

Washington Wizards Media Conference

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Bub Carrington Media Conference



Heat 132, Wizards 101

Q. BK mentioned the rebounding and the ball security. You guys have been doing really, really well lately, and today just kind of not the way you've been doing it. How do you get back on track in those two areas, especially since you guys do have the experience of doing it well lately?

BUB CARRINGTON: You flush the experience, and you are focused on the next one.

Q. Where have you been able to just find your consistency, whether it's the way you guard guys, because not a lot of people talk about your defense, but it's been an area you've stepped up this season. Where have you been able to find the consistency on that end of the floor?

BUB CARRINGTON: Getting physical, getting a lot more technical with what I'm trying to do. Instead of just trying to stay in front of someone, forcing them to be uncomfortable or, like I said, just being more technical defensively.

Q. It seemed like you guys in the first quarter had pretty much a strong start; you were able to feed off one another. How did it change for you and your teammates in the second half?

BUB CARRINGTON: Ooh, how did it change? They started hitting a lot -- we couldn't get rebounds. They started getting a lot of second-chance opportunities, so we started taking the ball out of the net a little bit more. Our offense was a little bit slower. Missed a few shots, started turning the ball over. The game changed like that.

Q. When you guys look at the way you want to play with pace, in game like this where they force you to be taking the ball out of the hoop, from a point guard standpoint, how do you try to get the pace back, even if it doesn't work the way you want it to, but that simple shift of trying to get it back coming with the ball out of

the hoop, because I know it's not necessarily the easiest, but it seemed like you were trying to turn things up a notch, whether it was the ball coming out of the hoop or not?

BUB CARRINGTON: You've seen me do the thing where I sprint around, that when a guy takes the ball out, I just run around, it's quite literally that simple, just running. Like you said, taking the ball out of the net slows everything down, but if you physically speed everything up, then they've got to run with you.

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