

Carolina Panthers Media Conference

Sunday, November 19, 2023
Charlotte, North Carolina, USA

Bryce Young

Postgame Press Conference



Cowboys 33, Panthers 10

Q. What did you see on the pick six?

BRYCE YOUNG: Just got to make a better decision, better throw. Great play by the DB. It was a great play, and again, for me, obviously got to make a better decision, better throw. That's on me. Then also, yeah, good play, but obviously can't make that happen. That's on me.

Q. You went up tempo early in the game. Is that something you talked about throughout the week, and how comfortable are you doing that not only late game but in game?

BRYCE YOUNG: Yeah, yeah. That's true -- I'm sorry, was there a question?

Q. Is that something you're more comfortable with doing in the middle of games instead of having a late drive where you have to do it?

BRYCE YOUNG: It's all about film. You go in with a plan, you go in, talk about how you're going to attack the game, and then again, it's based off of film and how things are going. You can't really go into games of we're going to do this the whole time. Obviously you have a game plan, you have stuff you can control the initial thoughts, but after that, I trust Coach like, trust his feel, and that's just how it's going to be moving forward.

Q. That's a really good defensive front. How much did the consistent pressure make it hard to get in any kind of rhythm offensively?

BRYCE YOUNG: Yeah, really good defense, really good defensive front, like you said. Obviously it's not -- it's tough, but that's no excuse. There's things that I definitely can do better, things that as an offense -- again, yeah, that's a really good defense, but we're striving, pushing to be -- we want to be a great offense. Obviously we have a ways to go. We have to keep building. We have to earn that right. But it's the NFL. We're competitors. There's no

excuse. First and foremost I have to be better, regardless of what's going on or I have to be able to control and manage stuff, still try to find positives. We all take that mindset as a unit. Obviously we want to make sure that there's going to be great units, there's going to be great players in the NFL. There's always going to be something on the other side of the ball that we can't let that hinder our execution, so we have to improve on that.

Q. Frank said you're built to handle stuff like this. What makes you built to handle stuff like this, and do you ever anticipate stuff like this?

BRYCE YOUNG: First and foremost, I lean in on my faith through ups and downs. I don't expect anything, good or bad. I'm well aware. I believe God guides my life, big picture. What happens, that's out of my control, and I trust God through everything.

I lean on my faith, lean on my teammates, lean on the coaching staff, and yeah, of course it's not ideal. It's tough. It's hard. But it's for a reason. What that reason is, that's not for me to know, not for me to dwell on. I lean in on my faith, lean in on the guys in there, lean in on each other, and we've got to take it for what it is and figure out ways to make a positive and keep building on it.

Q. How strange was it going silent count at home?

BRYCE YOUNG: Obviously different. Cowboys fans, they travel well, so respect to them for that. But again, it's a circumstance. We do that half the year anyway. It is what it is. Again, it's a circumstance that we have a ton of snaps, a ton of reps going silent. It wasn't a big switch-up, wasn't a big change. We play a lot of games like that as it is. It was what it is.

Q. How does it affect your ability to pass when they pressure so many times?

BRYCE YOUNG: Again, we look at things as a unit, as a group as a whole. It takes all 11. There's no finger pointing. There's no one person. We all can do better. Again, whether that's getting through reads, maneuvering throughout the pocket, again, we all take ownership in that.



Again, we want to execute at a high level, and again, that wasn't what happened today.

Again, I take responsibility for that. That's on me first and foremost. Then we all look in the mirror.

Ultimately, again, it's not one thing. It's not one reason. We just have to execute. Didn't do that well enough today.

Q. Is it hard to find the good when you don't have the results that you need to? How difficult is it for you to self-scout and develop and continue to grow when you don't have that --

BRYCE YOUNG: Of course it's harder when you're not seeing the results you want to see. It's always more fun to coach off of a win. It's easier if you're successful to be able to take the little things and grow. But that's not our circumstance.

We have to earn that right. At the same time, you build that hunger. You're able to look at it from the perspective of feeling like your back is against the wall. We have that mentality throughout the week, and that's not a bad thing. We have to have urgency. We have to build. Of course it's not ideal. But ultimately it's where we're at. Again, the competitor in all of us comes out. We don't flinch. We have to take it for what it is.

Whether it's good, whether it's bad, one way or another, we try to have a growth mindset through everything. Of course it's always more fun to do it off a win. It's not our circumstance, but that's part of the business. We have to keep building, keep growing.

Q. 10 games into the season, nine for you, everybody is beat up around this time, but how does your body feel? You take a lot of sacks, a lot of hits.

BRYCE YOUNG: Body feels great, which is a blessing. Yeah, it feels good, so grateful for that.

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