

# Seattle Seahawks Media Conference

Thursday, December 18, 2025

Seattle, Washington, USA

## Coach Mike Macdonald

### Postgame Press Conference



Seahawks 38, Rams 37

MIKE MACDONALD: All right, holy smokes. What a great football game. I mean, first of all, an incredibly electric atmosphere. Just an all-time great atmosphere shown by our 12s. Shoutout to all our people and for the Seahawks, too, all the lights. It was just an electric atmosphere.

With all the adversity we're dealing with throughout the game, they didn't leave. Not a seat was empty. Given all the circumstances they stuck with us. Our team could feel it. It was awesome. I.

Mean, what a -- just talking about our football team, just so proud of our group. This is who we are. We set out to show that -- you know, to prove to ourselves who we were as a team. A lot did not go our way today, both good job by the Rams, some of the stuff we got to obviously clean up on our end.

The list goes on and on. I'll tell you what, the resiliency, relentlessness is there, the character of this team is there. They have each other's backs all three phases. All that stuff we been talking about since we walked on the door is real and they've earned that.

So just really, really proud of our group. Really, really proud of our group. Just really, really proud.

So we're going to enjoy the heck out of this one and get some rest this weekend and get back at it. Yeah, just really proud of our group.

**Q. Can you talk about the decision to go for two in overtime?**

MIKE MACDONALD: Well, it was something we had talked about really throughout the season and then really particularly for this game because of the playoff situation. You know, do you play for the tie and lock up a playoff seed.

I just felt great about our play and I trusted our guys. To Clint's credit, he was really confident and then the players ultimately make it happen.

Once we got that drive going it was pretty clear what we were going to do.

**Q. ...was some thought given the circumstances that they -- in that situation you would just kick the...**

MIKE MACDONALD: I mean, it was an option. Like starting that drive thinking about how we were going to handle that, I made up our decision how we were going to handle it.

**Q. Might not be fair to ask to pinpoint something. Can you say a why? Is there a common why of how you came back from 16 down with seven minutes left? Is there a factor? You mention the resiliency.**

MIKE MACDONALD: Yeah. It's those guys in there. They decided that they were going to play a certain way and be the team that they talk about, and they back it up every day, every day. No matter the circumstance, they do it. Defensively we were down guys. You know, they're moving the ball up and down the field. We're coming up with red zone stops and making adjustments and fighting our tails off, and then punt return team makes a huge play, offense starts -- I mean, that's who they are; it's the players.

**Q. Saubert, he's not a guy that gets the ball a lot but I know he means a lot to this team. For him to get that moment at the end?**

MIKE MACDONALD: Oh, yeah. Don't quote me on this, but I think he's fourth in the progression on that play, and so our offensive line, I mean, that's a tough front to block and Sam being able to extend the play and trust his read and trust his progressions and just a phenomenal play, man. Pretty good feeling when he caught it.

**Q. How about the heads-up play by Charbonnet?**

MIKE MACDONALD: Incredible. Pick up ever loose ball. Just simple.

**Q. Ever seen anything quite like that?**

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MIKE MACDONALD: I have not. Ball was going backwards.

**Q. What was the process on that for deciding to actually have the replay or asking for the replay and realizing that maybe it was a lateral?**

MIKE MACDONALD: Well, to my knowledge everything is reviewable on a two point.

**Q. At what point do you realize or your staff realize that it was backward? You guys lined up for kickoff.**

MIKE MACDONALD: Yeah, honestly, they said they were looking at it, so then we started to look at whether it was a backward or not. We didn't notice it in real time.

**Q. Kenneth Walker's play when he ran down the interception short of the goal line.**

MIKE MACDONALD: Yeah, incredible.

**Q. How many times will you run that this week?**

MIKE MACDONALD: How many times will we what?

**Q. Film.**

MIKE MACDONALD: Oh, yeah. Talk about like favorite plays of just who Ken Walker is, I mean, that's Seahawks football. That's us right there and that's Ken. So we love him. That's a phenomenal, phenomenal play. Helped us win the game.

**Q. Mentioned Darnold's resiliency. Had a tough night but came back strong in the fourth quarter in overtime.**

MIKE MACDONALD: Yeah, I mean, our story has stayed the same since day one with Sam. It's everybody else that has different stories. This is a guy that we watch every day. Same guy every day no matter the circumstance. He's an ultimate competitor. He's a phenomenal leader.

Just keeps fighting and keeps plugging away. I wasn't -- we weren't worried one bit. So that's Sam.

**Q. ...save the ball up and down the field with those big plays all day, but I think getting them three for six in the red zone, how crucial was that, especially early on when you were able to get a couple stops?**

MIKE MACDONALD: Yeah, coming out of the game and it was funny. Told the team what the score was and they said, doesn't matter. What matters is we won the football

game. Now, we're going to learn how to improve on these things.

