

# **NFL Extra**

## **Week 21**

<b>Segment</b>	<b>TRT</b>
Unconscious Magic	6:24
Players Wired	8:04

### **2:15:18:00 - UNCONSCIOUS MAGIC**

WHAT IS "IT"...THAT TURNS CAREFUL PLANNING INTO SPONTANEOUS ACTION?

YOU CAN'T BE THINKING AND PLAYING. THE PLAY HAPPENS TOO FAST. THE GUYS ON THE OTHER SIDE OR TOO BIG. TOO FAST. THE GAME IS TOO DIFFICULT. JUST HAS TO HAPPEN.

RADIO - WOW! WHAT A CATCH BY THE ROOKIE?! RIDICULOUS.

I THINK YOU NEED TO GET TO A POINT AS AN ATHLETE WHERE WHAT YOU'RE TRYING TO DO IS WITHIN YOU AND IT BECOMES INSTINCTIVE.

THEY USE THE WORD INSTINCT A LOT. SCOUTS WILL USE IT. PEOPLE ON TV WILL USE IT. AND YOU ALWAYS SAY, WELL WHAT IS INSTINCT?

HEY, JUST USE YOUR INSTINCTS BRO. DON'T OVERTHINK IT.

DON'T THINK. YOU KNOW IT. JUST GO. THINKING GETS YOU IN TROUBLE.

I WOULD DEFINE THE TERM INSTINCT AS BEING ABLE TO JUST DO WITHOUT THINKING.

AT INDIANA UNIVERSITY, DR. JEFFREY HUBER SPECIALIZES IN THE PSYCHOLOGY OF ATHLETICS. AS ONE OF THE NATION'S PREMIERE DIVING COACHES, DR. HUBER HELPED COACH 3 OLYMPIC TEAMS.

THE PASSION'S ALWAYS BEEN LEARNING AND HOW PEOPLE LEARN, HOW THEY DON'T LEARN, AND HOW WE CAN ACCELERATE THAT PROCESS.

YOU HAVE TO TRAIN YOUR MIND.

WILL YOU JUST LET ME DO ONE FULL SPEED BECAUSE I THINK IF I JUST INSTINCTUALLY DO IT I CAN DO IT BETTER.

WHAT YOU DO IN PRACTICE REALLY PREPARES YOU TO LOOK LIKE YOU'RE...YOU HAVE ALL THESE INSTINCTS.

IT'S VERY DIFFICULT TO GET SOMEONE TO NATURALLY REACT FAST.

PLAYING FAST ISN'T JUST A TERM USED WHEN SOMEONE'S RUNNING FAST.

RADIO - HE GIVES THE FOOTBALL OFF AND HE'S THROWN FOR A LOSS BY MICHAEL ..

IT'S MOSTLY HAS TO DO WITH THE THINKING PROCESS.

RADIO - HE'S INTO THE BACKFIELD BEFORE MAURY CAN EVEN GET THE FOOTBALL IN HIS HANDS.

TENTATIVENESS IN THIS LEAGUE WILL GET YOU RUN OVER. WE JUST WANT YOU TO REACT. SO YOU DON'T WANT TO PUT THEM IN POSITION FOR THINGS THAT THEY DON'T DO VERY WELL WHERE THEY HAVE TO THINK ABOUT IT WHERE THEY'RE A LITTLE BIT CUMBERSOME.

THERE YOU GO.

THAT'S NUMBER ONE.

AND, SECONDLY, YOU DON'T DO A WHOLE LOT. YOU TRY TO TRIM IT DOWN AS MUCH AS YOU POSSIBLY CAN.

AS LONG AS HE CAN PLAY FAST, THAT'S ALL I CARE ABOUT.

WE HAVE A PHILOSOPHY. KILL. KEEP IT LIKEABLE AND LEARNABLE. YOU GOTTA MAKE IT EASY. IF IT'S LIKEABLE AND LEARNABLE HE'LL PLAY FAST. THAT WAS MORE LIKE IT KID. HEY, YOU KNOW THE FUNNY THING IS, IT'S JUST CAUSE YOU'RE THINKING TOO MUCH RIGHT NOW.

