

Houston Texans Media Conference

Wednesday, August 3, 2022

Houston, Texas, USA

Jerry Hughes

Press Conference



Q. How comfortable is everything feeling?

JERRY HUGHES: You know, feeling pretty good. Kind of just working to kind of get our wind right now. It's really hot out here, but I think it is great for us to kind of push through these kind of elements we kind of really can build the character of our defense and the way we want to play this year. We want to play fast, physical. Lovie tells us every day to pretty much show out, and I think for the most part we're doing that, but you've got to really battle through the elements. I've got a great job of going against LT. He's probably one of the best left tackles in our business if not the best, so it's great for myself and everybody in my room to kind of get some great quality reps against him. Tytus, both those guys are having fantastic camps, and it's only going to just make us better as a team. Especially on the defensive side of the ball, it's going to make us a lot better.

Q. How would you describe those battles that you mentioned against Tunsil and the other side? How would you describe those battles so far a few days with the pads on?

JERRY HUGHES: Man, intense. We haven't really been holding anything back. The guys said once the pads come on to show out, and I think everybody in our room kind of took that personal, and I think everybody in the offensive line room took it, as well. We don't want to repeat the season that we had last year, so I think with everybody understanding that, in order for us to win, up front, in the trenches, we've got to dominate. We've got to come out here for 18 weeks and prove who we are, even on the bye week. We've got to take care of ourselves, rest up, stay in the film, and I think we've got a great group of guys who are understanding how to work and what it takes to actually win in this league.

Q. What's the ideal play list for you?

JERRY HUGHES: I think today, man. I heard a little bit of everything. We started off with some hard rock to kind of get that 907 period going, and we need that. That's just straight smashmouth football, who wants the best, and I

think for us up front, that's how we want to set the tempo, start the day, start any game. It's coming off in the trenches, flying off the ball, and that's what we like. Whoever was the DJ today, he's got to keep that up because we need it.

Q. (Indiscernible).

JERRY HUGHES: Oh, absolutely, man, this is football. We ain't playing basketball ^ check.

Q. (Indiscernible.)

JERRY HUGHES: Just a lot of Q & A on what it takes to kind of play in this league, how to set guys up mentally, what to do off the field as far as taking care of your body. They're always in my ear, asking me what I'm doing. I'm sharing every little bit of secrets that I have. Anything that I can kind of employ on them to get them to play one step faster, to get them to recover better, because it's going to take all of us. If we want to win games, we've got to be able to be available. That's something that Lovie talks about and certainly we've got to understand that.

Q. You're talking about the importance of every rep. How did you learn that and what have you learned about how vital that is?

JERRY HUGHES: When I came into the league, I got the luxury of learning behind Dwight Freeney, Robert Mathis, guys like Reggie Wayne, Peyton Manning, and you really got to see how vets practice. You're talking about guys who are pretty much going to be Hall-of-Famers. They already had their gold jacket solidified. But they came out and they worked day in and day out, whether it was on the practice field, in the meetings, even through a walk-through. It was just attention to just the minute details that really set you apart from being a winning team and a playoff team.

I think here we want to be a playoff team, and a lot of guys are understanding that, that it takes every little bit of details that our coaches give to us. We've got to come out here, put it on the practice field and just keep stacking better days. It's just great to see a lot of young guys asking those



questions, wanting to figure out what they can do to change their game and take it to that next level.

That's what we need. We need everybody on all phases, special teams, offense and certainly on our side of the ball.

Q. What are those things you apply (indiscernible) training camp?

JERRY HUGHES: Working hard. It's going to be hot, but that's going to be to our advantage. Guys got to come here, they got to play in this heat. They're going to be worried about that. Come fourth quarter, we've got to be moving about as fast as we're moving in the first quarter, so I think guys understand that. That's why you see a lot of sweat equity right now. We're putting in that work because in order for us to be great we've got to win at home.

Q. You're trying to improve in the run game, as well, stopping the run. In practices like this when you're able to take a guy to the ground, how are you able to gauge whether you're actually improving in that area?

JERRY HUGHES: It's just how we come off the ball up front, how we're employing using our hands, using our technique, taking on those double teams, making sure guys aren't getting knocked off the ball, and at the same time, challenging our offense. Every play, whoever is out there, you've got to give it your all. That's what we're trying to do is just make each other better and sharpen up our game.

Q. What have you seen from Rasheem Green?

JERRY HUGHES: Man, he's a very versatile player. There's not too many positions he can't play. He's playing all four positions on our line, but that's just the kind of guy he is, and that's what we expect from him. Just to kind of raise hell wherever we put him, and he's been doing it.

Q. Does his size help?

JERRY HUGHES: Absolutely, man, to be that tall, that big and that fast, he can rush inside, he can rush outside, he can get his hands up, bat down passes. Everything that he kind of brings to the table is all pluses for us. We've just got to figure out how often we can get him out there on the field and then just let him loose.

Q. (Indiscernible).

JERRY HUGHES: Yeah, man, these D1 Energy patches. I've got these little energy boys I'm putting on. I've got one here, I've got one on my leg. It's all sweated down. It's hot out here, so we're trying to use every little bit we can to

help keep boosting our bodies keeping us fresh.

Q. What's in it?

JERRY HUGHES: D1 Energy? It's just a natural homeopathic that just helps keep you fast, recovery. That's why I'm able to run around on this field.

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