

**Steelers Players**  
**Pittsburgh Steelers vs. Miami Dolphins**  
**Heinz Field • Sunday, January 8**



**RB Le'Veon Bell**

**Re: Your performance today:**

I think the offensive line did an incredible job of controlling the line of scrimmage for the most part today. They made my job easy. The receivers on the edge getting on their DB's and their safeties and Ben putting us in the right situation, making the right calls at the line of scrimmage. The coaches put a lot of faith in me continuing to run the ball. It was definitely a total team effort today. Obviously I can't do everything by myself. I always try to run hard and when I get an opening just try to hit it and get what I could.

**Re: Breaking the Steelers single game playoff rushing record:**

They announced it. I think at the end of the third quarter they announced it. That's when I saw it. It kind of blew me away. It's really humbling. It's a great achievement. It just goes to show you how good this team has been. The offensive line has gotten better over the course of the year. We're getting there and it's really showing.

**Re: Running with a sense of purpose today:**

Yes. I was definitely excited with it being the first playoff game that I've played in and it being a rematch with those guys. They got after it the first time we played them. We wanted to go out there and make a statement. They ran the ball really well in the last game, so we wanted to run the ball on those guys as well and stop the run. Our defense did a great job stopping the run today. They made it tough for their run game to get going. As an offense, we did our thing running the ball, moving the chains and making those guys respect the run.

**Does the game earlier in the season against Miami still linger?**

I think we came in with the mindset that those guys beat us earlier in the year, but I feel like we're in the playoffs now and we can't let them beat us again. I think Kansas City is going to come in with that same mindset. We have to understand that. We have to understand that the same passion and dedication that we put in this week to beat Miami, that's how Kansas City is going to try to beat us. We have to put that much more time in to our detail. We have to do all the little things right because they're going to try to take the things away that we did well last game and make us beat them a different way. Also, Kansas City got better over the course of the year. It's going to be a very good game. We're playing in a hostile environment. It's going to be very loud there.

**What did you notice about their defensive front that you thought you could exploit?**

I think in the first game, we ran the ball well. We just didn't run it a lot. In the first game, they were more penetrating guys. They're not a two-gap read you type. They just shoot a gap and they're not really worried where the ball is at. Coming into this game, I made sure and understood that those guys weren't really looking for me. They were just trying to shoot the gap and get after the pass, hoping guys pass the ball. They have great pass rushers and they depend on Suh and Jason Jones to stop the run. I feel like I had to be a little more patient. I feel like if I read those



guys well and helped the o-line, it might set up the linebackers and thing like that. There were a lot of little things that went into it, but obviously the play calls were a little different than they were last time. I think overall we got more carries. That was the biggest thing – me getting more carries and getting familiar with those guys over the course of the game.

**Is this officially a run first offense right now?**

We come into a game plan with a different mindset each and every game. It depends on the team's personnel. I remember when we were going in to Ravens game, we understood that they felt like they stopped us the first game when we ran the ball, so we came in thinking they thought they were going to be able to stop the run again. So we came in run heavy. This game, we opened them up with the pass early. We ran quick passes. Antonino Brown took two long ones. That's what really got them backed up a little bit because we can't just be letting Brown run up and down the field on us. So that opened things up for us. We're a team that's really balanced. We can spread guys out, throw the ball all over the place, line up big, run the ball out of shotgun or run or pass out of four-wide. I think we're really balanced, and we can attack in different ways.

**Was the series where you carried the ball 10 times in a row planned?**

It just kind of happened. I think the first two series we hit them with the passes and Brown struck them really quickly. In that third series we ran the ball, came up and got another run. We're thinking I'm just watching them and the safeties are deep the whole time. I'm just thinking Brown is going to scare them. I'm looking at the sideline telling them just keep coming. I don't feel fatigued. The offensive line wants to run the ball so we went down there and ran the ball in the end zone. That's a lot of credit to other guys like Brown making plays and getting those guys nervous.

**What did you think of Harrison today?**

He was awesome. That's a veteran guy. Game-in and game-out, at his age, to be able to produce like he does—that's a guy we look up to. That's a guy we follow.

