

# WASHINGTON

FOOTBALL TEAM, EST. 1932

INOVA SPORTS PERFORMANCE CENTER - LOUDOUN COUNTY, VA

July 30, 2021

## S Landon Collins

### **On how good it feels being back on the field:**

"I feel incredible being back on the field. I feel the same. Way better than before. I feel stronger, faster, in shape, just doing my thing. I'm back on the field and I'm happy now."

### **On if he's surprised to be feeling better than before and why:**

"I would say I had the chance to focus on myself, my body and the things that I had to work on, especially coming off that Achilles. You have to really worry about your weight. You have to make sure you're not coming back overweight because you will be putting more strain on that body part. Stuff like that. Things that I eat and things I have to work on, stuff like that. I just feel better to be back on the field."

### **On if he is ahead of schedule with his recovery:**

"They said 9-12 months. I got back in seven and a half months."

### **On why he was able to get back so fast:**

"I had a team of doctors that were with me day and night. Every time I did something or something was different or I tweaked something or felt better, they just stayed on top of it and got me ahead. My doctor, Dr. Ashley, at my training facility in New Jersey. Also, my team in Louisiana. There were three different components they worked on with me day and night. They always followed me everywhere I was going. There wasn't a day off for real. "

### **On the pressure he feels:**

"That pressure comes from way before being on the field, way before being in the NFL. That pressure comes from high school, being a five-star athlete to being a college All-American, to being now in the NFL as one of the top athletes that's on this team. That pressure is always on me. Doing the right thing and keeping my guy's head straight. Being the person that got your head straight. Does it bother me to have to live up to it? Yes, I took that pressure everyday. It is something that I live up to. It's something that I walk into that stadium with a smile on my face because it is on my back. Pressure breaks pipes, but I am a strong pipe I can promise you that. "

### **On what he tells younger guys that are still learning those pressures:**

"I tell them at moments where they feel overwhelming, take a break, breathe, slow down. We have time for everything that they are doing. Just take your time. There is a lot of pressure but if we understand what is going on, understand the problem and focus on that problem and fix it, the sky is the limit from there."

### **On mental reps during OTA's:**

"It didn't do much for my recovery, but for myself, that is just me being a vet. When you're not on the field, you could lose it. Getting on the field, you could be kind of antsy. My first day, we had our physicals on the first day. I had butterflies in my stomach. That was the first time I had butterflies for camp in a long time. That was just me coming back. I had to start by just sitting there and watching film. I watched this and that. When this play happens, I can do this. It was just stuff like that putting myself in the position and putting my mindset back in that position back on the field. It helps me out a lot. It slows me down and slows my mind down. It slows my anticipation down so I can just be the football player I want to be. Not going out there and making mistakes then I know I am better from it."

### **On watching S Kam Curl grow in his place and now beside him:**

"Growing in my place, he did an awesome job. I loved everything he did last year. It gave us more versatility to what we can do. A lot of people want me to play linebacker, now we have the option to do that. We have the option to put me more in the box if we need to do something and have more defensive backs on the field. If we have six defensive backs on the field, I'll take it. With that being said, he did an awesome job. A fantastic job. I am happy for him. He had a crazy rookie year. It was something that I expect from him because he had me in front of him. He had me to watch and he had great coaches putting everything in. He has done a great job with listening. He took everything in. Some rookies could come in and not know what to do and blow it. He took it in stride. Us being on the field together is amazing. We can be more versatile. You don't know who is blitzing. He is a good blitzer and I am a good blitzer. You don't know what side we are coming from. We could disguise a lot more. A lot of eyes are going to be off focus now."

**On the potential of all the guys moving in and out of positions:**

"I just look at the potential. It doesn't confuse us. We call ourselves defensive backs, but we can play any position on the field. We have [CB] Kendall [Fuller] playing nickel, we have [CB] Jimmy [Moreland] playing nickel, we have Kam playing nickel as a safety. Different packages as we play different teams this year. The Chiefs have [WR] Tyreek Hill in a cover two so we need a faster guy on him, stuff like that. We don't want to have Kam in the nickel position. More defensive backs on the field at that time too because they have good backs. A lot of teams have good backs. They can be good scat backs. We can cover backs better than our linebackers sometimes so it goes hand in hand and it helps our defense out so we can get off the field. "

**On CB William Jackson III:**

"It's been great, great, great. The communication has been great. We talk all the time. It's just like, 'If you keep talking to me bro, it's going to be the sky is the limit.' He said he never has had many safeties talk to him. He said at the time he was in the defense that was more man and cover three. Just knowing where our safeties are going to be and what we need to do coverage-wise, it's going to help us out in the long run."

**On DE's Chase Young and Montez Sweat:**

"Those guys are special. They remind me of [former Giants DE's] Jason Pierre-Paul and Olivier Vernon. Just guys that can do it all and have the option to do it all. It makes our jobs easier on the backend. They are going to cause disruption and get their hands up and tip balls. Also, with our blitzes, we had one today, they are going to have a lot of guys that are going to try and chip block them. They brought in a max protection and tried to max protect. I also came in on the blitz with it because they were max protecting. They opened up, Chase went outside, I went inside and got the sack. It makes it ten times easier for our defense."

**On WR Terry McLaurin:**

"He's great. Speed, speed, speed. He has gotten better in his route running. He is doing great things with his hands. He's doing a fantastic job in there putting himself in positions to make plays. That's our playmaker. If you get him the ball, I think it is going to go for a touchdown every time."

**On this being a critical year for him:**

"I think every year I come out here and show out. I want to prove that I am the best safety always on the field and around the league. I have done it before and I can do it again. That is my job. That is what they brought me here for. They didn't give me that paycheck just to come in here and lollygag. I put that on my shoulders all the time. That is the pressure I am talking about."

**On the COVID-19 Vaccine:**

"I don't think it is going to impact our locker room. They are the same rules we had last year. It is more strict, they are pushing it more, but at the same time we are not looking at it as a distraction. If you want to get the vaccine, that is your decision. If you don't get the vaccine, it is your decision. We have personal reasons behind it. We all have our personal reasons. We just go from there. Honestly, it is no distraction to our team. You come in here, get dressed and play football. If you tell us to wear a mask, we just wear a mask. "

**On why players are hesitant to get the vaccine:**

"It is just personal reasons, honestly. A lot of personal reasons. People just see it differently. They hear different topics about it or see different things. Just not enough information. There are different things that can lead people to not getting it or to getting it."