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| No, it wasn't my choice, it was a suggestion that Spoel brought up, and I thought it was good early on for us. It gave us an opportunity to switch a lot of pick and rolls when Perk went down and did a screen for KD and I was able to switch off for him. Whatever the case may be, we had a good game plan to start the game, and the third quarter hurt us. I don't think so. You know, we know we have to have more production for sure. We're going to have to have more guys in there to give me and D Wade a rest. And Shane, Shane played a lot of minutes. But Spoel will figure that out. We'll be more conscious about it, just trying to get a minute or two here or there so we can finish strong, but I don't think it was much of a problem tonight. I think offensively we just moved the ball. We moved the ball, and Shane was the recipient of those of us moving the ball, especially in the first half. He knocked down a lot of shots, you know, and he helped us a lot to spread the floor. He's a big part of our unit, and when he knocks down shots, we're a very, very good team. He was just the recipient of us moving the ball and getting the ball from one side to another, and he was able to get some shots down. think they made shots and we missed shots. The couple offensive rebounds they got, they didn't make many mistakes in the fourth quarter. I don't think we made many mistakes in the fourth quarter, it's just they made more plays, especially offensively. They made more shots. Russell made some big time shots, KD made some big time shots, and Nick Collison got a few offensive rebounds that allowed him to extra possessions when we did a stop. So I think that's what it's about. You take them with confidence, take more shots with confidence, and at the end of the day you live with it. All your shots are not going to go in, of course not, but you try to put pressure on the defense, and then when you shoot the ball, you shoot it with confidence. Not give up 56 points in the paint Well, first of all, those two guys are all stars for a reason. You can't stop them, you just try to limit them. And Russ made some big plays late, but I think we can live with him shooting 10 for 24 from the field. I think KD got a couple looks that we don't like. He had two transition threes that we gave up where he had nobody on him, and he had a couple jumpers that we didn't like, either, with nobody on him. We need to make adjustments with that. We will make adjustments. Like D Wade said, this was the feel out game. We come out with a lot of energy, try to steal Game 1, and now we get an opportunity to go to the chalkboard, go to the film and have a better game plan in Game 2 since we've already seen them to see to see what they're capable of doing. He's always aggressive. Any time he's on the floor, tonight 46 minutes, he's always aggressive. It doesn't matter what court it is. It's not been too difficult. It's just been challenging. When you go out there with different lineups from game to game, it's challenging for sure. But we've been able to figure it out. We've been able to figure it out on the fly and find ways to make it successful either for that game or that series in general. Yeah, I think so. Just because of the depth of teams and both teams have so many guys that can do so many things defensively, that can guard multiple positions defensively. You know, it allows both coaches to be flexible. You can see that throughout the course of the series. No, that's not right. There's no stories behind it. You know, it's a look, it's a fashion thing. But he absolutely didn't start it. I don't know who started it, honestly. I think know I've wearing mine for about two years now. But I don't know who started it. None of us started it. It could have started back in the '70s or '80s. I'm serious. I mean, fashion comes and goes, decades No, we didn't. It just happened like that. Absolutely, I tell him a lot. A lot of times I try to let him figure it out on his own, but sometimes I go to him and tell him I need one of those games from him, I need one of those performances from him because he still has it. He knows he still has it, too, but every player needs a little kick every now and then, no matter how time tested they are. Yeah, I try to continue to let him know how important he is to this team, which he should know, but he also needs to be D Wade and not worry about deferring as much. I'm not surprised because it's nowhere near close to last year. This year it's happened maybe a handful of times, I can probably count on my hands as many times it happened as much basketball as we play. Last year it happened a lot. It happened every week or every other week where we was trying to figure out ways we can help our team or we can figure out ways we can help one another. But it wasn't happened much this year, so it's not surprising when it comes up. It's just reassurance. I think I have a lot of fun with the game. You know, I'm back to having this year in particular, I have a lot of fun or I've had a lot of fun with the game. I got back to what drove me to the game and what made me fall in love with the game. It's been a