

Houston Texans Media Conference

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Houston, Texas, USA

Justin Britt

Press Conference



Q. What do you think of the room?

JUSTIN BRITT: I think our whole quarterback group has a lot of talent, Kyle has made a lot of ball and made a name for himself in the league and you can say the same for all of them. His personality is one of my favorites, so I mean, I'm the center, I'm for all of them.

Q. What progress did you make with the secondary?

JUSTIN BRITT: Biggest thing for me is it just needed reps and whenever the thing happened in week three, that's just not what I could give it. Off-season has been real beneficial. Our athletic training staff, strength staff here, they gave me all the tools and they gave me the chance to come out here and be able to do this for however long I want to.

Q. What do you think of the battle red helmet?

JUSTIN BRITT: I think they are pretty cool. I wish we could wear them more than once. It makes me interested in seeing if we can get a white one, too. The more the better but it's definitely a really cool change up. I wish we had at least red parts on our helmets instead of the blue because I feel like we were still wearing the blue ones but it's cool to see and different.

Q. What do you think -- last year compared to this season?

JUSTIN BRITT: He's not a rookie. He's not a rookie. He's got experience under his belt, knowledge. He understands the system, him and pep get to work further together and the relationship between him and the line, what it needs to be and how we control things is very professional.

Q. Inaudible.

JUSTIN BRITT: I think Pep brings a lot of energy and juice to the offense. Good mixture of run and pass and aggression. Without giving anything away really, it's going to be a fun year. The playbook is exciting and it all makes

sense and it's crystal clear and it gives us a chance to go out there and execute at the highest level.

Q. Good to see you back in there because they are a different offense when you're in the game.

JUSTIN BRITT: Owe, wow, tell him thank you. But I mean, last year when I wasn't playing, I mean, none of us want to not play. I'm grateful to be able to be out here. I'm grateful that my body is holding up and it's being strong and I'm really appreciative of the vet day and the chance for my knee to recoup and kind of adapt back into football. I'm confident and I'm ready to go.

Q. The third down package, talk about the ability to extend plays and move the ball down the field from a running standpoint?

JUSTIN BRITT: You mean extended plays, when a play starts to break down?

Q. The third down package we're seeing on the field?

JUSTIN BRITT: Like keeping the driving going? That's huge. You can't score if you can't convert third down. If you do good on first and second down that makes third down manageable and the percentages starting to up. So if you're living in third and nine plus, the chances of converting that is going to drop, you know, pretty low. So we've just got to stay on schedule, execute our assignment, our first, second down and execute on third down and just start chipping away. If we can score on one play, it's great. If it takes 15 plays, that's great. At the end of the day we want to score more points than the other team on the field.

Q. What are some of the biggest differences you've noticed --

JUSTIN BRITT: I mean, the first thing I've noticed since yesterday is the energy. I mean we have the energy but the energy from the fans and people attending, there's a different vibe. There's a rejuvenated sense and whether that's Coach Lovie, Pep on the offense, it's just a good feeling. You could feel that in the summer and spring but



you get back to camp and you really start rolling, you start to feel it and you start to gain that confidence and it makes it exciting to come to work at 4:30.

Q. What about Lovie's personality --

JUSTIN BRITT: I mean, Lovie's name holds a lot of weight in this game. If you've played football, if you've played in the league or at least college, you know his name. And so when he speaks, we listen and when he leads, we follow.

Q. What are the early differences in Pep's offense?

JUSTIN BRITT: I don't know, man. That's a Lovie question. I feel like that's kind of a double-edged sword.

Q. I hate to bring it back to your injury, but what are some of the things you're doing to try to prevent that?

JUSTIN BRITT: Wear a knee brace. I'm going to stay away from people. But I mean, some of it's inevitable and you've just got to go out there and play care free and you can't really worry about that. But I'm doing little things like I do. I show up really early in the morning so I have time to warm up the knees and get loose and stretch and make sure everything's working properly. And then just staying on top of the strength and conditioning. I mean, it's a grind. It's a battle. We are going to be going still February hopefully, so it's just staying on top of that and building a routine and really buying into it.

Q. Six running backs in the mix, what do you think about some of the guys?

JUSTIN BRITT: I mean, I think that room is led by a really good running back, Rex Burkhead. He might be one of the most consistent running backs that I've been around as far as how they show up and how they come to work. He's a great role model for them. The room as a whole, they are explosive, they are smart, they are talented. Just like everyone, they are here for a reason. Just like I'm biased towards the quarterback, running backs I feel like are kind of like our little brothers. We just want them to get into the open space and score. So whoever is back there, we are going to do our best to do that for them.

Q. Last year, trying to establish the run --

JUSTIN BRITT: I come from a background where running the ball was kind of like the backbone of the offense. I understand what it takes and it's confidence within the head coach and the OC, but we have to make them confident. We have to make them work when they call it. We have to make the holes and we don't have to press and do anything. We just have to did our job because they are

teaching us really well and we are getting the opportunity to come out here and practice it and fix our corrections each day.

Ultimately it's up to us.

Q. What are the ways --

JUSTIN BRITT: He says every day, show up, show out. We're here for a reason, and Monday will be fun when we get pads on and it gets to be more like football. But I mean, everyone here is just excited to compete, excited to be here, and this has been, even though it's really hot down here, it's been a really fun camp so far.

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