green is supposed to be our team color. Yeah. I don’t know. You know why, I don’t know? And I don’t care what color they are as long as we catch the ball. But we have to do that.”

**(On how the team has been able to bounce back from injuries and losses...)** “From the beginning we have always wanted to be a team that prides itself on trying to get better and giving it everything that we have. I have been proud that we are in the playoffs and won our division for as much adversity as we have been through this year. I think it is everybody caring for each other and trying to get there.”

**(On if the loss to Arizona was tougher than some of the other losses...)** “Not really, a loss is a loss. This team, no one likes losing, we always like to try to play every game like it is our last and we’ve had enough bumps and bruises to feel like that for real, so we look at it always as every game is important.”

**(On the Cowboys linebackers...)** “You know what, they are just aggressive. You can’t say enough about 94 (DeMarcus Ware), he is so talented. That is the biggest thing. They come out there ready to make plays every game and we have to be ready to match that.”

**(On if DeMarcus Ware reminds him of anybody...)** “He is his own man.”

**(On what has changed to help them have fewer turnovers...)** “We just try to take care of the ball. I have told everybody from the very beginning, especially since Matt (Hasselbeck) and I have been back, that if we have better games taking care of the ball because we do more than everybody else, that it would give us a chance to win. We have been trying to concentrate on it a little bit more.”

**(On if the offense feels it needs to score more points this week with the injuries on defense...)** “Whenever you are playing against Terrell Owens, you are going to have to score points. The whole Sharpie thing happened here, we are not naïve to that. He has had great games against us his whole career from every team and we just have to play well, we have to match that.”

**(On the difference in this year’s team from last...)** “You know what, I just think we haven’t really played together, it has been a big shuffle. I think that it is finally time, even for us, we feel like those bumpy days are over with, and we’re hoping that. We are really hoping that there are no more injuries, that we can play smooth games and not turn the ball over and then whatever happens, happens.”

**(On if he worries about the offensive line...)** “Well, we’re in the playoffs, now it is just go play. We have shuffled the line; we might have to shuffle it again this week, so what. Now it is playoff time, we just go and play and see what happens.”

**(On if the energy feels the same about the playoffs as last year...)** “Yeah, that it does feel the same. I liked our opponent better this time last year, ‘Bye’, he was really rough, but we beat them, so that cool. Us playing a week earlier, it is exciting because we are in the hunt and we feel like as much as we have been through, this might be a little bit better for us to keep on playing.”

**(On if he feels like himself playing again...)** “I feel a lot better. I feel like when I am playing in the game, I’ve got my legs up under me and even when you come in the beginning of the season, you don’t really have season legs until a couple of game sin, and those didn’t really go the way I wanted them to. Coming back and just now starting to feel like my wind and my stamina is up is a good thing.”

## **QB MATT HASSSELBECK**

**January 3, 2007**

**(On turnovers...)** “It’s tough. For someone who handles the ball, there is a fine line between going out and playing free, trying to make plays and also know how to be stingy with the ball, protecting the football. For me, the key thing is throwing ball and making decisions in terms of interceptions. For other guys, it’s fumbles.”

**(On if playing with confidence helps cut down on turnovers...)** “It’s partly that (players playing with more confidence). Sometimes you get to play in better whether. There are all kinds of factors. It’s just something we’ve been dealing with this year. Last year we know it was a great thing for us. We didn’t turn the ball over a lot. Our defense created a bunch of turnovers. This year it is kind of backwards. We’re turning the ball over. We’ve had opportunities on the other side of the ball. We’ve got to keep practicing like we’re doing and keep emphasizing those things and good stuff should happen.”

**(On Dallas’ defense...)** “They haven’t been playing their best football the last couple of weeks, but that doesn’t mean they won’t come out and play great this weekend. As we know, our offense the last three weeks, or month, we haven’t necessarily played our best football. We know that we’re capable. These guys are very good. They have some very good players on their defense. DeMarcus Ware and Roy Williams are the guys you know. But then there are other guys that are having good years that you don’t necessarily hear about quite a lot. We just have to this week, like other weeks, really worry more about ourselves and fix our mistakes and hopefully good stuff will happen.”

**(On the bigger concern Dallas’ pass rush or pass coverage...)** “It depends on how they decide to attack. Sometimes they decide to bring the house. They bring everybody. They put pressure on their guys in the secondary. Sometimes they really don’t bring anybody. They bring three guys and they drop everybody out in coverage. I think the biggest thing is that they are well coached and they keep you guessing.”

