FIRST THINGS FIRST WITH CRIS CARTER AND NICK WRIGHT SHOW HIGHLIGHTS

FIRST THINGS FIRST WITH CRIS CARTER AND NICK WRIGHT premiered this morning on FS1, ushering in a new wave of early morning sports television conversation. Pro Football Hall of Famer Cris Carter and celebrated sports media personality Nick Wright are joined by longtime broadcaster Jenna Wolfe as they bring viewers the first and most incisive opinions on the day's top sports stories.

Below are highlights from this morning's debut:

WATCH: Carter previews Sunday night's Giants-Cowboys matchup

Carter on the Giants and Cowboys running games:
"One thing we found out since the collective bargaining agreement is that football is less physical and there's less continuity in the running game, especially early in the season. So watch for the Giants, in the running game, to struggle early. Now regardless if Dallas has Zeke or not, watch for Dallas to get off to a great start because they have the best unit in football. It will help protect them if they don't have their running back. So that is something to watch the first month of the season."

WATCH: Wright says the Cavs need to prioritize building a team around LeBron James now instead of planning for the future

Wright on the Cavs:
"The Cavs go back to being the pumpkin they are the moment LeBron James leaves town. There should be no planning for the future, because that future is wack as hell if LeBron leaves. So even if you know he's leaving, give yourself the best chance to win a title this season."

WATCH: Carter, Wright and FOX Sports NFL analyst Michael Vick discuss Odell Beckham Jr.'s maturation and the pressure he faces

Vick on Beckham Jr.:
"The fact that he's in New York really over-amplifies everything, and I think he's taking it in great stride. As time goes on, he'll continue to mature, and there will be younger guys that come in and he'll feel that responsibility to shape and mold those guys as well. I mean, shout-out to Odell, man. He's doing a great job. You can't do it any better than that. I think he should get the money that he deserves."

FIRST THINGS FIRST is live from New York City weekdays from 6:30 to 9:30 AM ET on FS1.

For notes, coverage, bios, photography and more, visit the FIRST THINGS FIRST page on FOX Sports Press Pass.