great ride this whole year, and just doing the things that need to be done to help our ballclub win and for me to have fun on and off the floor. I feel good. I mean, it's whatever, honestly. I mean, I will do whatever it takes for our team to win. If I need to start on him, I will. I kind of coach gave us an idea for Game 1, and we went with it. We still had an opportunity to win Game 1, we just didn't make enough plays. Oh, I don't know. Like I said, I don't say something to him before every game. I don't know even if I will for Game 2. We'll see. I don't have nothing planned as of right now what I may say to him to prepare him. I mean, he's a winner, he's a veteran, he knows how to prepare, so forth, for a Finals game, this being his third. We'll see. I mean, when you're at ease, honestly, the game becomes very easy for you. For me it's just once I was comfortable with everything that was going on off the court, I was able just to let my preparation and all the years that I've put into playing the game of basketball just take care of itself. I know how much work I've put into the game, and I don't dis appreciate the game in no way, I don't take it for granted me being in the position I'm in. I kind of let it take care of itself, and it rewards me. Well, it's a fine line, honestly, especially now being in The Finals. There's always times where you would like to get a minute here, a minute there, two minutes there, and I've got to be more out with my coaching staff, as well, when I feel like I may need a minute here or a minute there and then I can go back into the game. But there's also times where I may feel tired, but I'm playing well, we're playing well, so I don't want to mess up the rhythm, and this is a rhythm game. It's a fine line with getting rest and just playing through it because I don't feel like I hurt my teammates when I am out there. But it's just all about a communication thing, getting two minutes rest here, three minutes there. It may can help. Well, I mean, any time the timeouts or the TV timeouts, the breaks, halftime, you get rest, you're able to recoup and reenergize. I mean, it helps. Well, this is one game. We will make adjustments. This is going to be a long series. I'm not worried about the end of the series right now. It is. It is necessary for any scorer. I mean, you look at last night, I mean, Kevin Durant had 10 points in transition, Russell Westbrook had 10 points in transition. Scorers, when you get those easy transition buckets, the jump shot starts to feel more better, the pull up jumpers that are contested feel more better, and for D Wade and for myself, we feel the same way. When you guys see us get out on the break and we got alley oop dunks and lay ups and things like that, we start to make a lot of plays. I always try to make a conscious effort especially with D Wade to try to get him some easy ones, you know, get him a dunk in transition or get him a lay up or in half court where he's not facing the double team, what he's going to be facing for most of the game. So it helps. Well, I mean, every game is its own. Sometimes we're good, we're great when we're playing our two man game, and other times it has our offense stagnant and it's not allowing us to get the ball from one side to the other. I think we're very good offensively and in the half court when we're attacking, no matter what we're doing, either we're playing two man game or we're moving the ball from one side to the other and we're attacking the rim and getting to the free throw line. So that's when we're at our best. |
| It was very important. Any time you get a lead in this series, it's important, no matter if it's a double digit lead or one point lead, because both teams are playing great basketball. Any time you can get a quick start and get a lead, it helps. He's been a huge lift. He's been a huge lift for us. He's shooting the ball extremely well from the outside. He's making plays both offensively and defensively. We're going to need it. We're going to need it. The series is going to be so tight that we're going to need guys to step up, and Shane has been there in the first two games. We've just got to continue to do what our staples are, try to get back in transition, level them off, make them take contested shots. They're very good when you miss a shot or you turn the ball over at getting out and getting early buckets. We've got to continue to be conscious about our turnovers, and then when we miss a shot we've got to have three guys back just to try to level them off and not allow them to get those transition buckets. It meant everything. We had played too well in the first 36 minutes to try to let this one slip away from us. We knew we were going to keep coming. We knew they were going to keep fighting. They've been doing it the whole postseason against all the teams they've played against, especially on their home floor. We just wanted to make one more or two more plays than they made and come out with a victory, and we was able to do that. For me it's all about aggression. You know, I just try to get into the paint, make things happen, create for myself, create for others and put some pressure on their defense. For