

Ryan Day Reflects On Mistakes Against Michigan



Ohio State head coach Ryan Day, in an appearance on Chris Holtmann's new "More Than Coach Speak" podcast, reflected on the Buckeyes' loss to Michigan last season, the program's second consecutive loss to the Wolverines.

"I think back on this year and our rivalry game," Day said. "You want the game so bad that the focus can just be on winning the game, but what does winning the game actually mean? You can't just win the game. You have to win each play. You have to win each situation."

"I think the mistake I've probably made is, 'We're going to win this game. Let's get after them. Let's get physical. Let's beat them up.' When you're playing a team or a player that's equal to you, you have to focus on winning every single possession, every single play," he continued. "And how do you do that? Great technique, great focus. Eventually, you will win the game."

Day said he felt the team did a better job of reflecting that attitude against Georgia despite the Buckeyes falling short in the College Football Playoff semifinal.

"I think we did a better job in the Peach Bowl of letting it all out, playing aggressively and looking to play the next play and win the next play," Day said. "We didn't look at the scoreboard and say, 'What if we win? What if we lose?' We really focused on winning each situation and each play."

Ahead of the upcoming football season, where Ohio State will look to not only return to the College Football Playoff but defeat Michigan in the process for the first time since 2019, Day said he will look to use those lessons moving forward.

"That is something I will certainly take from this past season and take into 2023," Day said.