

Houston Texans Media Conference

Thursday, August 12, 2021

Houston, Texas, USA

Justin Britt

Press Conference



Q. Are you excited to see in a game situation against another team how it looks?

JUSTIN BRITT: For sure. We want to go out there and start the season off with the right kind of mindset and set the tone of what we've been working for, what we've been striving for.

But this preseason is for growth. It is for learning. Failure is okay, but we definitely want to go out there and play our best.

Q. How many snaps do you think you'll get? Any idea?

JUSTIN BRITT: I'm just going to go out there until they pull me. I mean, I don't think I anticipate playing a whole lot, but I'm just going to go out there until they tell me to stop.

Q. How valuable are these games to a veteran like yourself?

JUSTIN BRITT: Well, I'm approaching this game way differently than someone like Laremy might. You know, he played last year, I didn't, and that's kind of the story of my whole season is everything I'm doing, I'm approaching a little differently.

I was talking to Ryan, our rookie center we have, and you've got to be excited, but I'm excited. It kind of feels like my first game in a while. I'm excited to get out there and get my feet wet again and get the rhythm of the game again.

Q. Are there any things you're having to kind of get used to again, just having had that year off?

JUSTIN BRITT: Yeah, I had to not only teach my ACL how to work again, I had to slowly teach it football and tell it to be there when I want to kick slide. But I mean, mentally, I never really let it escape me. So it's more physical than anything.

But just kind of creating that routine throughout the week and what my game day is going to look like now, but that's the fun part is building that routine that you want to follow and just be at your best.

Q. Besides Laremy, there's a lot of young guys on this line. You've played kind of all over. Are you able to kind of help guys at different positions?

JUSTIN BRITT: I feel like it. Like Titus getting reps at guard, like I made that transition, the exact same transition he's made. So any chance I can get -- and I've tried to give him my two cents, but Titus is a smart dude. He's played a lot of ball. He's going to do just fine.

Yeah, I mean, the guys I've been working with in the whole room, they're on it mentally, physically, and I'm just excited to get out there and do good myself and come out healthy, but I'm excited to watch the young guys go out there and see what we've been working for and see what they do.

Q. What's your advice for making that transition?

JUSTIN BRITT: Just be open to it. Accept that you're not going to be perfect from the get go, but like I said, failure is all right as long as you grow from it, and now is the time to experiment and find out how you do your job best.

Q. You got at least three wrestlers on the team right now, you, Maliek Collins, and Roy Lopez. I can't remember being on a team with more than one. Do you guys talk about off-season teams or anything?

JUSTIN BRITT: I left my wrestling shoes on the mat. I'm done. A couple of knee surgeries later, I don't need them to be twisting me and whatnot. I will say, I'll probably win. I didn't lose in my last year. But we'll never know. I'm sure they'll say they're going to win, and we'll just leave it at that.

Q. Can you say it in their game that they were wrestlers, Roy and Maliek?

JUSTIN BRITT: Now that Roy's pointed it out, yeah. I was trying to figure hip out as a player, never having seen film on him or going against him, but I can see that in Maliek for

sure.

Q. Do you kind of approach this with a chip on your shoulder or something to prove, that kind of thing, going into the season?

JUSTIN BRITT: For sure. I had a lot of time on my hands last year, so there was a lot of talk like, oh, he's retired. People thought I was retired. I never said I was retired. I was just at home. I was getting paid to be at home essentially. Anybody would do that.

COVID -- I mean, it was just a perfect year for my situation to unfold the way it did, but I was itching to get back of the I was talking to my agent every week, who's calling, what's it look like, and nobody wanted to pay me respectful money. I feel like I've done enough to kind of earn that.

So grateful that the organization here gave me the opportunity. I definitely have a chip on my shoulder, but I mean, it's nothing personal. I just want to go out there and win some games, be at my best, and provide for my family.

Q. What's your impression of the defensive linemen?

JUSTIN BRITT: Here? I think we've got a lot of rotation, a lot of different guys. I think we have a chance to be pretty good. It will be interesting to see what happens when we get in the games, but they've definitely been pushing us and making us work a little harder.

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