

August 2, 2025

T Josh Conerly Jr.

On the first weeks of training camp:

“It's been solid, just still getting used to everything. Getting back in pads, knocking off rust but I feel like I'm starting to flow and I'm really getting back to how I was.”

On going up against LB Bobby Wagner and LB Von Miller in practice:

“Yeah, I mean, it's been great. Honestly, it's a huge blessing because not a lot of people can say that they get to go against a defense with multiple hall of famers and play alongside hall of famers as well. So, to just to be in this position and have this opportunity is a blessing. And they've taught me a lot just like on the field, off the field stuff, how to use my hands, how to change up my sets, how to do a lot of different things. So, I just take it and run with it.”

On getting adjusted to the speed of the game:

“I feel like pre-practice I try to get a little bit extra in pre-practice and even a little bit after. Whether that's working with Von or working with Deatrich [Wise], I mean anybody that's willing to help a little bit. I feel like that's what helps me out is just doing stuff, just doing a little extra I feel like is kind of what gets me caught up.”

On other offensive lineman giving him pointers:

“I mean, I feel like there's nobody I'm more thankful for except for those guys because I feel like they've been there for me since the moment I walked into the room. I feel like they gave me stuff rep. I feel like there's just a little tweak of something that they think I can do better and I just take around with it, like I said.”

On playing with T Laremy Tunsil:

“Yeah, I mean, it's truly a blessing that I have someone like that to take me underneath their wing and somebody I have the opportunity to learn from every single day. And I mean, it's been nothing but a blessing. That's all I can really say about it for real.”

On the biggest adjustment since becoming an NFL player:

“Yeah, I mean, I feel like morning practices are different, which in my opinion are a lot better. I feel like that's the biggest difference because I feel like back in college we practiced a lot in the afternoon. Yeah, but I feel like just having to have your processes ready in the morning, I feel like it's something I feel like that's something that I had to get used to is just finding a routine fast and getting used to it and just flowing with it.”

On what he's improved on during training camp:

“Yeah, I mean, I feel like playing on the right side is something that was a huge change. And a lot of people don't really understand how much that change is for o-lineman, playing left and right side. But I'm really getting used to it and I'm starting to feel a lot better.”

On moving from the West coast to East coast:

“I mean, not being so close to my family, obviously. I feel like it's the biggest thing for me because I'm a huge family man, being able to just drive home four hours is a lot different than catching a five hour flight. It's a lot different but at the same time though, I feel really great out here and I feel good. But yeah, I feel like one of the biggest things is that you're really a grown man now, and you don't have a coach always on you to do this, do that, which I never really had, but they just kind of let you do your own thing.”

On how comfortable his is with the offense and on working with Tunsil:

“I mean, I'm pretty comfortable with the install. I feel like I know a great amount. I mean, I learn something new every day, whether it is some of the same things that we talk about day in, day out or I feel like there can be a different point that he makes that kind of sticks with me a little bit more.”