

# Houston Texans Media Conference

Sunday, November 24, 2024

Houston, Texas, USA

## C.J. Stroud

### Postgame Press Conference



Titans 32, Texans 27

**Q. C.J., what happened on the two interceptions today?**

C.J. STROUD: First, I want to thank Jesus for the opportunity to play in the NFL, play on Sunday. Very grateful to him being my savior.

I mean, the first one, couldn't really see Metch. Tried to put it in the window, and we just weren't on the same page. Can't do that right there. That's giving them points, which ultimately led us to lose.

And then the second one, just kind of put it a little higher. If I get it to him, Nico has a lot of space to run. So two mistakes I made that happened.

**Q. C.J., obviously, you had a lot of good things happen today. Where do you think the biggest struggle comes in offensively in the second half recently?**

C.J. STROUD: You can point a lot of places, but I always point at myself. I'm the leader of the offense. I've got to get us rolling, get our rhythm, and we've got to find a better way to end the first half better, start the second half better.

That ultimately starts with me in taking care of the football and getting into a rhythm, running the ball well, getting us into the right reads and the right looks. I would say that's why -- that's how we're going to get better is I've got to be better.

**Q. C.J., you have one more game before the bye week. How do you guys make sure you get back on course, go into the bye healthy, come back out for the final four games of the regular season?**

C.J. STROUD: Got to practice hard. Got to be on each other. Everybody has to look at themselves in the mirror and try to get that fixed. That will be the plan this week. Practicing, getting better. Personally, I have to get better.

As a team, we have to get better. Try to go to Jacksonville and get a "W" before the bye week.

**Q. C.J., is there ever a sense of how are we in this position again when you face second and third and longs? Feel like they've been consistent a few weeks now. Do you wonder how does it happen again? How are we in another second or third and long situation?**

C.J. STROUD: Not necessarily. I try to one-play mentality the best I can and try to execute the next play. Whatever down and distance it is, I try to put my team in the best position to get a first or to get explosive, whatever we need to help the team. So that's just my mindset when it comes to that.

**Q. Obviously, you have all the time in the world. From your perspective, what do you have to do? What do you feel you have to do to improve on to help get the offense back on track?**

C.J. STROUD: I've got to practice better, play better. It's no secret. I mean, I haven't been playing well personally, for my standard. I have a couple good drives, plays here, but it's up and down. So I've got to just, for me, I feel like it starts with practice and comes to the game staying focused. I mean, I've been focused. I watch as much film as anybody. Sometimes it just doesn't go your way.

I've got to be hard on myself and realize that games can come down to me making plays. I didn't make enough, and I gave up the ball twice today. So I've got to just be better, and I know that. But I'm not going to hold my head down. I'm going to keep my chin up, chest high. I'm still a great player, but I've got to put better stuff on the field.

**Q. C.J., how much has some of the pressures and the sacks early on in the season caused you to be in the pocket later on this season?**

C.J. STROUD: Not much. I mean, I would say I've been pretty comfortable. Today I was pretty comfortable. We went three quarters without a sack. And then the fourth quarter, have a couple. Some of them were my fault.



So, yeah, I would say I'm not really too affected by them. I try to sit in there as best I can. When it's not open down the field, then I try to take off and make a play. Just be smart with my legs as well. But I don't really let it affect me too much.

**Q. I have two questions. C.J., what was supposed to happen on the play that you all got called for illegal motion? And then I'll ask the second.**

C.J. STROUD: We had a quick motion with Tank. It was miscommunication on my part in the huddle. Two motions at the same time. That play kind of maybe seals the deal, you go down to 1, I don't know if Nico scored. I stopped paying attention. But if he scored, we give our defense a chance to stand up and run it out. Or if we're on the 1, run it in or throw it in and give our defense another chance.

So that's things that can't happen. I got to be better in the huddle. I've got to give the play better and make sure guys are on the same page. Even when we break the huddle, still communicate a little bit and make sure everybody is doing what they're doing. It was my fault.

**Q. Did you feel like the Titans brought more pressure in the fourth quarter? Did they bring more pressure in the fourth quarter?**

C.J. STROUD: No. They brought a zero and then they brought a couple of drop-out mans and things like that towards the end of the second half -- I mean the end of the first half.

Second half, they brought a zero and some little one-backer replacement pressures, but nothing insane that we didn't think about. But ultimately, yeah, I mean, I wouldn't say it affected me.

**Q. C.J., can you talk about the challenges collectively you guys are having on offense from a communication standpoint?**

C.J. STROUD: It really hasn't been that crazy. There's a couple protections here, a couple things there. But I wouldn't say it's been too much. But that will cost you the game is one mistake. That's the NFL. They're the best players in the world. I told you guys how good the Titans defense was. We've got to be better as an offense and give our defense a chance to stand up at the end.

**Q. Collectively, it seems like the little things offensively that have been happening all season long in terms of just little mistakes, talking about illegal formations and things like that. At this point, what from an approach perspective in practice leading up to**

**the game, can you guys do differently to maybe get different results?**

C.J. STROUD: Got to keep practicing and keep playing. I mean, you tell me. I don't know. That's all I know how to do is practice better, play better, meet better, do everything better.

When it comes out like that, it's not fun, but it's part of the game. We use it one game out of the year, that will teach us a lesson. Sadly, we have to learn right now. It will teach us in future years. For me, I'm going to use this as a time where I need to look at myself in the mirror and get better.

