



Junior Defensive Tackle Breeland Speaks

On his progress from last year...

“Really just been working. Coach [Jason Jones] has been making sure I’m doing what I’m supposed to do in the weight room, running as hard as I’ve ever ran before, lifting the way I’m supposed to be, eating the way I’m supposed to be. I just feel great right now.”

On ‘one game at a time’ mentality considering the Rebels’ season will end in November...

“Yes sir. Like you said, that’s our mantra, ‘1-0 each week.’ I feel like that’s going to allow us to be able to focus in this year on every opponent. We’ve got to give the guys time to actually just not worry about any of the extra stuff going on, just to focus in on that opponent of that week.”

On new position coach, Freddie Roach...

“I love being with Coach Roach. Coach Roach has brought us a new technique over from Alabama. I’ve fallen in love with it. It’s just simple. It allows you to play football how you want to play football. Me and the guys love it. Like you said, Marquis [Haynes], Benito [Jones], all these guys love what he’s doing. He’s a player’s coach and I love the transition that he’s brought over here to us.”

On importance of having success in the team’s first game to build confidence...

“We want to have success every game, but like you said, with South Alabama being that first game, we want to make sure we set the bar high right there. I want to make sure we know what we’re doing defensively. We want to make sure everybody’s communicating. We want to make sure it’s a well-oiled machine.”

On offense’s proficiency motivating the defense...

“It motivates us a lot. Guys just want to get out there and show that we can play football. Everybody wants to make sure we’re doing what we’re supposed to do, make sure [we’ve got] everybody on the right page, guys are getting extra workouts or in the film room, guys are just working hard to make sure that we’re the best we can be this year.”