

TRANSCRIPTIONS



DL Nick Bosa
Press Conference – January 7, 2020
San Francisco 49ers

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How did you spend the week off from playing?

“Just resting. Took full advantage.”

How do you feel physically?

“Pretty good. I think it was obviously really important for us. Obviously, we're going to prepare really hard this week. But, just getting our bodies back allows us to practice even harder.”

How much does having DL Dee Ford on the field impact how offensive lines approach you specifically? Do you notice maybe you get more favorable situations?

“Yeah, I mean, having an extra pass-rusher always helps. Get more one-on-ones, get the slide two. Opens up stuff for the interior guys, as well. Probably see them start to get more opportunities with Dee on the field, too. It's not just me. It's just great to have another good pass-rusher on the field.”

What has he been like behind the scenes dealing with the injury, rehab, the frustration of not being able to play?

“Dee is a vet. He knows how to take care of his body, how to come back from stuff. He knows when is the most important time for him to be healthy. Obviously, he's had some setbacks, which is pretty disheartening for anybody trying to play. But the fact that he's feeling great now is all that we could ask for.”

As far as taking care of your body, when did you come up with the routine that you use now? How long have you been doing your after-game stuff?

“I'd say during my combine prep. I started training with my brother's trainer. That's kind of where I get my stuff from.”

You're routinely the last guy to come into the locker room after a game. Did you have to tell yourself to take your time, go through all those steps for the maintenance?

“I mean, it's just kind of who I am. Whenever I know something is good for me, I'm going to take full advantage of it. From high school on, maybe I had coaches telling me to do

the wrong thing, but I thought it was the right thing. I would abuse it thinking it's helping me. Whenever I find something that I know helps me, I'm going to use it."

As a pass-rusher, when you watch Minnesota Vikings QB Kirk Cousins play, including last week, what strikes you about him in terms of your ability to get to him?

"You're not going to be able to rush him unless you stop the run. That's what we're focused on."

In the playoffs, sometimes people talk about the pressure. How much fun is it to be playing this time of year, having so much at stake?

"Yeah, I got lucky coming into a really great team, first year get to play in the playoffs, get a bye week to start out. Not many people get this opportunity in their careers. I'm just trying to latch onto the older guys and see what they're going to do to prepare, listen to all the tips my coaches have. But, I'm just super excited to still be playing football. Now every team you play is going to be a really good team, so we have to play our best."

When you see Minnesota Vikings RB Dalvin Cook and how he runs, how do you defend him?

"Yeah, I've been watching him since Florida State. He's really good. Not many people could just maintain the speed that he maintains through contact. He just makes cuts and never slows down. He's physical. They've got two of them, so it's going to be a challenge. We've played some good backs, but we haven't played him. We just got to bring it."

There is still some football left, but how would you assess your rookie season?

"I think it's still going on, so that's a good thing."