

Houston Texans Media Conference

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Tytus Howard

Press Conference



TYTUS HOWARD: We had to do it for his birthday, show a little love for our QB.

Q. What do you think that he did so well leading you guys down the field in two-minute drill? I saw you guys celebrating that together. What did he do well in that period?

TYTUS HOWARD: Yeah, I think he was very poised back there. He was very patient with the protection, with the routes. I think he led the football team down the field and we got a score at the end.

Q. What element does he add where he can run because obviously that's special what he did to get into the end zone?

TYTUS HOWARD: Yeah, you put a lot of pressure on the QB being able to pass and to run. When you have a QB who can do both, it only makes the offense a little bit better.

Q. How much do you feel you've grown as a player coming into this season?

TYTUS HOWARD: I feel like I'm getting better each and every day. My goal is to be the best me for the team and putting in the work every day. I'm only getting better day in, day out.

Q. What are some things specifically you'll want to work on during camp?

TYTUS HOWARD: I think the number one thing for me is my technique, being consistent with my technique day in, day out, playing better with my hands this year, and just dominating every day to be the best me I can be.

Q. (Indiscernible). Does he keep it secret or does he help you?

TYTUS HOWARD: Yeah, man, ever since LT been here he been nothing but like a big brother to me, helping me

out on and off the field, just giving me ideas and ways to help my game get better. I'm appreciative of my boy right there.

Q. Do you feel like you can thrive at any position they put you in?

TYTUS HOWARD: Yeah, I feel like when I put the work in, I can play anywhere on the line. I'm only here to be the best me I can be to help the team, so that's my ultimate goal.

Q. Are you a better left tackle than this guy right here?

TYTUS HOWARD: No, man, he's best in the game. That's my goal -- he's best in the game. My goal is to be on that level, and that's why I look at all his film, learn from it, and I take all that in and I try to apply it to my game.

Q. What are some of the parts of your game that apply to playing inside?

TYTUS HOWARD: Yeah, I think by me being at tackle and coming in to play some guard, I feel like my feet are a little bit faster. When I'm playing guard I'm able to use my athleticism a little more inside against guys who usually don't go against guys with as good a feet as I do, so I think I like playing all the positions. Whichever one my team sees me as, I'm going to go in day in and day out and play the best I can be.

Q. Right tackle, do you feel like that's your natural spot?

TYTUS HOWARD: Yes, sir. Yes, sir. Right tackle is where I've been playing the last few years. I'm very comfortable playing right tackle. My goal is to go in, do my best job at right tackle and do my best job at left guard, left tackle. So any position they put me in, that's my goal is to give my all at every position because I like to play, so me being on the field, it makes me happy, makes my team happy, so that's what I want to do.

Q. Did you do anything different this off-season to get ready for this year?



TYTUS HOWARD: Yeah, this off-season was a lot different for me this year because all the other off-seasons I was hurt. So this is my first off-season when I was healthy, so I trained a lot, I spent more time with my family because I wasn't in the building as much, and getting a chance to spend a lot of time with my daughter, my wife, it helped me a lot with my family and stuff like that because when you're having a good time at home, it makes coming to work a lot better. I do this job, I do for them. I had a pretty good off-season.

Q. How old is your daughter?

TYTUS HOWARD: My daughter is about to be 10 months old.

Q. How is practicing at guard this time around as opposed to as a rookie?

TYTUS HOWARD: I'm a lot more comfortable now than when I was a rookie because when I was a rookie it was all new to me, so I was just put inside and I never played inside before, versus now I've played guard before. I got a lot of reps on the left side, so I'm very comfortable being on both sides.

Q. What are some of the things that you kind of remember being difficult as a rookie that are not as hard to do now that you're playing guard again?

TYTUS HOWARD: Oh, man, like I said earlier, just being more patient. When you're playing inside, you ain't going all over the place like you would be at tackle. Everything is right there in front of you. As a rookie I didn't really take that into consideration. Now I know that, so it makes it a lot more easy for me.

Q. Are you enjoying Coach Campen's technique, the legal holding? Is that an adjustment?

TYTUS HOWARD: No, I mean, Coach Campen, his coaching is different but I think it's good because as O-linemen I don't see how you can't hold. He teaches it in a way that you can get away with it, and it's within the game, and he doesn't try to make you use it all the time, but just in case you have to, he tries to teach you in a legal way.

I like his coaching. I like what he brings to the table as an offensive line coach, and I feel like this year, this year is going to be a lot better.

Q. How has fatherhood changed you?

TYTUS HOWARD: Fatherhood has changed me a lot, man. Being able to see my daughter every morning before I leave home, it just makes me go that much harder every day, so offer her all the things I never could have when I was growing up. Just knowing I have someone at home that's depending on me that's just fully depending on me, it just makes me want to work and do everything just a little bit better.

Q. What age did you get into Kool-Ade pie?

TYTUS HOWARD: Kool-Ade pie, I think I was like eight or nine years old, and I still eat it to this day. I can't eat it right now because I'm in season, I'm trying to take care of my body, but as soon as the off-season hits I've got to have some.

Q. What's your daughter's name?

TYTUS HOWARD: Willow Grace Howard.

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