me that's what my game is all built around. Well, I mean, for me, I want to guard the best and the biggest point of the game. KD is an unbelievable talent. I think we all know that, we all see that. He can make every shot on the floor. Just try to keep a body on him, take contested shots. He got away from me a couple times, got a couple threes that I am not too happy about. So I'll watch the film and try to figure that out. On the last play they were down two and I figured they were going to go to him. He got a small step on me, I just wanted to try to keep a body on him, make him take a tough shot, and he's made tough shots all year, all series, and just that one he missed it. I mean, when you get to the championship, teams got to win on each other's floor. The two three two doesn't mean much, I guess. I don't know, you've got to these are the two best teams. They're confident no matter what building they're in. We're happy now that it's a 1 1 series and we're going back to Miami and will take control of the home court. It doesn't mean that the series has changed. Both teams can win on each other's floor, and both teams are confident. I mean, as a competitor, of course you would have been angry. Like I said, I just tried to keep a body on him and make him take a tough one. Shane has been huge. Going against him in my career, I understood how smart he was, I understood how competitive he was, especially on the defensive end. I was very excited when we was able to sign him in the off season. He's a big part of why we're here today and competing for a championship. He's meant a lot for our team, he's meant a lot to me, being able to guard guys as well as the top scorers. He did it against Carmelo Anthony, from Carmelo Anthony to David West to Paul Pierce and Brandon Bass all the way down to Ibaka and Kevin Durant. He can guard multiple positions and allows our team to have so many options defensively. He plays a big part in that. I mean, I'm a confident guy. On a big stage like this in a big game like this, every point counts, every point matters. So you go to the free throw line, no matter how hostile the environment, and try to knock them down. You live with your routine, things you practice all year, and you live with the results. Like I said, I'm happy that I was able to go up there and make a few plays, go up there and make my free throws. We needed it. We needed every point tonight. That's just we want to make enough plays to win basketball games, not to answer any questions about what people have to say about us. I mean, it's a huge game for us. We understood that we wanted to split. We had an opportunity in Game 1, but it kind of slipped away from us in the fourth quarter, they took control of the game. And Game 2, we wanted to come out and get the win. We didn't want to go home being down 0 2 even having three games on our home floor. It was good to see the sense of urgency to start the game, and then late in the game make enough plays to even the series. You know, for me I always want to be aggressive, and I don't think there was just one guy that can guard me. You know, I'm always looking at the next line of defense and seeing the rotation coming. Sometimes it doesn't work in my favor. I got into the hole one time, Ibaka got me from behind, got a block. But I don't think it's just one guy. You can't just put one guy on me and allow him to be on an island and defend me one on one. It's about being aggressive and taking what the defense gives me. When I shoot double digit free throws, that means I know personally I'm being aggressive when I'm getting to the rim. At the end of the day, it's helping our team. |
| I don't remember that play. What happened? I'm serious, which one? Oh, yeah, yeah, on the break. Just trying to attack. We got a great block. I think we got a block, and Rio got the ball, and I started to call for it then and there, but I told him to go middle, so I just filled the lane and Rio hit me and I was able to finish. I seen KD going for the charge, so I kind of went away from him a little bit and was able to get the block. I don't know, just trying to make plays. I told you guys, last year I didn't make enough game changing plays, and that's what I kind of pride myself on. I didn't do that last year in The Finals. I'm just trying to make game changing plays, and whatever it takes for our team to win, just trying to step up in key moments and be there for my teammates. Well, how I was feeling down 10, we weren't playing our game. They made us stagnant and they came out in the third quarter and attacked us, and we didn't attack back. We did that the last minutes of the third quarter and we was able to cut the lead, I think even taking the lead with D Wade's free throw. We didn't play good to start the third, and we can't do that. We can't do that against an explosive team like that. But it just shows our character, how we was able to come back from that and make plays and regain the lead. Well, that's our mindset, period. That's just how we play. We always feel like we want to grind out games. No matter how well we may be shooting the ball from the outside, no matter how many lay ups or dunks or