

NL Championship Series: Mets vs Dodgers

Thursday, October 17, 2024

New York, New York, USA

Citi Field

Los Angeles Dodgers

Mookie Betts

Postgame 4 Press Conference



Dodgers - 10, Mets - 2

Q. The two-run double, the two-run homer, what an incredible night for you at the plate. Can you just describe what you were feeling up there in your at-bats tonight?

MOOKIE BETTS: No, I can't really describe it, but I felt pretty good. It's good to feel good. It's good to help the team. Pitching did amazing, keeping them off the board, really. It was fun.

Q. The lineup has changed so much behind Shohei and you. What was it like to see a guy like Tommy have such a big night in the cleanup spot tonight?

MOOKIE BETTS: I think that's the beauty of our team. It can change, but whoever is in the lineup is good and they're going to follow the plan. They want to win. So that's why we're up 3-1 right now.

Q. I know you spoke yesterday, I guess it was, about taking extra swings. What did you kind of find as you've done that? And is there something that really clicked for you in these last few days, that extra work?

MOOKIE BETTS: I mean, a lot of stuff has clicked and hasn't worked and some worked. Today worked. But tomorrow is a new day, and I'll come work and try and find the same feel.

It's just a lot of work. God really answering prayers, all those type of things. It's just good to know that I helped the team.

Q. After Ohtani hit that home run to start the game, did you kind of figure it would be the type of game where, okay, now they're going to start avoiding him and you're going to get chances to have good swings?

MOOKIE BETTS: No, no, by no means. I just know there was a stretch there for, like, two or three at-bats I don't think he even saw a pitch remotely close, which I understand.

But it's going to be tough to just walk him all the time, especially with the lineup and the guys, Freddie being in play as well.

We'll see. If they want to continue to do it, that's okay. I just need to make sure I take care of my job and the guys behind us. We can only control what we can control.

Q. Can you just talk about the way the offense has been able to work the Mets pitching staff during walks, keeping the line and doing things consistently (indiscernible) provided?

MOOKIE BETTS: I think just following the plan. Our coaches do a really good job of preparing us. And the guys, we all believe in them. We believe in each other. And we know, like I said, whether the plan is right or wrong, it doesn't really matter, at least we follow the plan no matter what. And it's been right so far.

Q. Right before Game 3 in the Padres series you mentioned you deleted social media and all that stuff. How hard is it to avoid kind of the outside noise at this time of the year? How does that motivate you, and how do you remind yourself, I'm pretty good at this too?

MOOKIE BETTS: You know, it's tough to really get away from everything because everyone's watching. There's family, friends, you guys, everybody is watching. And I'm doing this, I'm talking, so there's no real way to get away from it.

So really just getting off my phone, spending time with my kids, my wife, my family. That's really the easiest way to get away from it.

And then sometimes I just go into the locker room and just sit by myself just to get away from all the things that are going on and you can reset and come back to it.



It's tough, but if you want to do it, you'll find a way.

Q. You've been within the game of the World Series several times. How do you kind of manage those emotions when you know that game is coming up?

MOOKIE BETTS: I don't know that you do. I think I've tried to manage those emotions many times. I think you just ride them. You just ride those emotions.

It's tough. I mean, I do it all day, but when the game starts you've got to ride those emotions, embrace them, the highs and the lows.

Like I said, I've tried to stay even keeled and all those things. At a time like this, that doesn't really work, so you've just got to jump on the roller coaster and enjoy the ride.

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