

Houston Texans Media Conference

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Houston, Texas, USA

Joe Mixon

Press Conference



Q. Joe, when you think about how you fit into this offense and what Bobby Slowik does, with a do you think about your style of play and this offense?

JOE MIXON: I feel great being in this here situation. Got a great group of guys around me. Talked to the coaches, and just where they see me playing in this here offense is definitely exciting times, man, so I just can't wait to get going.

Q. Did you have a chance to see the Houston Texans play this past season up in Cincinnati? What did you notice about their offensive scheme and what did you think about it?

JOE MIXON: Yeah, well, CJ is a phenomenal player. Obviously he was the Rookie of the Year, and that ain't by no fluke. I think that we have a great group of guys in this here locker room. I was talking with DeMeco, and there's a lot of guys running around, young, don't know no better and ready to get after it.

I've definitely been fortunate to be a part of something like that, so it's a great thing coming into this situation and basically picking up where I left off.

Definitely in a great position here, and definitely excited to start with my new beginnings.

Q. What do you see that's similar from the Bengals?

JOE MIXON: I can't really say similar. Only reason why is just because I really haven't been in here too much to really know and get around and see the guys going and things like that.

But the guys in Cincinnati, great group of guys. I tip my hat off to everybody in that locker room. With the guys in here, it's a great feeling to feel wanted and be around, and just feel like you're going to be a part of that offense, a big part of it.

For me, I can't do nothing but be thankful for that, being in

this position, and get ready for what's to come. I'm definitely excited for it, and I'm definitely looking forward to the season for sure.

Q. What was your initial reaction when you found out that you were coming to Houston?

JOE MIXON: Man, I mean, it was definitely a shocker. I could just say that. It was definitely a shocker.

Q. You said you spoke with the coaching staff. What did they see, envision your role, how you'd fit into this offense?

JOE MIXON: I think these guys, like I said earlier, they're young, they fly around, they make plays, and I think that where I could come in is bringing part of that attitude and getting the guys to come along and being able to make plays and finish the job and get over the hump.

That's what they brought me in for, and I firmly feel like I'll be able to get the job done and make things happen. I look forward to it, and I'm ready to get after it, honestly.

Q. (Indiscernible)?

JOE MIXON: When I talked to DeMeco about two days ago, for me, I thought -- when I got on the phone with him, it was a hell of a feeling, man. It was like me feeling like I want to be here, like he embraced me, and he made me feel like I'm wanted. I love that about him.

He was once a player, as well, and I think that with what he brings in terms of his intensity and him wanting to be around a great group of men that wants to -- he pretty much leads by example, and if you see him, he's very enthusiastic on the sideline.

He's jumping up and down while his players are making plays. Who wouldn't want to play for a guy like that? I definitely feel like I'm here, I fit the culture and what they do and what they want to bring. It's definitely a humbling time to be here, and I'm definitely ready and excited for this new beginning for sure.



Q. Speaking of coaching, you've been in the league long enough to have seen some of the things that the Texans went through as far as they went through the previous seasons before DeMeco. How do you feel coming to this organization after watching them last year and knowing that you're going to be a part of helping them build and continue that culture?

JOE MIXON: Yeah, man, I mean, it was no different like how we were in Cincinnati. We struggled at first when the head coach was there, and I felt like we brought in a great group of guys. Thought that ownership did a great job bringing them guys in and signing a lot of free agents, did a great job in the draft, guys were special players, and I thought that we put everything together.

I think that what we've got boiling here is pretty much the same thing. I think the ownership here, they did a hell of a job with getting guys like me. You've got Danielle Hunter, and they bring in a lot of guys, and that's just two players, but I think they brought in maybe eight guys in free agency.

The things they've got cooking here, the city, they should definitely be exciting because it's nothing but exciting things to be excited about. I think what we've got here cooking right now is on the right track, and there's a lot of things to look forward to.

Q. What was the 24 hours like, first reports come out after they sign Zack Moss, then all of a sudden a trade. Does that give you any motivational fuel to say, well, I want to show the Bengals what they're missing out on?

JOE MIXON: You know, for me, like I said, it was definitely shocking. I took that 24 to 48 hours to hurt. It took a while. I'm still having emotional feelings about it. That's a place where I could forever feel like that's home for me.

Like I said, I'm just very grateful that them fans, they embraced me the way that they did, and I just love everything about the way that them fans were.

We bought the city of Cincinnati, we got it back lit again, and I plan on bringing that same thing here. These fans, I'm sure -- they got a taste of it last year, but I feel like with what we've got in the making, I think it's going to be a great thing.

Like I said, I'm just excited to be here, feel wanted, and I just can't wait to make the most of my opportunity when my number is called.

