

# Seattle Seahawks Media Conference

Sunday, September 21, 2025

Seattle, Washington, USA

## Spencer Rattler

Visitors Postgame Press Conference



Seattle Seahawks 44 - New Orleans Saints 13

SPENCER RATTLER: Yeah. It's tough. I mean, you know, you blink and the score is like that, it's tough to dig out of that hole. Thought second half we fought, but again, you know, self-inflicted wounds on all sides of the ball early on and can't do that with an offense like that. They're explosive. They had a lot of explosive plays, especially on special teams as well. Tough to get in that hole and dig out of it.

**Q. What do you think contributed to all the penalties you saw today from your offense?**

SPENCER RATTLER: We just have to be more dialed in. I mean, we knew it was going to be loud. It was a loud environment, tough environment. But I mean, we had those opportunities. We had the looks, and we just shot ourselves in the foot with the pre-snap penalties and then a couple post-snap penalties as well. So we're going to have to harp on that all week again, because we got another tough road game. We have to clean that up or it's going to be tough to win games if we can't clean that up.

**Q. What do you think kind of lagged in explosives so far? When you get in a big hole like that, it makes it tougher?**

SPENCER RATTLER: Yeah. Just like you said, when you get in a hole like that, they know the game plan after that. We're going to have to be aggressive. I tried to throw a few shots down the field when we were down three scores and tried to make something happen. Didn't connect on those, but we tried to dial some stuff up, and obviously they're going to play a little softer knowing we're down three, four scores.

Don't want to be in that spot to begin with. We had a good shot dialed up for the perfect look, and I think we had a pre-snap penalty on that one as well early in the game. It's the details, the details, the details. That's all it is.

**Q. What's the team's morale like? How do you feel like you and your teammates are handling the 0 and 3 start?**

SPENCER RATTLER: It's not fun, but like the guys say, the vets say, you can't ride the roller coaster of emotions. Like we have to have a neutral thought. It's a long season. You see what's happening. We just gotta be better. We have to be better on all sides of the ball. Have to be urgent about it and we just have to do it.

**Q. Is there anything consistent between the two false starts and the tush push? You guys have tried the tush push twice this year and both times had a false start. Something similar happen on both plays?**

SPENCER RATTLER: I mean we just have to be more dialed in on that play. We know what we were trying to do. The defense knows what we were trying to do. We gotta out-execute them and not get a false start on that.

**Q. On the 4th and 4, looked like you were trying to maybe direct traffic down field. What were you trying to do?**

SPENCER RATTLER: I mean, you gotta make a play. We have to work on scramble drills. We gotta work on that throughout the week, and I'm going to harp on that as well. But fourth down, end of the game, gotta make a play. We just all gotta be on the same page.

**Q. Was this team ready to play today? Just seemed like from the beginning you all were behind the eight ball almost every phase.**

SPENCER RATTLER: Yeah. I mean, you feel good coming into a game. I mean, we felt great coming into this game. We had a great week. But you gotta go out there and do it.

And obviously we knew it was going to be a tough environment. They started really fast. We had really bad self-inflicted wounds on all three phases, and you do that in this league with a good offense like that and it's going to be tough to come back from. So I think that was the name of the game today, and we just gotta clean it up.

**Q. Is there any crisis of confidence right now in the**

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**locker room at all?**

SPENCER RATTLER: I wouldn't say so, no. I mean, we know what we gotta get better at. And we have to do it with urgency. It's a long year. We have to get better now, because it's not going to get any easier, and we just gotta put better stuff on tape and go out there and play the ball we know we can play.

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