EVEN THE MOST GENIUS OF COACHES PREFER SIMPLICITY.

HOW DID THE HITCH FEEL TO YOU? THE BEST COACHES ARE ISOLATING THE SKILLS THAT ARE NEEDED IN THE GAME OF FOOTBALL, AND THEN FINDING THE BEST DRILLS TO TEACH THOSE SKILLS. THAT LOOKS GREAT. THAT LOOKS GOOD. NOW THAT'S THE ESSENCE OF COACHING. 2 MORE. ALRIGHT, JOE, TRY THAT TECHNIQUE I TAUGHT YOU. SO THAT WHEN YOU TOOK THE FIELD YOU DIDN'T HAVE TO DO VERY MUCH THINKING. YOU PLAYED MORE ON INSTINCT AND THE REPETITION.

DO IT AGAIN! REPEAT!

DO IT AGAIN! DO IT AGAIN REAL QUICK, MAN.

WE EXPECT BETTER. WE EXPECT BETTER. LET'S GO. LET'S GO.

IT'S EASY TO COME IN AND JUST SLOUGH IT OFF AND SAY, AH, THIS DOESN'T MATTER. I CAN REMEMBER WHEN I WENT TO WORLD UNIV. GAMES AND I SAW A GROWN MAN FROM CHINA. HERE'S THE BEST DIVER IN THE WORLD. IT'S A PRACTICE. AND SHE'S STANDING IN A LONG LINE, AND WHAT'S SHE DOING? SHE'S REHEARSING ALL THE MOVEMENTS FOR THE NEXT DIVE SHE'S ABOUT TO DO. I MEAN IF THERE'S ANYBODY IN THAT LINE THAT COULD AFFORD TO NOT DO THAT WOULD BE HER; AND I DON'T MEAN JUST REHEARSING BUT OVER AND OVER AND OVER AND OVER. SHE PROBABLY DID IT LIKE 30 TIMES. IT ALL COMES BACK TO WHAT THE ATHLETE'S DOING IN PRACTICE. JERRY RICE. HE WAS WELL KNOWN FOR THE KIND OF PRACTICES HE WOULD HAVE. EVERYTHING WAS REGIMENTED. EVERYTHING WAS STRUCTURED. EVERYTHING HAD A PURPOSE. HIGH INTENSITY AND FOCUSED. EVERYTHING WAS DESIGNED TO GET HIM BETTER.

YOU GOTTA FOCUS. YOU GOTTA CONCENTRATE IN HERE.

YOU KNOW WHY I'M HARD ON YOU? BECAUSE I WANT YOU TO BE GREAT.

COME ON. TALK UP FRONT. TALK UP FRONT. LET'S GO. CHASE PERFECTION. LET'S GO.

YOU KNOW WHEN YOU GET TO THE VERY ELITE LEVEL, THE EXPERTS TRAIN WHERE IT'S TOTAL FOCUS. IT'S 100% CONCENTRATION IN WHAT THEY'RE DOING.

THAT'S THE GOAL. GET A LITTLE BIT BETTER EACH TIME, RIGHT?

YOU NEED TO TAKE EVERY PLAY AS IT COMES, AND IF YOU CAN FOCUS YOUR ENERGY AND ATTENTION ON THAT SINGLE PLAY, EVERY PLAY. THAT'S WHEN YOU START TO HAVE SUCCESS.

RADIO - WATT KNOCKS THE BALL OUT! J.J. RUNNING FOR IT, PICKS IT UP.  
STRIP SACK. WOW.

AT SOME POINT IT'S INSTINCTIVE. I'VE PRACTICED ENOUGH. I'VE TRAINED  
ENOUGH.

GO BE YOURSELF. LET'S GO BE YOURSELF. JUST GO BE YOURSELF. GO BE  
WHO YOU ARE, ALRIGHT? GO BE WHO YOU ARE, ALRIGHT?