**(On the importance of Shaun Alexander to the team’s postseason success...)** “I think every single team would tell you if you can’t run the ball or stop the run then you’re not going to do well. I think for us we get into a rhythm sometimes and we stay on the field. We get to run a bunch of plays. Obviously the running game has a huge effect on that.”

**(On sustaining longer offensive drives the last couple of weeks...)** “I think that’s the thing that’s been most exciting or most fun going back to the Tampa game last week were it was like a 9-on-7 running drill where Mike was just saying into my headset ‘we have no intention of throwing the ball, we’re just trying to milk the clock’ and we’re still getting first downs. That’s just a pat on the back for the offensive line, for our fullback, and for our running backs running hard. Even for our wide receivers coming down and blocking doing a good job on safeties.”

**(On Hasselbeck's experience in his first playoff start relating to Tony Romo's...)** "I think it is what you make of it, really. He plays in Dallas. There is a lot of attention on that team and at that position. I can't imagine any more attention than what he's already gotten. I think he'll be fine."

**(On the offense getting back in rhythm...)** "Just a feeling I think; just a feeling how we're starting to move in that direction. It's tough sometimes. We've had so many different people in that starting unit. Just when you start to feel like you're getting that groove back you have to re-learn everything with somebody new. Other than the fact that we have to, it's just time to get it right. It's time to hit your stride and play your best football. Hopefully we can do that."

**(On getting Robbie Tobeck back at center...)** "Honestly just having Tobeck around has helped. Communication-wise, sometimes I can go to him with a question and he just gives me a real quick simple answer. It's nice to have him back."

**(On Tobeck's presence being an indicator of leadership...)** "Yes, and it's just not him. There are other guys leading in their own way. We've got a bunch of guys on the practice squad right now who are playing both ways for us who are busting their butts in the weight room and out on the practice field. Those guys kind of set the intensity for practice just as much. We've got a good team. I feel really fortunate to have the kind of teammates that I have. It's a good group of guys. We all get along great. That's kind of half the battle right there."

**(On the Cowboys offense...)** “They are very tough offensively. They have some guys in the skill position that can make some plays. The weakest part of their offense is probably the offensive line. We are going to try to put a couple different stunts because they have been having a difficult time picking up blitzes in different line stunts, so we get the guys going to different angles and confuse the offensive line maybe we can get some good pressure on Tony (Romo).

**(On how important pressure will be this week...)** “I don’t necessarily think we need to be all out blitzing or anything like that. Maybe just a five man blitz and different line stunts and I think that will be good enough to get Tony kind of flustered a little bit. He is going to try to get to the outside edges and let his legs and his ability to run around a little bit and create some more time for his receivers. If we can bottle him up and keep him inside the pocket it will be an easier day for us.”

**(On how the new guys on the secondary affect his position...)** “It will affect us, but we know what we have to do up front. We know we are kind of banged up in the secondary, so the front seven and the front four has to make sure we do an excellent job containing the run and getting them in third and long situations so it won’t be such a short passing game because they do have a good third down percentage. If we can get them in third and long situations it will help us a whole lot.”

**(On trying not to get too excited and focusing on making plays...)** “It will be a difference; it is probably my first time. I have a little bit of experience, but I am very excited to get back (in the playoffs), but the biggest thing is everybody knows what we have to do. Our goal is set to win the Super Bowl and the first game is very key for us, very pivotal, so if we can get this game and get some momentum going, we can take it one game at a time. The guys know what is at stake. We are banged up at defense a little bit, the offense is a little bit healthier than us, but they have to do their job just like we have to do ours.”

**(On if he sees himself as a playmaker...)** “Individually, yes. I feel like I have to make some plays, but I don’t want to force it and try to make sure I have to make a play to make a play, because that is most of the time when you start messing up. If I go out there and play my game, the plays will come when the opportunity presents itself.”

**(On if he will have to help more in pass coverage this week because of the injuries on the secondary...)** “I don’t think so. We have some guys that came in that have been in the system a little bit. We brought some guys up off the practice squad and Coach is doing a good job of getting everybody playing the right type of coverage and the right type of scheme that we need to play.”

**(On containing the Cowboys running game...)** “On the first and second down we have to make sure we keep them third and long. That first and second down we have to make sure they only get maybe two yards at the most, nothing explosive. Every once in a while they will probably get a five or six yard run, but we can’t have a consistent eight or nine or ten yard run. If we can keep them second or third and long we should be very good.”

