



## **SAN DIEGO STATE AZTECS MEDIA RELATIONS**

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### **San Diego State Football Press Conference Quotes**

**March 7, 2023**

**San Diego, Calif.**

#### **Head Coach Sean Lewis**

##### **Opening Statement:**

It's a fun and exciting time of year; five days away here from spring ball getting kicked off and getting ready to get going with these guys. We're really eager to get on the grass with them, see what we got, and do great work. So, really look forward to the next 15 practices as we get going with all of this to build this thing the right way and do all that is necessary to bring a championship home here.

##### **On how spring camp gets players ready for the first game:**

Phase one of winter conditioning has all been about the foundational work of getting their bodies prepared and ready to roll. Implementing our culture and our standard of operation and how we're going to do things. So now this is the first opportunity, in phase two of spring ball, where we actually do "ball" and implement the systems, and be able to have this great rhythm of practice a day, be able to watch the tape, get another installation, refine it, do it again, and so that we can have a great conceptual understanding of what we want to get done. The biggest piece as we move through spring practices is what is it that we're asking them to do it from a schematic standpoint; offensively defensively, special teams, and how it needs to get done. If we can accomplish those things and the guys' coming through these next 15 practices of "what are the calls" and "how do I execute my job within each of the calls," then we're going to be in a great position to go forward for the fall.

##### **On the tempo of spring practice compared to what it will be like in the fall:**

It'll differ just because they're going to think they're playing faster and think that they're operating at a high level, but they just don't know what they don't know right now. We're going to be smart, obviously. We've spent a good amount of time here through the winter of getting bigger and stronger. This is really one of the one times of the year where you can do that over these past eight weeks. We'll slowly ramp up the work volume, so that we can be where we need to be at the end of the spring. The goal is not to be game ready or ready for the season at the end of these 15 practices. But it's to be better than where we started as we move forward with this. The volume will increase as we go through the practices, and practice one will look like different than, say practice 14, and as we lead into the spring game on the 15th practice.

##### **On the excitement of getting to take the field next week:**

We're thrilled; very eager and ready to go. There's only so much class on grass that you can do. You think you know, but you really don't know until you get to go play the game. There are certain guys that look great running around in t-shirts and shorts, the same way that this past weekend there was a lot of great guys at the NFL Combine look great in shorts and t-shirts. But that isn't how the games are played, right? We have to go put the pads on. We have to get in this work. That's what we're most excited to do, and really thrilled for the opportunity to get that done here.

**On how fast the offense is going to operate:**

As fast as the bigs up front allow us to go. We can only go as fast as those guys get up and get set, and identify and make the call. We're going to press the issue and it'll never be as slow as it's going to be that very first day of spring ball. We'll work to get to the level where we need to be so that it can become a major competitive advantage for us.

**On what "Aztec FAST" means:**

It's a style of play where the guys think fast, know fast, do fast. They're flying around. They're having a good time. They're having fun doing what they're doing. They're accountable to one another. They're smart and playing the game at a very efficient way where we're not beating ourselves. It's a tough, hard-nosed group of guys that that are doing great things together.

**On spreading the ball around in the offense:**

We are going to spread and maximize the field. Offensive football comes down to space, numbers, and leverage, so we're going to use every blade of grass 53 feet and a third wide, and take advantage of the weaknesses that the defense gives us to be able to create and maximize how can we get our speed and space. If that's a deep ball, because that's how we want to dictate and attack it; absolutely. If it's a short throw where we throw short, and the guy runs long; absolutely. If that means that we're still going to do a great job running the ball with great efficiency, that's what we're going to do as well. We're going to be loyal to winning and playing each game and building this roster, and have a competency in all things throw and pass to be able to you know play the game in the manner in which we need to win it.

**On the potential mistakes that happen in the speed of the offense:**

We'll talk a ton about how great teams communicate and as fast as we're going, there will be times maybe when we don't make the exact right call. We have that luxury as coaches where we can sit back, hold the clicker, look and point the laser saying "Hey, we should have done this" or "we should have doubled here," or "we should have made this call or that call." But as long as our guys communicate with one another, they're making the best call that they believe, and they're doing it on the same page. . . We can be wrong and still be right because we're executing with confidence together. As long as we do that, we'll be just fine. And then we'll refine it, and we'll get better at it so that we make the right call more consistently. But again, as long as we're on the same page and we're operating with conviction, and we believe that that's the right thing to do then it's amazing. Sometimes that power of belief that "I believe that this is right," then you're able to go do it.? That's a pretty powerful thing for the guys to have.