

# Carolina Panthers Media Conference

Sunday, November 5, 2023  
Charlotte, North Carolina, USA

## Bryce Young

Postgame Press Conference



Colts 27, Panthers 13

### Q. How is your confidence level going into Chicago?

**BRYCE YOUNG:** It doesn't change that. Obviously I have to be better. Obviously there are things you want back, but it's part of the game. It is what it is.

It's a long season. You can't carry any of that over. You have to take from it, watch the film. We'll go over this stuff, learn from it, correct it, and then after that it resets.

It's one game. Obviously there's a lot of stuff obviously that I need to do better, but it doesn't change who I am. That's just mentality we all have.

We all have to be better. Again, we're just a team that looks in the mirror, so we all feel like we all want to be better. It's more the chase to do that. That doesn't affect as a team the confidence we have.

### Q. Does it help that it's a short turnaround and you can get back on the field quickly?

**BRYCE YOUNG:** Obviously it makes for you to have to turn that page even quicker. It's a short week. Obviously we have to make sure that we do all that we can to be at our best on Thursday.

So it just is how it shakes out. You have to turn the page quick. There's no time to do anything. Obviously we play in a couple of days. So we're going to learn from this, figure that out, turn the page, and then automatically we're immediately back to now we're focused on Chicago.

### Q. Frank keeps saying that he's seen the best quarterbacks go through stretches like this or worse. How hard is it to hear that coming off a game like you just had?

**BRYCE YOUNG:** I mean, Coach obviously has a ton of experience and he's been around a lot of great quarterbacks. There's the perspective part, and obviously

that's coaches and everyone, and you have perspective, but obviously in the moment as a competitor just trying to be my best every day.

It's not something that I necessarily think about. It's just I have to be better. I have to be a lot better. As a competitor, you don't think about next week while you're on the field. You don't think about next year, whatever it is. It's all about the here and now.

I think, of course, coaches on whatever it is, they have perspective, and it's okay to have perspective, but for me it can't change my approach, and it doesn't affect. Again, it's about day-to-day trying to win each day, trying to do the best I can, and you want to be the best you can be immediately. Again, whatever happens, happens, but that's just the approach that I have, that we all have. So I have to be a lot better.

### Q. Have you ever had a day like that?

**BRYCE YOUNG:** Obviously you have bad games. A loss is tough and then -- it doesn't matter. Again, I can't do that. I have to be better.

Our defense played great. People were in positions. We turned the ball over three times. Two of them turned to 14 points. That's how you lose a game.

Everyone else around did a great job, and it's on me. So it is what it is. I have to be better, but at the same time, again, no one is going to feel sorry for me. No one is going to feel sorry for us.

I'll learn from it, get better, and now we have to turn our attention to Chicago. That's the mindset. You put it where it is. You learn from it, and in a couple of days we have an opportunity to go out and be better and perform better and put on tape what we want to be. That's a great opportunity.

### Q. Now that you've played half a season and you're looking forward to the next half, what's one thing you would like to clean up on or fix just to show progress in the next eight or nine games?



BRYCE YOUNG: Just do a better job of contributing to wins and managing games. Again, there's been some fatal mistakes in a couple of games. I've been responsible for a lot, and we can't have that. That's a big reason where we are we are. I have to be better.

Again, people around are playing better. I think we did a good job at a lot of things today, but at the end of the day if I put ourselves in position where we can't win, we're not going to. I have to be better at that.

So just contributing to the game, managing games better, making sure that we're in positions as the leader, as the game manager to be successful. I have to do a lot better job can of that.

**Q. Can you walk us through the two pick 6s, and what did you see, and what went wrong in those two plays?**

BRYCE YOUNG: Bad throws and bad decisions on both. I have to manage risk/reward. Both probably. Both could easily have been dirted balls, and especially the first one was just a better placed ball.

That's not on anybody but me. People are in position. That's only on me to be better. That's day one quarterback stuff. There's no crazy depth to it. There's no deeper story. Those are bad plays.

Again, turned to 14 points. It's the NFL. You're not going to win games like that, and that's on me.

So obviously that's stuff that I can't do. I have to be better at, and again, great thing is we have the opportunity especially now in a couple of days to be better.

For me now it is what it is. Again, watch the film, learn from it, and then do everything I can during the week to prepare, get better from it, and take it, learn from it, and then be better for Chicago this week.

**Q. Who do you go to for advice beyond Frank and the people inside this building to help you get through moments like this?**

BRYCE YOUNG: It's not something that you have to have a big -- for me at least it's just about watching film. That's really my approach. Watch the film, how I can get better. There's no one that I trust more than the guys in this building when it comes to that to teach me what to do.

I obviously learn from my mistakes. Again, there's been a lot of people in the building, in the quarterback room that have a lot of experience as well. So it's a blessing I don't have to go out of house for that.

I can stay in the meetings. We have multiple people that have played a ton of snaps, good and bad. There's a lot of knowledge in the room. So for me it's just about being better, watching the film, learning from that. And, again, I'm grateful to have the staff I can where I can do all that here.

**Q. It seemed like the second half there was a conscious effort to get the ball in Miles' hands, the big play to Hayden. How much were you trying to incorporate those guys, and how much do you need those two specifically the second half of the year?**

BRYCE YOUNG: I think, again, we all feed off each other. Everyone is important. Miles and Hayden stepped up and made some really good plays. It's just making sure that all of us are at our best.

So for me it was just trying to execute the plays that were called. And the couple of positive plays they made, again, they're great players. People around them too are doing a great job. People up front protecting and having lanes for Miles and, again, they're great players.

It's just making sure that we're going to need everybody. We're not in a position it's optional. We need everyone, and we all know that. We all accept that challenge. We all understand. So, again, I'm grateful for my teammates, for the people around me, and I didn't do my part today, so I need to do better.

**Q. What's been the most significant lesson throughout your career that really affected you as a quarterback?**

BRYCE YOUNG: Deep question. I think it's just -- I think it's just understanding that, good or bad, you have to be able to turn the page. Whatever it is you've done, again, positive or negative, doesn't entitle you to anything next week. It doesn't entitle you to the next opponent.

Just the importance of context. I am a competitor. We're all competitors. We all feel this loss. I certainly do.

It is what it is, but at the same time that doesn't entitle me to anything, good or bad, moving forward. This is the NFL. No one feels sorry for anyone.

We have the opportunity where we have to turn the page, and we have to do it quickly. It's a great opportunity for us to be able to bounce back. We get obviously right back to work tomorrow.

I think for me it's just you can feel how you feel. There's going to be emotions, but at a certain point especially with

the timetable now, once you walk out the building, it's over with. It's done. It's just lessons and things you can grow from.

Again, that's with good or bad. Obviously, it applies this week. And making sure that you are able to focus on what you can control and turn the page. So that's obviously going to be applicable this week.

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