

Seattle Seahawks Media Conference

Monday, October 20, 2025

Seattle, Washington, USA

Coach DeMeco Ryans

Visitors Postgame Press Conference



Seahawks 27, Texans 19

Q. (Regarding capitalizing in the red zone.) What do you think is the common thread of not being able to take advantage of the good opportunities?

DEMECO RYANS: Yeah, for us tonight, it was just overall just sloppy play. There was some positive things we did, but it was just overshadowed by the negative things. Offensively was not good enough. Didn't move the ball good enough. We got to execute better.

The main goal in this game was to control the front; we did not do that. Their front controlled us and it wasn't good enough for us. We have to find a way to get better there. Got to score points, right? So got to find a way to get in the end zone. Had multiple opportunities; just didn't capitalize on those.

Q. (Regarding two-minute warning.)

DEMECO RYANS: The plan at the end of the game was kicking the ball out of bounds so we could utilize the two minute, and we did not execute that. Again, goes to the entire game. You know, frustrating that we're not executing the things that we supposed to do.

Q. You mentioned the lack of execution in the red zone, mistakes. Also didn't have a lot explosive plays. How concerned are you about that, especially with Nico Collins suffering that injury?

DEMECO RYANS: Yeah, look, we want to be able to be explosive. We had some opportunities down the field; we just didn't connect on them. We had guys open there. Just didn't connect, didn't make plays, didn't finish in the end zone.

So just got to find a way to do a better job of finishing whatever the play call, executing the play. Just got to make sure we're able to score points.

Q. With the way you played the last two games, do you feel like the offense regrets tonight?

DEMECO RYANS: Today wasn't a good day for our entire team. Not just one side. All three phases did not do a good job today. We didn't play winning football, so you can't expect to come out with a win when you don't do the things that winning teams do.

Q. Nico Collins in the concussion protocol?

DEMECO RYANS: Yeah, right now he has a concussion, so evaluate him as the week goes on.

Q. The defense had some critical penalties early on. What did you make of it and how did that affect the game early on?

DEMECO RYANS: Penalties always affect it, especially the critical moments. Third down there at the end of the game, like we're going to get the ball back and it's just silly penalties. We have to be a smart football team. We have to make smart decisions. We didn't in critical times.

Again, that's not winning football.

Q. When it comes to the play on the sideline with Azeez, what did you say to him?

DEMECO RYANS: Probably have to look at the play to see what happened. I saw it as a tackle. Started in bounds so I got to look at it and see why that call.

Q. And Christian Harris? What happened to Stingley?

DEMECO RYANS: Yeah, I didn't see. Again, I got to see what happened on those. Again, it's things that we can control. I always look at penalties or things that we control, so we have to do a better job controlling those and making smart decisions.

Q. Seemed like a lot of the -- there were a few plays, especially in the second half, where there was just free rushers (regarding CJ) somebody at his feet. How do you get that cleaned up to pick up some of the disguised blitzes?

DEMECO RYANS: Yeah, when we continue to have the

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pressures that we have, until we get it picked up it'll keep happening. We got to do better job coaching and got to do better job executing it.

Q. Where did you stand on where this team is right now?

DEMECO RYANS: We are what our record says we are. We got another opportunity. Doesn't matter. We got another opportunity coming next week. Short week. Doesn't matter. Got to flush this and move on and get ready for the next one.

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