

Ryan Day Discusses Ohio State's Friday Night Game At Northwestern



Ohio State head coach Ryan Day met with the media on Thursday afternoon to discuss his team's final preparations ahead of Friday night's game at Northwestern (8:30 p.m. ET on BTN).

Here's a brief recap of what he had to say:

- Day said the Buckeyes still have a lot to prove, so maintaining focus is important.
- Day on Ohio State's white-belt mentality: "In the martial arts world, the white belt is the first step on the journey to a black belt." Said they have to have mentality to always improve. "You have to have that mentality that it's the first day of camp."
- Through self-scouting, Day said he noticed a number of things that the team needs to improve on, specifically tendencies and the way they line up.
- Day said Northwestern is really sound in the run game, have a strong offensive line and are very knowledgeable on defense. "They're not going to give up big plays. They make you earn it." Called it very typical of a Pat Fitzgerald offense.
- This being the only game played on grass this season, the Buckeyes will have longer cleats on Friday.