Q. Throughout your career (indiscernible) what has allowed you to be that effective, and how will you bring

that to this team?

JOE MIXON: Yeah, man, I've had a hell of a run in Cincinnati. I think that the way that I train in the off-season plays a major part in that. With the opportunities that I've got, I've pretty much tried to make the most of it.

I thought that with my running back coach, J-Hill, Justin Hill, he did a hell of a job making sure we was motivated each and every day. I think that that's what changed our whole perspective of the way we attack the day, and I just can't say nothing but great things about him because I think that in terms of really taking that turn and leap of being a pro, I think that he definitely helped me become the pro that I am today.

Shout-out to my guy J-Hill, and I obviously wish him the best in his career and what he's going to do because I think that he'll do great things. But like I said, for me it's more so just attacking the off-season, and my number being called, deliver.

I was fortunate enough to have a group of men around me that they were all special. We had Chase out there. We had Tee. We had TB. We had a few really good tight ends in my years being there. We had Joe Burrow. I had a hell of a supporting cast around me.

I think that what we've got here is the same type of firepower. I definitely look forward to, like I said, being a big part of this, and I'm very excited to come out here with my new teammates and really get after it for real. Definitely look forward to it.

Q. What are the Houston Texans getting in Joe Mixon?

JOE MIXON: Yeah, one is a leader. I've been a captain the last three years in Cincinnati. When I speak, I lead and speak with the command. Guys listen and they feed off of me.

I'm going to just continue to be the same person that I've been since I walked in out there when I was 20 years old. Always been a leader, lead by example. And I do be a vocal leader, as well. I think that they're definitely getting a playmaker, and I think the way things are being explained in the meetings that they're willing to showcase everything that I can do, which has been exciting.

I've been waiting for this a long time, and I can't wait to make the most of every opportunity that I can because I just know the type of player that I am and the guys that's around here and the supporting cast around, I think that I definitely could take this thing to the next level.

With the quarterback we've got in CJ, like I said, he's phenomenal, and I know for a fact he's going to make that next jump, and that's in terms of them playoff wins.

But obviously we take them one game at a time. Got to build the camaraderie around the team. I feel like with me coming in here -- I'm sure they've already got that, as well, but I'm here to make sure we all gel together at a high level, we're all competing, and we're going to do that each and every day, whether it's on the field, off the field.

I think, like I said, what we've got in the making here is going to -- everybody, I think Houston got nothing but great things coming their way, and to be proud with everything that we're building here.

Q. You mentioned DeMeco having played in the league before. Why is that enticing for players?

JOE MIXON: Well, with DeMeco, if you just see him on the sidelines, you can tell he wants to be out there. He's running around, he's jumping, he's doing all the things that a player does. They all turn up, getting after it, and I think with what DeMeco brings, he's bringing that player that he was, and all he's doing is transitioning it into coaching.

I think he does a great job with leading his defense for number one, making sure they match his intensity. I truly feel like he's the one who has that train going, and obviously it correlates to the player.

I think Houston has a hell of a defense. They've got a lot of young guys just getting after it. They're flying to the football, causing turnovers and things like that. I think that, like I said, what we've got on offense, we're going to do the same thing in terms of scoring a lot of touchdowns, making a lot of splash plays, and I feel like as we're playing complementary football, I think we'll be a damn team to be reckoned with.

I definitely look forward to this 2024 season, and just very excited.

Q. Most fans are wondering what number you want to wear here.

JOE MIXON: Yeah, I thought about changing it, but I think I'm going to stick to the 2-8. Just go ahead and stick to the traditional number of running backs, and 2-8 is going to be what it is.

Like I said, I promise you, you can expect a lot from that number this year.

Q. You played with two of the best young receivers in

Ja'Marr Chase and Tee Higgins, Tank Dell, Nico Collins, see them last season and what they can bring this offense moving forward.

JOE MIXON: Yeah, even Noah Brown, too, I think he's a hell of a player, as well. I think he ran it up for 200 on us in Cincinnati. It was like, damn.

I'm kind of familiar with the players that we have here. Not too much, but Tank Dell, he's a hell of a young guy. I think he's a rookie, and I think his sky is the limit. He can do whatever in space, taking the top off the defense, and I think Noah Brown did the same thing.

And Collins, he's a very good possession, and he'll go get it down deep, too. I definitely feel like with what we have here, we've got the right things stirring and cooking, and we've just got to make sure we bring everybody along the way to being on the road to greatness.

In terms of with the offense, I think that we've just got to do whatever we can to take care of the football, make plays, and obviously come with that intensity each and every week. I think that we'll be happy with the results that we get.

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