



## FOX NFL SUNDAY NOTES - 9/27/09

**Bradshaw: Vick Should Never Reference 'Superman' Again, It's About Team**

**Glazer's Conversation with Vick on Life In Prison**

**Strahan: Jim Zorn is in Over His Head**

**Johnson: It's a Head Coach's Job to Instill Confidence and Rex Ryan Has Done That**

**Long: Favre Must Hit Big Plays to Take Pressure Off Peterson**

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**Co-host Terry Bradshaw on Michael Vick's outlook:** "I heard an interview with Mike this week when he said, 'Superman isn't quite ready yet.' If I had the chance to talk to him I'd say, don't ever say Superman again. Don't ever reference me or I again because it's all about team. Be thankful for Andy Reid and the job he's doing with you and the fact that the Eagles really do want you there. Be a good team guy. Say how great it is to be a part of the Wildcat and that you'll do anything you can to help them win."

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**NFL Insider Jay Glazer's conversation with Mike Vick on life in prison:** "In a very revealing and open conversation I had with Mike yesterday, he said, 'I'm about 80-85% of what I used to be. There's a big misconception that all you do in jail is workout. I couldn't really workout. They had a grass field but you couldn't run on it. You have a couple of days where you can lift weights but it's too crowded.' Vick took a night job as a janitor and that's when he was able to work out. He was able to go downstairs into the basement, use a treadmill and jump some rope. Other than that, Vick said, 'I started from scratch.'"

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**Glazer on Vick trying to stay anonymous and diffusing one altercation while in prison:** "Vick told me, 'the problem is, other than missing your family; you're in there with 500 other guys. You don't know if anyone wants to take their frustrations out on you. You don't know what anyone's intentions are.' "He used to be a big star and all the attention was on him and he said, 'I tried to be as anonymous as possible.' He did have one altercation while he was there on the basketball court. One guy threatened physical harm to him. He said, 'the problem is, if you stand up for yourself you risk more jail time. If you don't, then everybody goes after you. Luckily one of my friends jumped in and said, 'Mike, this guy has nothing to lose and you have everything to lose and diffused it.'"

**Co-host Curt Menefee:** "That's something that Plaxico Burress is facing right now and I know that the two talked and Mike gave him a little advice."

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**Analysts Michael Strahan and Howie Long on Redskins Head Coach Jim Zorn:**

**Strahan:** "You start to wonder if Zorn is in over his head. That's what I'm starting to wonder."

**Howie:** “There are a lot of really high profile coaches sitting at home or on TV sets right now and owner Daniel Snyder tends to have attention-deficit. I think Zorn could be in trouble.”

**Co-Host Terry Bradshaw on Jim Zorn:** “This was a team that was 6-2 last year before they fell apart. I don’t think he’s going to get canned. I think they’re going to turn this thing around and get better.”

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**Analyst Howie Long on Brett Favre having to make some plays to ease the pressure on Adrian Peterson:** “Brett Favre so far has been flawless, 77% completion. But 43 of his 48 passes have been for 10 yards or less. He’s going to have to get the ball down the field to Rice and Berrian some point in this game. Does he press a lot in the home opener? He’s got to hit a big play to take some pressure off Peterson.”

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**Analyst Jimmy Johnson on playing with confidence:**

**On Rex Ryan and the Jets:** “You heard me say last week that Rex Ryan has a little swagger and it could be a self fulfilling prophecy in effect. Well, the Jets beat the Patriots 16-9. It’s a head coach’s job to instill confidence in his players. Ryan has done that with the underdog Jets. His bravado has them believing they can win. Trust me; it all comes from the leader in his approach. You may not remember, but one year I said, ‘Go ahead and put it in seven inch headlines. Are we going to beat the 49ers? Yes, and win the NFC Championship Game.’ It wasn’t about having guts or bragging. All I wanted to do is let my players know that I had total confidence in them. I had a very good team and I wanted them performing at their highest level. They did and we won the Super Bowl that season.”

**On the New England Patriots:** “The Patriots are the NFL standard this decade. They play with confidence because they believe they are the best prepared team in the league. I’ve always said, ‘Treat a person as he is, he will remain as he is. Treat a person as if he were what he could be or should be and he’ll become what he could be and should be.’”

**Cowboys Tony Romo playing with confidence:** “The big knock on Tony Romo is that he plays great against teams he should beat but plays tight in big games. This is not about talent, this is about confidence. How do you create confidence? You have to have him so well prepared in those big games that he knows that he will make the play. Also, simplify the game plan to where you don’t put it on his back. The bigger the game, the simpler the plan.”