I TALK A LOT ABOUT THE 6 INCH GUY ON THE SHOULDER. GET THAT GUY OFF  
YOUR SHOULDER. AT SOME POINT STOP THINKING ABOUT WHAT THE COACH  
WANTS YOU TO DO, WHAT YOU'RE SUPPOSED TO DO AND GO PLAY.

I'VE HAD ATHLETES WHERE THEY JUST ...IT WAS JUST LIKE A DREAM. I WAS  
JUST MAKING IT HAPPEN. AND THAT TO ME IS INSTINCT AND TRAINING. YOU  
PULL ALL OF THAT TOGETHER AND IT JUST ALMOST UNCONSCIOUS. // AND  
THAT'S REALLY WHERE YOU WANT TO GET TO AS AN ATHLETE. IT'S JUST  
THESE INCREDIBLE EXPERIENCES WHERE AFTERWARDS YOU THINK, WOW,  
HOW DID THAT ALL HAPPEN?

### **2:21:53:07 - PLAYERS WIRED**

WHAT?! I GOTTA GO TO A GAME.

LET'S GO!! WHOA!!

COME ON!

COME ON! COME ON. THERE YOU GO. THAT'S WHAT I GOTTA SEE TODAY,  
STEVE. THAT'S RIGHT. AH, LET'S GO. AH, LET'S GO.

READY.

DON'T BE CROWDING ME. DON'T BE CROWDING ME.

HEY, IF I WANT A HUG, I'M GONNA GET IT. THAT'S A PROBLEM. THAT'S A PROBLEM.

LET'S GO BABY. LET'S BE GREAT TODAY.

WHOA!!

HEY, NOBODY SAYS WHO AROUND HERE BUT ME!

THEY COMING? THEY GOTTA BE COMING. THERE THEY GO! AND THEY WERE PERFECT AS USUAL.

RADIO - ...BRINGING BLITZ. REVIS IN ... NOW HE'S GONNA GET A SACK AT THE 29!

RADIO - WATT KNOCKS THE BALL OUT. J.J. RUNNING FOR IT, PICKS IT UP. 35, 30....

ARE WE AWAKE YET? ARE WE AWAKE?

THAT'LL WAKE YOU UP.

WOW BRO.

GEAR. UH HUH. GEAR, CHECK IT.

TELL THEM WHAT CHANNEL WE ON? THIS CHANNEL 83 PAY PER VIEW MAN.

SOMETHING BIG HAPPEN. GET MY VOICE READY. LIKE A SCREAM.

THAT WAS GOOD BRO. ALRIGHT, WHAT WAS THE DANCE? WHAT WAS THE CELEBRATION? YEA!!

SEE WHAT HAPPEN WHEN WE HAVE FUN, MAN? WE'RE HAVING FUN BRO.

TOUCHDOWNS. TOUCHDOWNS. TOUCHDOWNS.

LET'S KEEP RUNNING IT DOWN THEIR THROAT.

EVERYBODY KNOWS WE'RE RUNNING THE BALL HERE. LET'S GET IT, ALRIGHT?

HEY, THAT'S NASTY. THAT'S NASTY. HEY, THAT IS NASTY.

WAY TOO EASY FELLAS. LET'S GO!

YOU DIRTY ROTTEN SCOUNDREL YOU.

HEY...

RED 80! HUT!

YES! YES! YES! YES!

HEY, CAN I SPIKE IT? YOU CAN SPIKE IT. YOU SPIKE IT.

YEA. YEA. HE'S NOT HERE. HE'S NOT HERE.

YOU'VE NEVER CALLED ME. I DON'T THINK YOU'VE EVER..I DON'T EVEN KNOW IF YOU HAVE MY PHONE NUMBER. I DO HAVE YOU PHONE NUMBER. I GOTTA LEAVE A MESSAGE EVERY TIME I CALL YOU JUST BECAUSE YOU IGNORE MY CALL BECAUSE YOU DON'T HAVE THE NUMBER SAVED.