**Julian Peterson January 3, 2007**

**(On how important it is to get film on Tony Romo...)** “We have watched the film since he has been starting in the lineup. His heyday’s when he was winning and went 5-1, and then the last couple losses he had. The biggest thing is he has been very good at moving out of the pocket and creating some more time and their guys do a good job of what we call the scramble drill. Their receivers can buy some more time and cut a little bit further and that is how you see TO (Terrell Owens) making those big plays and Terry Glenn. If we can get them to do that a little bit and the guys stay on top of the receivers, we should be fine.”

**(On how the good defensive play the last couple weeks has helped psychologically...)** “We feel a lot more confident on the run game. Everybody has been doing a lot better job of being in their gaps and following the ball and where they need to be. The biggest thing like you said, is to make sure we stop the run game and not let them have any 100 yard games or 50 yard busts, we can keep them low and keep them in third and long and let our pass rushers get in their face and get Tony flustered a little bit and our cover guys will make some plays on the ball.”

**Pete Hunter January 3, 2007**

**(On how he feels after his second day...)** “Pretty sore. I worked out yesterday morning, came back and practiced, then had practice today, so I am pretty sore just coming from not doing anything. I still work out at home, but you can’t gage a workout based on a practice. I am getting there.”

**(On how he feels about the play book...)** “They playbook is a little different. I am going to take some time today and I am going to try to digest everything to coaches have for me. My teammates have been a great help and they are helping me adjust with getting the language down most of all. All the coverages are pretty much the same, just getting the language down is the biggest step, but a lot of my teammates are helping me out.”

**(On how surprised he was when he got the call to play...)** “I was very happy to get the call. I used to play for the Cowboys so I knew Seattle had Dallas in the first round and a lot of my old teammates and my good friends still play over there in Dallas, so I was really excited.”

**(On where he lives in relation to Dallas’ facility...)** “I live exactly 1.2 miles from the facility. I can walk out my front door and see their facility. I live on the top of the hill and I can see their facility down in the valley.”

**(On what the constant reminder living so close is like...)** “Well, Dallas is a big football town, so I see the Cowboys every day. I watch all their games. I am happy for the guys over there and I am glad to see my old teammates succeed and make the playoffs this year.”

**(On what he was doing last Wednesday...)** “I sold a home loan, I was a loan officer. That is what I was doing before I got the phone call; I was a loan officer for a lending group selling home loans.”

**(On what he is feeling right now...)** “You just have to always be prepared in this business. Being a veteran, I always try to stay prepared by working out and trying to keep my legs in shape. But it is hard to gage that, doing nothing then going the speed of the game, you can’t simulate that. I just try to stay in shape the best that I can and wait for a phone call and it came a couple days ago.”

**(On how the welcome has been...)** “You know what; I have never seen a locker room that was so friendly. It is a great locker room. I have been in some organizations where stuff is uptight, but everyone is friendly here. They want to win here so everyone is helping each other out, there are no egos in the locker room and this is a great opportunity and a great environment to play in.”

**(On how his experience in the Dallas organization will help here...)** “They have asked me a few questions on different looks and I try to answer accordingly, but like I said I have watched them, every week. A lot of my old teammates still play over there so I cheer them on. I know the system over there from playing over there for three years,



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practicing against those guys so I know what to expect and kind of know what they're going to throw at me."

**(On his career in law enforcement...)** "I got my degree in criminal justice and I was going to enter the ICU Special Agents part of the government, border patrol and immigration. I was going to take the test on the 19<sup>th</sup>, but I think I am going to have to reschedule that."

**(On what he told his current job before he left...)** "My broker is actually from Seattle, this is a coincidence. Everything happens for a reason, he is a big Seahawks fan living in Dallas. I told him I got the call and he just wished me well. It was a great opportunity and a lot of people are happy for me. They know how hard I have worked and they know I got the short end of the stick sometimes, so I am just happy. I was doing pretty good as a loan officer too, for that little time that I was over there, I closed a lot of loans, I think they will miss me."

**Lofa Tatupu January 2, 2007**

**(On what has been tougher to come back from: the injury situation or losses...)** “All of them, they all hurt, but the fact that we are getting the guys back, even now, we lose some more people, the last game of the season, a lot of people call it a meaningless game because it didn’t change the standings or whether we go on the road or stay home for the playoffs, but those are guys not just on the field, but in the locker room and the meeting room that you miss. You want everybody to be healthy, especially this time of the year, but that is just the nature of the game.”