fast break points we get, we always feel it's going to be a grind out game especially since we're playing against a great opponent. So it was that. It's not. We don't have that mindset. Our mindset right now is coming into tomorrow we try to get better. We have to get better in Game 4 because everyone makes an adjustments, everyone comes out the next game and does a better job. In the fourth quarter we had an opportunity to extend the lead, and we turned the ball over. We turned the ball over nine times in the fourth, I believe, and that's not winning basketball. We know they're not broken. For us, we just want to improve. We want to improve each and every game, and we look forward to the challenge of Game 4. Well, we've got to make big plays. You know, we understand our supporting cast is going to be there for us no matter what's going on throughout the game. But if the game gets tight, one of the three of us, or all three of us, have to make plays to bring home the win. You know, it was great to see us able to close this game out tonight. We had a comfortable lead, but they made a run. They made a quick run, cut the lead to one, and then I was able to hit Chris for a lay up. He got fouled, made two free throws, was able to get a stop, and that's what it's about. It's about us just trying to step up when our teammates need us the most. Well, we felt like they were going to come out aggressive, so I wanted to counter their aggression with aggression. Put pressure on the rim offensively or get offensive rebounds, I was able to get five offensive rebounds to give us extra possessions and get some second chance points. Looking at the stat sheet, we had 46 points in the paint, 11 second chance points. So that's good. And also we had 35 free throws. That's a really good number for us. When we're getting to the free throw line, even when we don't shoot the ball well, that's a plus for us. Just always trying to be in aggressive mode and do whatever it takes to help our team come out with a win. I mean, size doesn't matter. It's about just will and determination. It doesn't matter if someone is taller than you or bigger than you or weighs more than you. You just try to put yourself in a position to get rebounds or make plays to help your team. That's what it comes down to. We don't care about teams being taller than us or I guess, quote unquote, bigger than us. Every last one of our guys plays bigger than what their height is, bigger than what their weight is. As a team we don't feel like it's a disadvantage whoever we're going against. Is that a question for me or for them? It doesn't change me. I mean, I don't know. I mean, if he's on the court or he's off the court, we have to still be aggressive. We have to continue to do our play, play our game. I think he got it going in the third. He made some big shots in the third quarter, gave them the lead. His fourth foul on D Wade, we kind of got the momentum from there. But he's a great player. He's going to make shots. But for us, we have to be aggressive no matter if he's on the floor or not. I wish it was that easy. You know, that's a great team we're going against, and defensively they have some very active players, so they kind of bring the double team sometimes when I'm in the post or if I'm in the perimeter they kind of put two on the ball. I just try to take what the defense gives me, try to get into the paint. If I can't do it with the ball, just try to be active on the weak side or cutting or getting offensive rebounds or getting put backs that way, just try to do a little bit of everything where I'm not just isolating on the post or on the elbow. You know, it's a good mixture of what I have right now, and my teammates do a good job of finding me when I don't have the ball. Well, it's absolutely true. We talk about it all the time. We understand that it's been a great teacher for us, just the experience. We don't take things for granted. We understand that we accept each challenge as its own, and we know Game 4 is going to be a different game. No matter what happened in Game 1, Game 2, Game 3, Game 4 is its own, and we will approach it like that. We understand that there's going to be a team that's going to come in and try to get the home court advantage back once again, try to win on our floor. But if we do what we need to do defensively, we make them make tough shots, we rebound, and we don't turn the ball over, we give ourselves a good chance to win Game 4. Looking forward to it |
