

Houston Texans Media Conference

Wednesday, July 23, 2025

Houston, Texas, USA

Will Anderson, Jr.

Press Conference



Q. Will, we talk about defenses, a lot of great defenses. What can make this defense great and take it to a higher level this year?

WILL ANDERSON JR: Yeah, what's going to make this defense great is our execution, man. Like of course we have our swarm. That's who we are. That's what we're built to do. But our execution and how detailed we are going to be is and separates us.

Q. What excites you most about this team?

WILL ANDERSON JR: Man, just the energy that we have. You felt it today, man. Sometimes we come out everybody got a little nervousness, a little jitters. Today everybody was rolling and the communication was great, everybody was jumping up and down.

I am excited to see what we continue to do this training camp, man, and just see how much togetherness we can have going into this season.

Q. Will, feels like you guys have built a team that's ready to compete. You can't tell what's going to happen, how the season will play out. Taking all that into consideration, how important is it to build off last year and have a better season than you did?

WILL ANDERSON JR: Yeah, most definitely. I think it's all about everybody being on the same page and connecting with one another. I think we been doing a really good job of that, man. They added a lot of spaces in the building for us to be able to continue to be around each other. They brought in some really great people for us to talk to.

So I think it's just little things like that that makes a program special. Of course we have to come out and do the work on the field, but you feel the togetherness as a whole in the whole organization.

Q. How are you guys building that confidence?

WILL ANDERSON JR: Yeah, that's all mental. That's all

everybody making sure they're locked in on the playbook and locked in on their keys and how much are we watching film, man. I think the coaches been doing a really good job of taking it day by day and making sure everybody is locked in on their jobs, what exactly are we doing, asking questions and just quizzing everybody and making sure everybody knows what their job is.

Q. We talked in the spring about your growing repertoire of (indiscernible.)

WILL ANDERSON JR: Yeah, right now my biggest one is just my job. Those are the two that I really just been wanting to be work on, man. Just adding a little bit more finesse to my game. Being in the corner just a little bit more. So that's just helped. Janeal has been helping me with that after practice, before practice. Coach Rod has been doing a great job. I'm excited. I can't wait.

Q. The offseason as far as working out (regarding maturity level.)

WILL ANDERSON JR: Yeah, for me, it's just about growing up and just wanting to be a better leader on this team. Just speak up more. Just being able to speak up more comes with more maturity and understanding how to be a leader, how to connect with guys, talk to certain guys, and how to get guys dialed back in.

For me I had to do a really deep dive search on myself to make sure I'm the best version of myself to come out here and pour into these guys and be of service to them.

Q. Will, even though you and you CJ are on different sides of the ball, I know you're close. How much do you talk about taking the team to the next level?

WILL ANDERSON JR: Yeah, all the time. CJ has been really great for me, man. He's a big help. Whenever he see me down, he pick him up. Whenever I see him down, I pick him up, man.

We obviously know the goal of this team is to win a Super Bowl, and for us both keeping either other up and keeping each positive and making sure the team is up and the team



is positive as well, and he's been doing a fantastic job. I feel like the OTAs and now just carrying the offense and this team and making sure everybody is locked in on our job so we can really the goal to where we want to be at.

Q. Talk a lot about you and Danielle as a tandem. The depth there, what kind of have you seen?

WILL ANDERSON JR: Yeah, he's a freak, man, he can go out there and rush, set edges, man, get off the rock, that's what you have to have in this type of defense. He brings all the juice, and I can't wait to see him spin. Man, he's a great addition for us and he is going to be a really big help for us this year.

Q. Offense, talk about Nick Caley's system is about using playmakers.

WILL ANDERSON JR: Yeah.

Q. What have you seen so far from him on the defensive side?

WILL ANDERSON JR: Yeah, most definitely. He adds a lot of movement. Switches it up a lot. Give a different lot of looks. I'm excited. I can't wait to keep seeing what he has. He brings a lot of juice to this offense a lot of juice to this team, man, and I know he's going to have those guys rolling.

Q. Is there anything you want to say directly to the fans?

WILL ANDERSON JR: Yeah, I appreciate all you guys. Thank you for all the love and support, man. Our goal is always to win the Super Bowl, but we can't do that without you guys. Thank you so much for coming to the games and supporting us and just loving us. We're going to try to do something really special for the city.

Q. What have you seen from Myles Garrett in workouts? Outside of being physically strong.

WILL ANDERSON JR: Yeah, most definitely. Myles is a very smart man. I think the way he rushes, tackles the game, his game plan, his angles, he's poured a lot into me. Just switching my angles up when I'm looking and giving different looks as well, setting up my rushes as well.

Like he'll go power or he'll go speed to start the game off, and when the fourth quarter comes around he switches it up because that's all the tackle been seeing all game.

So just little details like that is something I've been taking for mine.

Q. You've been quite the fashionista in the offseason?

WILL ANDERSON JR: Have I? I didn't post nothing but fishing, for real.

Q. People posted of you and things you've been wearing. Are you planning on bringing some of that to game day?

WILL ANDERSON JR: A little bit. Just a tad bit. For me I don't like to make my fashion too much of a distraction. Just keep it very subtle.

Q. Who is stronger between Myles and Danielle?

WILL ANDERSON JR: Both of them. I can't answer that. I can't answer that. They both strong, man. And it's so crazy because I worked out with Danielle and I worked out with Myles, and when I was with both of them I was like, ya'll are two genetically freaky dudes. I've never seen anything like it before.

Q. ...added five pounds of muscle this season.

WILL ANDERSON JR: I can believe it.

Q. Did you think that was possible?

WILL ANDERSON JR: I didn't think that was possible. I thought he was already strong as he going to get, man. He surprises us every day.

Danielle, his work ethic and how he takes care of his body is like none other.

Q. When you have a meal with him, is there a difference...

WILL ANDERSON JR: Yeah, most definitely. I think it's all about nutrition. That was the biggest thing going into it, how great can your nutrition be, not overeating, not eating too less. Just eating clean.

FastScripts by ASAP Sports

