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| I'm feeling better than I did when I came off the floor. So, doing better. I was going to try to give it a go and Spo said no. It sucks at this point in time in the season. You know, after I made that layup we was down two and, you know, as well as they played we still had a chance. You know, after I came out of the game, they kinda took off. And it was frustrating sitting out and not be able to help our team. Yeah, it's both. I mean, it's frustration and anger, but at the same time it's something that you try to prevent, you try to control. I mean, I got all the fluids I need to get, I do my normal routine I've done and it was inevitable for me tonight, throughout the conditions, you know, out there on the floor. I lost all the fluids that I was putting in in the last couple of days out there on the floor. It sucks not being out there for your team, especially at this point in the season. The best option for me to do was not to move. I tried and any little step or nudge, it would get worse. It would lock up worse and my muscles spasmed 10 out of 10. Best thing for me to do was just not to move, and, you know, it was frustrating. Well, no, it was the whole left leg, damn near the whole left side. I was losing a lot throughout the game. It was extremely hot in the building, you know, both teams, fans, everybody could feel it. I was the one that had to take the shot. Drank a lot at halftime, even changed my uniform, just tried to get the sweat up off of you. Our training staff tried to do the best they could by giving us ice bags and cold towels on timeouts, keep us dry. It was an unusual circumstance, I never played in a building like that, it's been a while, like high school game or CYO and everybody is sitting on top and you feel good being in a building like that. But, you know, at the end of the day, it's no discredit for what they did. They played extremely well. They moved the ball extremely well. I think they had 30 assists. You know, even from the turnovers both teams were committing, uncharacteristic of both teams, they played extremely well. I need it, I need it, I need it. We're going to start tonight, continue to get the fluids in me and get me ready for Sunday. Thankful for the fact that I can get on it tonight, and put myself in a position where I can be out there for my team for the long haul. And sitting on the sideline, you know, if I'm not in foul trouble, is not good for us and not good for me. Look forward to Game 2 and go from there. |
| It was rewarding in that it was a huge play to help us win. I just seen it develop the whole time, and I wanted to try to put some pressure towards the rim, and I caught Tim Duncan peeking at me a little bit. And I was able to find C.B. in the corner in one of his favorite spots on the floor and he knocked it down. That's not our concern. All we worry about is what we can control and that's just how we play the game, how we approach the game both physically and mentally. And we live with the results. Just play the game, try to play the game the right way. However the flow of the game is going, I just try to impose my will in some kind of way, either scoring or rebounding or assisting or defending. Put myself and my teammates in a position to succeed, and I was happy in the fact that I was able to make some plays to help us get the victory tonight. Didn't affect me at all. I've been going with the longer tights throughout the playoffs; decided to go with the shorter ones today. I don't know, I was watching Game 2 of our Finals appearance versus OKC in 2012, and I didn't have long tights on in that game, so that's why I didn't wear them tonight. Just a little crazy on my part. For me once I get into a good groove, I feel like everything is going to go in. Obviously it didn't. I made a couple of shots in a row, and then missed the elbow jumpshot over Tim, and they made a run after that. But for me I just try to make plays out there on the floor, and like I continue to say, put myself and my teammates in a position to succeed and live with the results after that. I just continued to attack. I had a slow start, but all my misses was in the paint. My first miss was a shot over Tim and Tiago; I missed it. I missed a spinning layup in the lane. I missed a banker over Tony Parker. I just got off to a slow start. Then I drove the lane and got my foot tangled up a little bit and threw up a wild shot I started 1 for 5. I was confident in where I was getting on the floor and I had to stick with it. For me, at that point in the game, yeah, I was tired. I got two offensive rebounds. Was able to go back up with them. Put some pressure on their defense. So Spo was very, very consistent and great with his adjustments today as far as the personnel, in and out guys, in and out. And when I asked to come out, he took me out and I was able to go back in. You know, I didn't really try to think about it too much. One thing I did do differently this morning, I took an 8 a.m. yoga class at our resort that we stayed at outside. Me, and three other people and also a little kid but he didn't want no parts of it. So that's probably the only thing that I did differently today. Nah, it started to rain a little bit this morning, actually. About 8:35 it started to rain. Well, I mean, mentally I didn't want to even think about it too much. What happened on Thursday was Thursday. My whole focus was how was it going to help this team even the series up and just try to make some plays. It wasn't an adjustment. In the first half, you know, I got into the paint, made some shots, got some rebounds, put pressure on their defense. In the second half they backed up off me and I shot it. It was that easy for me in the sense of don't overthink it. They give me space, I shoot it. They get up on me, I try to drive and make plays for me and my teammates. They're going to make adjustments going into Game 3, and I have to do it as well. But I don't want to cloud my mind too much with what they're doing defensively. I want their defense to react