Sanders says he's committed to improving in baseball: "I haven't attained the success I'm capable of, but I will this year."

180-182 games. This year, that'll happen, and we'll see how I am afterward.

SPORT: Comparatively, you feel unbeatable on the football field, don't you?

SANDERS: Yeah, I do. When I'm lined up on a receiver one-on-one, I feel like...there's no way in the world this guy can beat me—even though he knows where...the pass will be thrown and even though he knows what (defensive) scheme I'm in. I'm deeply focused and intense out there. I feel invincible.

SPORT: Listening to that response, Deion, it sounds like you still have that "feeling" for football.

SANDERS: Wrong.

SPORT: Won't you miss the appeal of being America's most highly celebrated two-sport star?

SANDERS: It's never had anything to do with attention, the spotlight or appeal. It had to do with being blessed [with the ability] to play two sports at the highest level. I would've been cheating myself and every fan if I didn't play two sports.

SPORT: Hold it. On one hand you say you'll be cheating yourself if you don't play two sports, but on the other hand you say you don't have it in you to play two sports. What's the deal?

SANDERS: The reality is that I just don't have it in me right now to play football. That may change. I don't know.

SPORT: OK, regarding your music projects, are there any social messages you want to convey with your songs?

SANDERS: That being Prime ain't easy. So don't try to be like Prime. Be yourself.

SPORT: You make millions of dollars, you're in the spotlight, what's so hard about being Deion Sanders?

SANDERS: I'll tell you what: People expect me to excite them every time I step on the field. People want it...How many other players in the NFL can you say that about? [Joe] Montana, [Emmitt] Smith, [John] Elway, maybe?

SPORT: Because of that, do you believe pitchers, wide receivers and quarterbacks get up for you more?

SANDERS: No question. Everyone bears down harder when they see Prime. Quarterbacks know that if they throw me an interception, I might...