| It's a big time team win. We needed everyone's effort, and everyone came up and made a play. You know, from the starters to Rio's spectacular game, to Norris, as well. We was down in that first quarter, Norris came in and gave us a spark, hit a couple threes, got into the lane, got a lay up and made some plays to kind of help us get into a rhythm. You know, it's a big time team win, and we needed every point, we needed every rebound and everything that everyone had to get it. I'm feeling a lot better. I'm feeling good. We'll see how I feel tomorrow, too. I mean, of course it's there to think about, but I'm not taking our preparation for Game 5 for granted. We're going to prepare the same way we've been preparing all series, and if we play Miami Heat basketball, we give ourselves a good chance to win. Yeah, yeah, I have. What did it feel like? I mean, I don't know. I mean, you have to play sports and get a cramp before to understand the feeling. It's basically like your body just shuts down, your legs shut down on you, there's nothing really you can do about it. I mean, the ball was swung to me, and the shot clock was going down. I just wanted to step up and try to make a play. You know, and I was able to drain that three and give us a lift. I was just trying to make a play. If I was out on the floor, I wanted to try to make a play with the limited mobility I had at that time, and I was happy I was able to come through. Well, for us we're a complete team. A lot of people don't understand that about our team, and they always just focus on myself or D Wade and CB. But everyone's effort, all the hard work everyone puts into it makes us a complete team. We need that performance from everyone. You know, we understand it, myself and D Wade and CB get a lot of the press, but without all the sacrifices and all the commitments from the other guys, we wouldn't be in this position. It was very frustrating because I'm a competitor, and I want to be out there to help my team. But like I said, it's a team game, and that's why we have those other guys out there that's going to make plays, even if I'm not available or someone else is not available. That's what it's been for us all season and all Playoffs. When someone goes down for any reason, guys step up. I did want to come out. Like I said, I sat on the bench, got rehydrated as much as I could while we had a long time out, and sat through a few plays and I was able to go back into the game. Like I said, I'm happy I was able to make a play, make a big shot in a big game, and my teammates were able to close it from there. This is the second time we've seen a performance like that from a great point guard. The first one was Rajon Rondo when he had that spectacular game against us. I think that was Game 2, if I'm not mistaken, of last series. I mean, so many great point guards in this league today, Rondo and Westbrook and Derrick Rose and Chris Paul, these guys can do wonderful things, and Westbrook gave it his all, shot the ball extremely well, and he came out from the gate. I think they hit their first three or four shots. He was in attack mode, and you get a couple lay ups, his jumper started falling. He gave them an opportunity to win this game. And at the same time it just shows that we can still win those games. If someone has a spectacular game against us, we're still able to find a way to win. But he had a hell of a game. He had a big time game. You know, tomorrow we're going to prepare for Game 5. We've got to prepare like we've prepared all series and all season. You know, Coach Spo and the coaching staff has given us a great game plan. There's some things they can change, that we can correct. Like I said, if we come out with the mindset that we've come out with during the Playoffs, we're going to give ourselves a good chance to win. That's all we can ask for. I think Sefolosha is a very active defender. He's wiry, he's strong down in the post at times, but he has quick hands, he has long arms, so you can't play with the ball around him. But I enjoy the match up. I enjoy whoever they put on me, and I just try to thrive and make plays for our team. No, I didn't fight him. I caught the cramps the one time, and tried to get some liquids in me, get rehydrated and went back in, and it happened again at that point. I knew I probably wasn't going to be able to finish the game. I didn't fight them. I didn't fight anything at that point. I just put the faith in my teammates, which I understand. I've got a lot of faith in them, and I love them for the way they played tonight. Between now and Game 5, just try to rehydrate. I lost a lot tonight, but I will be ready. I'll be ready for Game 5, and hopefully I can stay hydrated where it doesn't happen again. Well, I knew I wasn't injured. I just knew I had cramps. I've had it before. Your muscles basically just lock up on you, so I tried to walk, but they wasn't letting me move. So our trainer, Jay, and Juwan came out and assisted me to the bench. I wanted to walk to the bench, but my legs wouldn't allow me. But I've been there before. I've had cramps before, like I said, and it's not a pleasant feeling. But I'm happy that we've got a great training staff, a great organization, and they helped me get back on my feet. I was able to walk up here and talk to you guys. |
