



## 2022 SEC Football Media Days LSU Player Quotes Monday, July 18

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### **Junior Linebacker Mike Jones Jr.**

#### *On playing inside linebacker ...*

"I believe I can go out and play at a high level and be anywhere you need me to be at on the field. I got a lot more reps playing inside throughout the spring, now that's my job. It's not like I have to learn how to do this, or this is something different from me. Every day, when I go out on that field, I'm expecting myself and I am going to demand myself to execute to my coach's level every day, and that's playing inside the box."

#### *On the new coaches and the defense...*

"I would say the biggest difference with our team this year defensively is we are really multiple. We've got plenty of talent, we can do a lot of different things, and show a lot of different looks. I know Coach House is going to have a great plan. When it comes to identity, my biggest goal for this year is just to go out there and play my best football. I know if I can go execute to the level my coaches are going to have me execute, then everything's going to handle itself. For defense, first, coach's big thing is that 'tigers run'. So, we are just trying to get back to that LSU style of football. We're going to run fast, we're going to hit, we're going to be physical and tackle. That's what we want to be and that's going to be our standard, and I'm sure we will meet it."

#### *On the first offseason with Coach Kelly and the strength staff...*

"Throughout all of college football, it's a lot of similar things. Everybody is putting in work. The only thing I would say is the main difference is probably that we are working in a different way. Our strength staff, Coach Flint, and the other weight room guys, do an amazing job. They're really data based, and data driven. We're constantly wearing things that are going to track out speed, how much we've been running, and even the way we lift. They've done a really great job of taking care of the guys and our bodies and making sure we are going to go into camp really healthy. And to be in a position to make a run and have a good year of college football."