**(On if it is the character of this team that has allowed everyone to bounce back...)** “You have to and you can’t let those things affect you. As sad as it is, life goes on and we have to go without them. They will still be with us and be around, watching film and helping us break down film, and hopefully help some of the younger guys that will be getting reps, give them some knowledge from their experience.”

**(On going against the number five offense in the league...)** “Every offense is good at this point. They have some special guys over there, TO (Terrell Owens) and Terry Glenn is a guy that I think gets overlooked a lot; Julius (Jones) is a phenomenal runner, but I think (Marion) Barber gets overlooked a lot. We have our hands full and that o-line is working hard and when they buy time for (Tony) Romo, he makes things happen. We have to play fundamentally sound.”

**(On if he expects Dallas to go after Jordan Babineaux and Kelly Jennings...)** “Maybe, but I am not worried about it. They will be fine and we have to play team defense.”

**(On having a good second half last week with ball control...)** “I think we only played 52 plays in that game. Every time you take the field, you wonder if you’re going to get another chance, that is how it was last year. We might not be back out here, so make the most of it. I think the results were a lot better. People weren’t as tired flying to the ball and that is what our offense is capable of. If they get that done in the playoffs, it is going to be tough to stop us.”

**(On how much ball control helps physically and mentally...)** “I think a lot of it is physical. Then it shows what kind of player you are if you can play through it and we did. When we were backed up against the end zone, we had a goal line stand, first and goal inside the ten or the four, it didn’t matter. We wanted to play our best and John (Marshall) was making some great calls and he cut us loose and let us play our defense and we had fun with it.”

**(On being in the role where no one is really talking about them...)** “They weren’t talking about us when we had the number one seed last year, so it doesn’t matter to us. All that, home field advantage is important, you saw how we fed off of it last year and we love playing at home. When it comes down to it, Pittsburgh went on the road and they won the Super Bowl last year and they won on the road for four games and they pulled it off, so anything is possible when you get in to the dance, so to speak, and we’re in.”

**Lofa Tatupu January 2, 2007**

**(On handling the pressure for this game with the injured secondary...)** “The more the front seven take over and has a good game, the easier it is for them back there. We get pressure on the quarterback, or just on our four man front, not even blitzing, we have seen the effects that can have. Romo can make things happen with his legs too, so we all have to do our part and play team defense.”

**(On Romo having less success lately because he has played more game and teams have seen him...)** “He is still doing great, and in the games that they have lost, they put up 40 points last in their loss? This is a ‘what have you done for me lately’ league, and that is the way it is. If you aren’t able to win, they are going to find someone to put it on and he did a great job. Anytime you lose with 31 points, that is the defense’s fault, we feel that way in here and any good defense will tell you that. There are a couple games this year that Seneca (Wallace) or Matt (Hasselbeck) had us out of it, and we gave up over 17, that is ridiculous.”

**(On if he feels they have a good of a chance as anybody with the way the conference is going...)** “What kind of competitor would I be if I said I didn’t feel we had a good chance? We have to take it one game at a time. It is three games to the Super Bowl and then that final one, but all it is is one more game than we had last year, and I know they are going to be on the road, but I absolutely like our chances. We lose some guys, but those guys that step in have to play big.”

**Jordan Babineaux January 2, 2007**

**(On preparing for the Cowboys...)** “The Cowboys are a great team. I think this week it will be extra important for us to put extra time in the film room and get the edge a little bit so we can go out there and be successful.”

**(On trying to cover Terrell Owens and Terry Glenn...)** “It is a challenge. Terrell Owens and Glenn are great receivers. One thing is for sure though, we are going to come to play and go out there and compete and try to do our best to have success on defense.”

**(On helping Kelly Jennings prepare...)** “I have shared my thoughts with him and gave him a few pointers and just told him to play with confidence and the rest will handle itself.”

**(On getting to start because of the injury to Kelly Herndon...)** “It is unfortunate the way things have happened the last two weeks, our corner back situation. I think Coach will do a great job in preparing us, mixing in the game plan, mixing in different calls to throw their offense off balance a little bit and the rest will be on us to make plays at the ball.”

**(On if he thought his days as a corner back were over...)** “No, not really. I was the emergency corner once we made the switch. I just try to master one particular position, whatever position that is and be the best at it.”

**(On making the playoffs...)** “It is a real big deal. There are 10 other teams in the NFC wishing they were in our position and now we just have to make the most of our opportunity.”

