

Atlanta Falcons Media Conference

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Josh Rosen

Postgame Press Conference



Cleveland 19, Atlanta 10

Q. What's the last six days been like for you?

JOSH ROSEN: Hectic. Yeah, I mean, fun. It's kind of, I don't know, just get an opportunity you got to seize the moment. Just kind of it was a little bit refreshing to get out on the field and half know the offense and just be able to let go and play football and have fun with it like you did back in Pop Warner.

Times I felt a little bit like a chicken with my head cut off running around, but I thought it was fun. Could have cleaned up a lot of stuff, but I thought overall it was a productive night.

Q. How do you assess and process your performance?

JOSH ROSEN: I don't think it's much processing. It's just like show up early, stay late, study really hard, grip and rip it, and hope for the best. No other way to do it.

I mean, I've stumbled enough in my career at this point. Really it's just sort of full gas, like 100%. I mean, I'm in the facility this last week sun up, sun down. I don't have a whole lot more chances like that, so I'm just going to put my head down and keep swinging.

Q. Do you think you showed enough to earn the backup quarterback spot?

JOSH ROSEN: That's not up to me.

Q. How do you feel you played, that touchdown pass to get to though Juwan and have some success?

JOSH ROSEN: I thought just the feeling of throwing a touchdown pass and celebrating with the teammates and coming to the sideline and getting high fives, that was just a feeling I haven't had in a while and it felt well good.

I don't know, it's like that shot in golf that brings it back. It's like that's why we do it. It was fun. Glad I got to feel it again. Hopefully get to do it a bunch more in the future.

Q. (Regarding not having many more chances after Atlanta.)

JOSH ROSEN: Not really. More so like at the instance of a transaction, like things I place now, and I think once you get cut, you're just like, Dang, you sort of go through worse case scenario, and you have to sort of use everything I've been taught through my career, with sort of meditate a lot, a lot of sort of sports psychology, everything you do through your whole career to stay mentally strong, snap out of it, and just remind yourself a couple hours later that I know I'm talented and I can play. I just need the opportunity and the right situation and sort of the right mindset.

I feel like I'm sort of more capable right now seizing an opportunity just because I feel like I've grown as an individual since my rookie year. I just feel like I've matured as an adult, a human. Yeah, funny enough, the way my career has gone I feel like as a human I'm in a better place than I have been in a while and it's a good feeling going out and having fun playing football. Missed it.

Q. (Impact of high school and college success versus professional success.)

JOSH ROSEN: I think I'm just working on getting my confidence back. I'm the kind of football player I just like making plays. I got to work on just being more consistent and taking what defenses gives me. But just naturally within my game, that's how I separate myself, is I make plays with my arm, and in order to do that, I play best when I'm confident.

When I walk up to the line of scrimmage, I just there is no hesitation. Just working on getting that back. I just haven't thrown the ball the much in the last two years, B squad in Tampa and battling for a three spot in San Fran.

Like I said, most fun part about the night was getting to play football, just knocking off some rust and having fun.

Q. Talking about confidence, when was the last time you actually felt confident?

JOSH ROSEN: I mean, there were a couple games in Arizona where I really feel like -- you don't really notice it until it sort of comes back, but honestly, out here. I wasn't really confident in play calls just because I was barely spitting them out, but it was coming off my hand probably better than it has in a while. Just feels really good.

Q. What has the last six days been like in terms of that preparation?

JOSH ROSEN: The package kind of accidentally grew in the middle of the game. Highlighted the plays we were in, but we ran through them pretty quick. In my headset he is like, You good with this play? I'm like (indiscernible). Yeah, what do you have on this?

But, yeah, I mean...

Q. You think about someone like Matt Ryan, the physical prowess is there but a lot of his success has been mental. How has it been for you to be able to work with someone like Matt Ryan in, like you said, getting your game back?

JOSH ROSEN: It's been amazing. Sometimes vets you have to, guys in this the past, like ask them, sort of ask them questions and pick their brain and balance your personal sort of curiosity. But you're allowed to ask questions and annoyance and you kind of have to walk that fine line.

But Matt is like overtly quizzing us on our calls ever. What are you doing here? What are you doing here? If I ask him anything, immediately, Matt is amazing and I'm very grateful, and hopefully if I'm still here in a week I get to see him go through the course of a season.

Yeah, really excited, and he's been unbelievable in a short time I've been here.

Q. You said a couple moments ago you feel like you've matured as an adult and human. What do you mean that? Something specific you're thinking of?

JOSH ROSEN: Yeah, I mean, people say you don't get a second chance to make a first impression. And that is true in the macro sense of the NFL. Said some dumb things coming out that I'm not really proud of, but I've had a lot of chances to make first impressions with new teams and I think each one has been a little bit better at understanding that line and how to come in and support/demand things

from guys and get everyone going and how to connect yourself. Just like what coaches to go ask certain questions.

There is a lot behind the scenes. I don't know. Just feel like I'm growing up and excited for the future.

Q. Where did the maturing occur?

JOSH ROSEN: I mean, I owe a lot of my personal/professional development, to Fitz, Ryan Fitzpatrick, because I think -- not thought I knew it all, but like I didn't really understand what it really took to be a pro and to be a professional quarterback in this league.

I started all through high school and college and into the NFL up to that point, other than like three games in Arizona, but got benched in Miami and then I just like this isn't working out. Like I'm tall, smart, I can throw the ball. What's going on here? I'm going to follow Fitz around all day, every day, every minute, and see what he thinks, does, and all that.

Sort of from Fitz I learned how much time and effort and discipline and sort of multi-faceted like thing being a quarterback is. So got released from Miami, went to Tampa, because I was like, I want to learn from Tom. I want to see the best. Miami is still paying me so I can be on the practice squad and not have to worry about it. I am going to take a year and study what it means to be a quarterback.

And getting to be in the same room with arguably the greatest of all-time is amazing. So after that year it was like, Let's go to San Fran and see if what I've been studying this last year and a half has helped me out a little bit. Didn't work out, but came here, and I feel like this is a really good opportunity to just play football again. That's what I keep saying. I am just really sort of grateful to be able to just go out and throw a touchdown and celebrate with teammates.

Q. (Regarding mishaps in the game.)

JOSH ROSEN: Just miscommunications are probably more than you guys noticed, too.

Q. On your first third down, if you remember, looked like you were trying to line up some receivers there. Take us through that play.

JOSH ROSEN: Yeah just trying to get my guy in motion and I think he was like lining up or something, trying to get his feet in the ground. Just had to yell his name and tell him cut across.