to what I'm doing. I've heard it all. I've heard it all. I just stay with my plan. Our training staff and our medical team, we do a great job of just doing what we usually do. We didn't want to complicate things. I think the two and a half bags after a game of IV helped me out a lot. Like I said, I didn't try to think about it too much tonight. I thought it was a tough call to start it off, with Rio getting the flagrant one. I thought it was an inadvertent elbow. I didn't think it was intentional. So Tony missed two and Tim went up and missed two as well. Just wanted to capitalize off their mistakes and just try to put some pressure on their defense. We got some great looks, we made 'em tonight. And the biggest thing for us, we got stops as well when we needed it. That helped us win this game. I've got a great supporting cast around me that allows me to vent at times. Try not to hold it in. I also understand at this point in my life what's important and what's not important and what's important is my teammates, what's important is my two kids at home, my wife, my family and my friends. That's what I can control and that's what's important to me. Obviously the game of basketball has brought me so much, and I love to play this game at a high level. And without this game, I wouldn't be who I am today. But I also know what's important. Everything else kind of just fall by the wayside. You have to. It's very difficult at times, very challenging, but for me, I'm here and I know who I'm playing for and what I'm playing for and what I stand for, not only as a basketball player but as man and as a role model. I know what I stand for. To be able to put an NBA uniform on every single night with my name on the back, knowing where I come from, let's me know that I've done something special. I just try to give back to the game as much as I can while I'm here. Rashard has been huge for us ever since he's been inserted into our starting lineup, from the Indiana series. He's been in this position before. He's been to the Finals with Orlando Magic. He's been in huge playoff games, and his experience and ability to knock down shots helps us out a lot. It spreads the floor for us, and every time he catches the ball, we tell him just to shoot it. Don't think about nothing else besides shooting the ball, and we live with his results. I think that's a key going into any game. When a team lives in the paint, it puts so much pressure on your defense and it allows paint points obviously. But when guys get into the paint it shrinks the defense, and they get to kick out for their threes, which they did a couple times tonight. Danny Green had one, Tony hit one, Patty Mills had a couple. We got to do a better job of shrinking the floor and not allowing them to get in the paint. They will, they will get into the paint some, but as much as we can limit the penetration, it will help us out a lot. Offensively we want to share the ball and not turn the ball over. We're a team that shoots the ball extremely high from the field, very efficient offensively. We get ourselves in trouble when we turn the ball over. It doesn't allow us to set our defense. We're a really good half court defense, we're a solid pick and roll defense. And when we're solid offensively, we don't turn the ball over, we're going to get an opportunity to make something happen. Not at all. If you're on the floor at that point in time, you can make a play. You can make a shot, a steal, a rebound. You can do whatever it takes to help us win. For me, when the ball is in my hands, I'm going to make the right play. To have that trust from my teammates, they know when I got the ball, I'm going to make the right play. Doesn't mean it's going to go in. Doesn't mean it's going to result in a win, but they believe in my ability to do that. You know, C.B. had just missed one, got a great look, but if I draw two and his man leave him again, I went right back to him and he knocked it down. I got a lot of confidence in my teammates and they got a lot of confidence in me and we live with the results no matter what happens. |
| Oh, they jumped on us, and they were the aggressor tonight, and they had us on our heels from the beginning. This is something that at this point in the season shouldn't happen, but they were more aggressive an us and they got off to that 41 25 lead at the end of the first. Well, I mean, of course. I mean, it's The Finals, so everything is magnified. You want to win at this point in the season but for us, we will get better from tonight. We hate the performance that we put on, but it's 2 1. It's not 4 1. It's 2 1, and we have to make some adjustments tomorrow. We're going to come in and learn from our mistakes, as we always do after a loss, and get ready and prepared from the beginning. You know, this is the last team in the NBA that you can dig yourself a hole against. You just can't do it, and we learned from that tonight. I think it was a little bit of everything. It was a cumulative of everything. Some possessions we played extremely well and they hit shots. Some possessions we weren't quite there and they hit shots as well. One thing about this team, if you make a mistake, they're going to make you pay, and they made us pay more often than not tonight from some of the mistakes that we made defensively. I was in a pretty good rhythm tonight as well. I just turned the ball over way too much. I had two at halftime, I had five in the second half, and some of them were trying to make some plays to my teammates, and some of them were just overdribbling at times. So I've got to do a better job with that for sure. It's not surprising that I have a Finals record for something I don't want to have, you know, so there we go. It's a new storyline for LeBron. I don't think we had a lack of urgency. Just they were very aggressive and we didn't match that. They came in with a desperation that we just didn't match. Just because it's our fourth Finals doesn't mean anything. That doesn't guarantee you a win. It doesn't guarantee you that you'll be more urgent or less urgent