



No. 13 Florida State 93, vs. Canisius 61
Monday, Nov. 19, 2018
Postgame Press Conference

Canisius Coach Reggie Witherspoon

Opening Statement:

"I thought this was going to be a really big challenge for us, and it was because of the intensity that Florida State plays with. They stay at that intensity level, hopefully we learn something from it. I thought this coming into the game, my wife showed me a video of them and I thought this is a team that plays incredibly hard and they are able to sustain that effort for the duration. Everybody that comes in is going as hard as they possibly can and our guys have to learn how to do that. We had stretches today, and that's been an issue for us...having stretches and not something you do all the time."

On Florida State's Depth:

"They didn't just have extra players playing, they had guys who came into the game with extreme intensity. The guys that came into the game for them appeared to be jumping on a train or a bus that was already moving, full speed, intensity. I said that before the game, if you had a coaching clinic and you had someone from a different planet like Mars and they asked what is it that coaches talk about with wanting their teams to play hard. What do they mean by intensity and great effort? You would want to put a DVD on and say just watch Florida State. That'll wear your guys down. If they had just played extra guys and their intensity had dropped, we may have had a chance."

On the effect of the technical foul on Scott Hitchon:

"The problem with that was that they had just made a couple free throws, then we were set to get the ball back and (because of the tech) they made two more free throws and then scored on their next possession. Mentally you're at that time where, you are uncomfortable. That's what they (Florida State) did throughout, they played so hard they made us uncomfortable. We tried to stress to our guys to play comfortable when you're uncomfortable and if you're not, you're going to be upset, ticked off, and then can't fight back. We did a couple times but with that we didn't. He was in foul trouble already, and then we had to play a guy 27 minutes who only played three total minutes last season. He gave us great effort, but that's what I mean about playing outside your comfort zone. This was the most he had ever played in a basketball game."

On Florida State's Trent Forrest:

"He sets the bar for their defense, pressure, and intensity. Every single solitary possession, he's down in his stance. Our guy is pretty quick and people don't typically try to do that for a whole game, and he (Trent) did not look uncomfortable at all. And the other guys, what are they going to do? They have to play that hard. Having said that, the other guys were going to play hard anyway. When you have a guy who has that kind of poise, and in the middle of playing in that effort...usually you have guys playing as hard as they can but the decisions are all out of order. But he doesn't do that."