2 TOUCHDOWNS. 2, 2, 2. IT'S THE 2, 2, 2 COMBO.

WERE YOU IN THE END ZONE AFTER THE PUNT RETURN?! YEA. HAD TO SEE MY GUY.

SMITTY! I NEED THAT BAND. JUST MAKE SURE THEM GLUTS FIRING.

OH, MY FAULT REF.

DAMN. I JUST SPIT ON MYSELF.

NO BLAMO.

HEY WHEN YOU GONNA SEND ME A SNAP CHAT? YOU WANT TO INVITE ME. I JUST GOT IT.

STAFFORD WANTS TO THROW. ROLLING TO HIS RIGHT. HALOTI THROWING DEEP. WANTS CALVIN INSIDE THE 10! MEGATRON ...YOU ARE BACK!

WHAT A CATCH!!

RADIO - IT'S 3RD DOWN AND GOAL FROM THE 9. 3 MEN RUSH. PEYTON BOUNCES AROUND. HE THROWS. TOUCHDOWN DEMARIUS THOMAS. MOVE OVER BRETT FAVRE AND MAKE ROOM FOR THE NEW KING.

THANK YOU MAN. THANK YOU MAN.



RADIO - LOOK WHAT THEY'RE DOING! THEY'RE PLAYING KEEP-AWAY WITH THE FOOTBALL. GOES FROM WELKER TO JULIUS TO EMANUEL SANDERS. HE STILL DOESN'T HAVE A HOLD OF THAT THING. D.T. HAS IT. FINALLY HE GIVES IT TO HIM. BIG OLD HUGS.

RADIO - 1ST AND GOAL AT THE 1. WATT MOTIONS TO THE RIGHT SIDE. FITZPATRICK TO THROW. RIGHT SIDE FOR WATT. J.J. WITH A CATCH! TOUCHDOWN HOUSTON! THEY CAN GO AHEAD AND GIVE THE MVP TO ... RIGHT NOW.

THERE'S 5-1/2 MINS. TO GO WIN IT.

HEY, GET IT IN YOUR EYES NOW. GET IT IN YOUR EYES. LET'S GO!

I'LL HIT YOU ...HE'S SCARED.

OMAHA!

LET'S GO. LET'S GO. LET'S GO.

RADIO - SNAP TO CUTLER. LOOK RIGHT, THROWS RIGHT FOR ALSHON JEFFRIE BROKEN UP.

RADIO - 2ND AND 5 FROM THE 8. BACK TO THROW. FLIPS IT OUT. BLANTON BREAKS A TACKLE! DIVES FOR THE END ZONE!

I THINK IT'S IF HE'S IN HE REACHED, IF HE'S INBOUNDS. RIGHT FOOT. YEA, HE'S IN.

HE'S OUT YA ALL. NO HE'S IN. YEA, THAT ONE'S IN AND THIS ONE'S IN.

AFTER REVIEWING THE PLAY, THE RULING ON THE FIELD STANDS.

HEY, ONE MORE STOP YA ALL. ONE MORE STOP.

COME ON D.D.

RADIO - THIS IS IT. THE MOMENT WE HAVE WAITED MORE THAN A YEAR FOR.  
THROWS. INCOMPLETE! THE RAIDERS AT LAST HAVE WON A FOOTBALL  
GAME.

COME HERE!

I LOVE YOU MAN!

I HATE YOU, BY THE WAY.

THAT BALL GAME. THAT'S THE BALL GAME. THAT'S IT.

BRO, I HAVE WHOOED MYSELF OUT!

HEY, YOU A HECK OF A PLAYER MAN. DON'T ALLOW SUCCESS TO STOP YOUR  
GRIND. YOU UNDERSTAND? DIDN'T YOU TELL ME THAT IN 2011 IN THE PRO  
BOWL? YOU SAID ALWAYS BE ..., RIGHT? HEY, YOU A HECK OF A PLAYER  
DOG.

(END)