**(On if he pays attention to the negative press that surrounds Dallas...)** “That doesn’t even matter. We are both 0-0 in the post season, it is a sudden death tournament and it is either win or go home now.”

**(On if he expects Dallas to go after himself and Kelly Jennings...)** “Yeah, at some particular point in the game, I do. But being at the corner back position this week, just touching up on the technique and the skills at the corner back position will definitely help me when they decide to go to us.”

**(On the importance of the pass rush with two new corners...)** “It is always important to establish a new line of scrimmage up front and when we make our calls and see different guys from different positions and different places, it is up to them to get them to get (Tony) Romo rattled a little bit and get him off balance. I think that will play a big part for us on the back end.”

**(On Tony Romo...)** “Well he does a good job moving around. I think he can get himself a little extra time and he is good at throwing the ball down the field.”

**(On this year’s Cowboys compared to last years...)** “They are a different team. That is all I can say. They have different guys in the skill position that can open up and threaten

**Jordan Babineaux January 2, 2007**

the defense at any time in the game. Like I said a little extra film and extra studying on their habits and we should be ok.”

**(On how the Cowboys are different from last year...)** “They have a different quarterback, they are changing their running backs, they have a running back rotation and they also picked up Owens in free agency. I think it will be big for us to get the edge a little bit in the film room.”

**(On having news guys in the meeting rooms...)** “The best thing and most important thing we can do right now is get them up to speed, catch them up as soon as possible and get them moving in the right direction.”

**Kelly Jennings January 2, 2007**

**(On what he expects from Jordan Babineaux Sunday...)** “A great game as usual like how he stepped in against Tampa Bay. I think Babs is going to do a great job, he started some games last year I think and you can expect the same as what you have been seeing all year.”

**(On being in the playoffs...)** “It is great. That is what I came here for, to try to make it to the Super Bowl and now we have progressed in to the playoffs and I get a chance to start, so it is going to be big scenery, big game, but I am taking it like every other game.”

**(On if he can tell it is different practicing for a playoff game...)** “Yeah, you can tell the difference. Everybody is back in focus, the season is so long, it starts to wear on you a little bit, but we know what is at stake now, you lose and you’re out. I think everybody has their mind set on trying to hit it head on.”

**(On the big steps he has taken in his rookie season...)** “I have been rolling in and out on the nickel package all year. I started out kind of slow in the beginning of the season because I knew the defense, but I didn’t really understand it in the way that I could go out and make plays like I wanted to. The progression each game, getting in a little more here, a little more there, now I think I have progressed to a point where I can step in, start a game and play it will throughout the whole game.”

**(On how much he will rely on pass rush...)** “My job, I can’t rely on pass rush. I don’t know if they are going to get it or not, so that is how I look at it every time, that they’re not going to get it, so I have to make a play either way.”

**(On giving advice to the new guys, even though they are veterans...)** “I can just talk to them about what I have learned in my progression in what I didn’t understand, and what I understand about the defense now, where you have to fill in, that is what I have been doing today. They have been talking to me on things they know from being veterans in the game as well.”

**(On if he thinks Dallas will come after him...)** “I think so, just like the last two teams that I faced, they came after me once I came into the game, so I don’t expect Dallas to do any different, I have to be ready to play.”

**(On going against Terrell Owens and Terry Glenn...)** “They are a bunch of great players, they have been around for a while and done some great things so I have to step up and play too.”

**(On if he expects Dallas to spread it out...)** “I am not sure, but from what I have seen on film, I expect them to throw the ball down field, try to spread us out here and there and I think Coach will do a great job making the right calls to put us in the right places.”

**(On the challenge of staying in his base against Tampa Bay...)** “It was just like every other week. We had to step up and know that we had to run our best defense depending

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on the call. It wasn't that big of a task for us; it was going in and doing what you do every day."

**(On the challenge going against Terrell Owens...)** "He is a big guy, physical, strong, he is good at running routes, getting off routes and I have to study what he does and just try to pick up some tendencies from it and then go out and take my game and mold it around what he does and make plays from there."

**(On if it is fun playing against a big talker like Owens...)** "Yeah it is, you see TO all the time. He is a great player and he does great things, when you do stuff like that I guess you can talk. I have to be out there, I know he may say a few things but I will be there the whole time so it will be fun."

**(On if he thinks Owens will pull out any antics...)** "I don't know, I have no idea. TO always has something good for you, so we all can expect him to do something."