than the next team. You just have to prepare for each and every game. We've got to have a better performance in Game 4, for sure. We definitely can't get behind this team like we did tonight. Well, we want them to run the offense and we want them to defend. When they get open looks, we want them to take them with confidence. When they have an opportunity, we want them to be aggressive. Obviously, with Tony and Patty, those guys are very high motors, so we want them to match that effort. One thing you can't control in the game of basketball if a shot goes in or not, but you can control how you defend. You can control how much energy you bring to the game, how much effort you bring to the game. If our two point guards do that, we can be okay with that. I know our two point guards, they're very passionate. They've got a lot of pride. And I know they're looking forward to learning from what they did tonight, and trying to be much better in Game 4. Well, they spread you out. They have multiple guys that can make plays. It's kind of like us. They share the ball extremely well, and those guys are always in the right spot. I mean, if they ran the set and closed their eyes, they know exactly where the guys going to be at. It's a system they've been in. They do a great job of feeling one another out. And every guy that's on the floor can make a play. You know, it's very challenging mentally and physically for a defense. So you always have to be in tune. |
| No, first time I left I went to go get retaped, retape my ankle. It's been kind of bothering me for the last couple days, but I felt okay. Second time I went back, I just had to use the restroom. Well, I mean, man, we put ourselves in a position where it is about making history. But all we can do is worry about Game 5. We've got to worry about Sunday first. Try to go up there in a hostile environment, where we were able to steal one in Game 2, and try to get another one and go on from there. Obviously, I do know the numbers. It's never been done before, but we're still a confident bunch, even though our heads are lowered down right now. Of course, being down 3 1, and losing two straight games at home, that's just human nature. But we've still got to go out and play on Sunday. That didn't mean nothing, you know. If it's not helping us get into the game, it didn't mean nothing. I tried to will us back into the game, but they continued to execute. I continued to make shots. I had a huge third quarter, but it meant nothing. I mean, they smashed us. Two straight home games, got off to awful starts. They came in and were much better than us in these two games. It's just that simple. I mean, coming into the series we knew that that's what it was going to be about. They're a high oil machine and they move the ball extremely well. They put you in so many difficult positions. If you're not right on time, right on target, they're going to make you pay for it. Well, I mean, the series is not over. We've got guys with too much pride to even start thinking about that. At the end of the day, our focus will be, how do we get better than we did in Game 3 and Game 4 here at home? We're going with that bunker mentality in Game 5. Like D Wade said, we'll get away from it tomorrow physically. Mentally it will still be lingering around. Saturday you start to get back into the flow of things, and then Sunday you go out and play and see what happens. That sounds like a set up question. Not really? Man, they move the ball extremely well. They put you in positions that no other team in this league does, and it's tough because you have to cover the ball first, but also those guys on the weak side can do multiple things. They can shoot the ball from outside, they can also penetrate. So our defense is geared towards running guys off the three point line, but at the same time those guys are getting full steam ahead and getting to the rim, too. The challenge is as well, with them, implementing Diaw into the lineup has given them another point guard on the floor. So Manu, Tony, and Diaw and Patty Mills on the floor at once, they've got four point guards basically on the floor at once. So all of them are live and they all can make plays. So it's a challenge for us all. No, because I didn't even remember that until you just told me. Obviously, I'm a guy who always just kind of lives in the moment, man. One thing you can't do is control what happened in the past. You can only focus on the present and hopefully you can do better in the future from your present time. For me, I'm here at this point. I'm here with the 3 1 deficit, and me as one of the leaders of the team, I have to figure out a way to get us to a 3 2 deficit. And you worry about that, and everything else that's happened before you, you can't control it at this point. Well, I mean, they're a difficult challenge. Like I said, I stated it before because they have so many guys that can do multiple things. Any little mistake you make, they make you pay for it. So we have to go back to the drawing board once again, figure out ways we can slow down on the mistakes that we had and get better from it on Sunday. Soul searching, there won't be much of that. There won't be much of that at all for me. Crazy thing is my two boys are running around in the locker room after the game was over, so I had no time to even think about the game anymore. They want to know what's going on right when we get home. So having my boys around will allow me to get away from the game. But I will still be in tune with what I need to do to help our team win, and that's my mindset. But as far as soul searching, we're a veteran ballclub that's won a championship, that's won a couple championships, that's been to four straight Finals. We know what it takes to win. We've just got to go out and do it. I don't really get caught up in what pressure is all about. I mean, just go out and play basketball, play as hard as you can and live with the results. For me, I do whatever it takes to help our team win. If it's me going one on one to try to help us win, if it's me