| It's everything and more. You know, I dreamed about this opportunity and this moment for a long time, including last night, including today. You know, my dream has become a reality now, and it's the best feeling I ever had. Absolutely, you said it perfect. The fact that I have a family, a fiancÃ©e, two kids, supporting cast, supporting family, allows me it took me to go all the way to the top and then hit rock bottom basically to realize what I needed to do as a professional athlete and as a person. You know, I'm just happy that I was able to be put back in this position. I trusted my instincts, I trusted my habits that I built over the years, and I just got back to just being myself, and I didn't care too much about what anyone said about me. I just kind of made my own path, but did it the right way, and I'm happy I was able to do it the right way and do it for myself and not for anyone else. I mean, I heard it a lot. Last year I let it affect me. I told you guys over and over and over, I was playing to prove people wrong last year, and people would say I was selfish, and that got to me. That got to me a lot because I know that this is a team game. I know the coaches that I had when I was younger always preached about team. There's no "I" in team, and to win a championship, no matter on which level, you have to do it as a team. A lot of people were saying I was a selfish person and a selfish player, it got to me. All last year I tried to prove people wrong, prove you guys wrong, and it wasn't me. At the end of the day, I was basically fighting against myself. The best thing that happened to me last year was us losing The Finals, you know, and me playing the way I played, it was the best thing to ever happen to me in my career because basically I got back to the basics. It humbled me. I knew what it was going to have to take, and I was going to have to change as a basketball player, and I was going to have to change as a person to get what I wanted. You know, it happened just one year later. It was a journey for myself. I don't want to compare it to any other player, but it was definitely a journey. Everything that went along with me being a high school prodigy when I was 16 and on the cover of Sports Illustrated, to being drafted and having to be the face of a franchise, everything that came with it, I had to deal with and I had to learn through it. No one had went through that journey, so I had to learn on my own. All the ups and downs, everything that came along with it, I had to basically figure it out on my own. You know, I'm happy now that eight years later, nine years later since I've been drafted that I can finally say that I'm a champion, and I did it the right way. I didn't shortcut anything. You know, I put a lot of hard work and dedication in it, and hard work pays off. It's a great moment for myself. It was the hardest thing I've ever done as a basketball player, since I picked up a basketball when I was nine years old. It's the hardest thing I ever done. It's not easy at all. You just put a lot of hard work into it, and hopefully one day you hope that it pays off for you. You know, this was a testament to that. I gave it my all, and it paid off for me tonight. I think Kevin Durant is a hell of a player, one of the best players that we have in this league, hands down. I basically told him I was proud of him, everything he achieved this year. You know, he's going to use this experience, like I used it, as motivation. Hopefully I don't continue to have to run into him because he's that great. He's one of the best, on and off the court. In the summertime we worked out together. I envisioned it, but I didn't know it was going to happen, but to see a few months later that we was going to meet each other in The Finals, it was a great moment for myself and for him. But as far as your second question, I don't know. That's for you guys to write, to say if I'm the best player in the league or the No.1 player in the league. All I know is I'm a champion, and that's all that matters. I mean, right here I'm sitting here as a member of the Miami Heat. The hard work and dedication that we put in these last two years to get to this point, I mean, it was unbelievable. I wanted to become a champion someday. I didn't know exactly when it would happen, but I put in a lot of hard work. For me, I'm happy. I'm very excited. I'm very happy right now to be a champion. Nobody can take that away from me. Well, first of all, I think it's a great team. Like I said before, we're the two best teams in The Finals. They create some unbelievable matchup problems with their attack, Russ and KD and James, and they have Ibaka the shotblocker, the phenomenal presence of Perkins and the list goes on. Collison is a big time player, as well. So they're going to be a team to be reckoned with for a lot of years because they're young, and they're going to use this experience as motivation. You know, this is not the last time we'll see the Oklahoma City. I wouldn't be surprised this won't be the last time we see them in The Finals. The biggest thing I learned is that you can't control what people say about you, what people think about you. You just have to be true to yourself and true to the people that surround you and your loved ones. You know, like I said, I put a lot of hard work into this. I took one week I took, I think, one and a half, maybe two weeks off after we lost the NBA Finals, and I just got in the gym and I got back to the basics. It just shows when you're committed and you give everything to the game, the game pays off and it gives back to you. I mean, condensed schedule, 66 games, 82 games, shoot, we could have played one regular season game. Hey, man, I'm NBA champion, and it don't matter. Love you guys. |