

Seattle Seahawks Media Conference

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Seattle, Washington, USA

CJ Stroud

Visitors Postgame Press Conference

Seahawks 27, Texans 19

Q. What are your thoughts on how the offense played and why it was tough to get points?

CJ STROUD: Yeah, I mean, it was a lot of things. I think first I got to point to myself and missing a couple throws. Just got to -- I got to work through the pressure. They were bringing some blitzes, got us to do some things to run some different schemes I think it will help.

I just think we didn't get a rhythm. They did a good job keeping the shell in some of the third and shorts. You know, plays like that, we just got to execute.

But I think it starts with me and I got to do a better job of distributing the ball better. You know, when I have good pockets, working them and making sure I'm getting the ball out on time and to the right guy.

So I'll look inward and then there are some other thing we'll watch film and get better at.

Q. Tytus mentioned that he felt like the offense was kind of complacent to start. Do you agree with that statement? If so...

CJ STROUD: I don't know what he meant by complacent, but I think the type of offense we're running is like I told ya'll, death by a thousand cuts. Sometime when you live by a sword it's hard because you're not taking a bunch of deep downfield shots, but you're asked to be really good on first, second down, time and time again.

So something we just got to get better at. It's still new to a lot of us, but, yeah, I definitely think we can be better at that and that will definitely help.

Q. As you guys were kind of getting closer, the drive before the one you all scored, what did you feel like stopped you all there?



CJ STROUD: Yeah, I mean, it's tough. We got down there pretty good. Our defense kept us in the whole game. Got to help those guys out and score some points somehow, some way. I tried to throw it over the guy. He made a hell of a play jumping and knocking it down.

They zoned a lot of stuff off, so I was trying to just make plays with -- it's hard to throw over guys in the red zone, so, you know, I just -- it wasn't easy down there, but we got to find some type of way to score some points, however it looks.

Q. If Nico can't play, what do you all have to do to pick that up?

CJ STROUD: I thought he played really well. I got to find a way to get him to touch the ball. I got to throw him a better ball. That's just the bottom line.

Yeah, it's going to be tough. He's our best player on offense. He's one of the best players in the league time and time again. We also got to find ways to get him the ball, you know, in better situations. So that starts with me trying to get us in the right looks.

But, yeah, it would suck. Hopefully he'll be okay and we have a short week, but if not we got to just step up in other ways, and, you know, put more on my plate hopefully and try to help us out.

Q. How valuable is communication on just the plays where they're sending those disguises, especially a few times in the second half, backs were coming at you. How important is communication in those situations?

CJ STROUD: We were in a lot of situations where, you know, they really didn't show zero blitz on film on second and long when you're kind of backed up, so that one caught us off guard. When it's loud it's hard to sometimes get the protections right and you got to just sometimes throw hot; sometimes you can pick it up.

So it's a little bit in between, but something definitely we got to look at and get better at because we've gotten it a couple weeks in a row. So, yeah, if we can do that we can hit some bigger plays. Yeah.

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