getting guys involved and taking threes in rhythm, then I'll do it. But I don't really get caught up in the pressure. You definitely don't want to it's not on my shoulder. It's not. I understand I get a lot of the limelight in the press and all that, but it's not all on my shoulder. I take a lot of it, but I do it for my teammates and I want them to put a lot of pressure on me in that sense. But going into the first quarter is how you start games off, and you don't ever want to go into the second quarter being down. But it is what it is. That is the way the series has played out thus far. You know, we have another game on Sunday to kind of right the ship and get better from it, and not be down like we've done in these first four games, because it's not been a successful ingredient for us. I don't even know what that means . I got an engine underneath my hood. I have no idea what that means. I mean, that should be the goal from the start, you know. Whoever can make plays and put your teammates in position to win, all the stones should be unturned. That shouldn't happen in The Finals. That should happen from day one. You come into training camp and you find guys, you put guys on the floor to complement each other, and you put guys on the floor, and we all help each other on the floor from the coaches to the players. So shouldn't wait until you get to The Finals for that. Thanks for clarifying that, too, because I had no idea what you were talking about |
| Oh, I mean, mixed emotions. Started off very well as a team. We had a great first quarter. But from that point on, they were the better team, and that's why they're the champions in 2014. I haven't even really thought about that just yet. Not disappointed in any of my teammates, just wish we could have came through, played a better series, but obviously we ran up against a better team this year. Like I said, I haven't even thought about it yet. I'm not even nowhere near at that point. You know, we went to four straight Finals in four years. You know, we're not discrediting what we were able to accomplish in these four years. We lost one, we won two, and we lost another one. Take 50% in four years in championships any day. Obviously, you want to win all of them, but that's just the nature of the game. You win some; you lose some. You've just got to come back the next year and be better as an individual, as a team, and go from there. But I know me and D. Wade and C.B., not proud of the way we played. All three of us, that's the last thing we're thinking about is what's going on this summer. I haven't heard it. It really doesn't matter to me what people say at all. Just wanted to try to inspire my teammates and came out very aggressive, made some shots, got to the free throw line. Tried to inspire my teammates to try to get a win. Obviously, I didn't do enough. I would agree. They were the much better team. That's what team basketball and that's how team basketball should be played. You know, it's selfless. Guys move, cut, pass, you've got a shot, you take it, but it's all for the team and it's never about the individual. That's the brand of basketball, and that's how team basketball should be played. I mean, it's hard to say anything. I mean, everyone is going through their own emotions right now. Everyone deals with it a little differently. For me, I keep my head high. I understand the position I've been able to put myself and put this team in since I got here, so my head stays high and I'm going to stay positive and use this as another opportunity to get better next year. But everyone is different. I mean, I play for my teammates every single night. I don't really get involved in management and all of that. That's not my job. I play for my teammates. I try to lead my teammates. I try to inspire my teammates. I let guys do their job and I do mine. Very efficient. I mean, he's very efficient. The first two games he didn't play so well. I thought he attacked more in the last three games, shot the ball extremely well. Every year you gain more and more confidence. Guys give you confidence, and he played extremely well. I mean, I will deal with my summer when I get to that point. Me and my team will sit down and deal with it. I love Miami. My family loves it. But obviously right now that's not even what I'm thinking about. You guys are trying to find answers. I'm not going to give you one. I'm just not going to give it to you. When I get to that point, I'll deal with it, and when it gets to that point. First time I lost, as a team we were excited to get there. We were more excited to get there than to win. You know, obviously, we would have loved to win that game and win that series, but the Spurs were more dominant than us. They were more seasoned. They had been there a few years and they took advantage of our youth and inexperience. Three years ago, our first year here, that was probably more hurtful than this one in the sense of we had put so much into it, we were going through so much. That Dallas team was the better team in that series as well. Obviously, they all hurt. This year they dominated us from every facet of the game offensively, defensively. I mean, they all hurt, but I've been able to be a part of five of them, and I would love to sit up here and say I was 5 0, but I'm not. I'm 2 3. But a lot of guys don't get this opportunity to even compete for a championship, and I've been blessed to compete for five of them in my 11 years so far. I don't think it's just the Spurs. It's the whole league. The whole league continues to get better every single year. Obviously we would need to get better from every facet, every position. It's just how the league works. The Spurs continue to get better. Obviously, they kept those three guys intact, but they continue to put guys around them, high basketball IQ guys around them, high energy guys around them that fit into the system of what Pop wanted to do. Obviously, it's not just about the Spurs. It's about the whole league. The whole league is excited about returning next season, and we'll see what happens. |