In the first half was a lot of the early down stuff that was getting us, and so we made some adjustments in the second half. We were able to get them in some third downs and then we botched some third downs.

So that's really my responsibility to make sure we're cleaner in those situations, and they made a great play there at the end on that end cut to Puka. We got to play it better. That's a heck of a football play. We're inches away from celebrating, because EJ is a pick. That's what we're dealing with.

So you can't worry about stats in real time. You're just trying to fix it and move forward and keep playing the next play. That's really the message to the guys. That's what they did. Obviously you can't -- I don't know what the stats are, but we gave up a ton of yards and a ton of points and we got to be better.

But the fight was there, you know. We figured out a way to win, like just last week. Completely different game last week. Great teams figure out a way to win. This week was completely different and we still figured it out.

**Q. What does it say about the Seattle Seahawks overcoming adversity, persevering yet again?**

MIKE MACDONALD: It's who we are. It's what we do. You know, you believe in who you are and then you keep doing it and keep proving it really to yourself, to our guys. They understand who they are, and then when it's time to put it on the line they're ready to go.

**Q. You mentioned Puka. 12 for 225 for him tonight. What did you see what gave you fits?**

MIKE MACDONALD: Yeah, look, they had a great game plan. They're elite coaches over there. They do a great job and execute at a high level and got great players. We got to play better and got to game plan better, call it better. I mean, look, I mean, wasn't good enough on the defensive front. We know that.

Puka is a great player. He made some great contested catches that you got it chalk that up to him being a great player and they're going to win some of those and there are some where we got to play tremendously better as well.

So it's a combination. Obviously can't give up 200 yard games to anybody.



**Q. (Regarding Colby and Emmanwori.)**

MIKE MACDONALD: Coby has a knee. Doesn't look like it's -- I don't know I'm not going put a time frame on it. It's not automatically season-ending right now is the point I guess.

And Nick was able to come back if we were going to go back on the field. Riq also a knee I think to some extent. Not sure how serious it is.

**Q. So Emmanwori cleared the concussion protocol?**

MIKE MACDONALD: To my understanding, yes.

**Q. Mike you guys clinched a playoff berth with a win, your first as a head coach. Is that something you take a minute to you enjoy or do you just focus on what's still ahead of you?**

MIKE MACDONALD: Well, this is a little bit of a preview, but up to this point our mission has been to win the in next game, and then our next goal was to make the playoffs. So we've kind of achieved our next goal.

So we'll learn that on Monday, and then our next goal is to win the division. Now, you can't do that unless you win the next one, so it's the same message. Obviously really excited to be in the dance. Anything can happen once you get in, but we got a division title on the line that we need to go capture and that starts by winning in Carolina.

**Q. Special teams can be such an equalizer in a game like this. For Rashid Shaheed have a kick return and a punt return and for him to get the crowd reignited there...**

MIKE MACDONALD: Yeah, it was great. I mean, our special teams unit has just been a massive catalyst for us. You know, even when Tory was returning punts he was doing a great job. Having Rashid do it, being decisive, getting downhill, punt return team blocking their tails off, yeah, you're right. That was definitely kind of ignited part of the comeback for sure.

**Q. I think you had one hit on Stafford through three quarters. It seemed like you started to find a little more pressure on him late. How critical that was late?**

MIKE MACDONALD: Yeah, I mean, like you can't -- it's hard to rush the passer on second and one. We had a lot of second and ones and they were running it and they were running it effectively, and we were trying to figure out solutions. The second half we figured out some solutions.

I thought out coaches did a great job of finding some adjustments. Can't be taken to the second half. Got to be faster on that front. When you're getting into more pass situations, now you can do what we do.

**Q. Mike, given everything that happened in this game what can you talk about in terms of what you always say, process over results, just their commitment at the end?**

MIKE MACDONALD: I don't know, I mean, what we're going to go is go back and look at the game and we're going to assess how we game plan and what we called, when, who is doing what, and say, okay, how can we make it better on the front end, and then go from there.

That's what we're going to do. We're very excited with the result. Obviously we love the result. I'm very happy with how we played in terms of our mentality and physicality and resiliency. But we're a play away from we're going to be really disappointed right now.

So it's the same message after San Francisco. We were a play away from winning that game, and the approach has to stay consistent. And it will. It will. Our guys will be great as we come back and get ready to go.

**Q. Resiliency is one thing, but Sam's composure to throw two picks against the defense that gave him fits this year and last year, and then make those four throws in a row bang on that you needed in that game.**

MIKE MACDONALD: Yeah, we just said it. Again, like it's everybody else's job to put meaning and all the stuff attached to what happens out there, but it's our job to go be us and be resilient. That's what Sam does. He's him. He's a competitor. He does the same thing every day.

You know, we have his back and he knows that, so just keep going and do your thing and go figure out a way to win a game.

**Q. Guys who are competitors can kind of close up and fall apart in situations like that.**

MIKE MACDONALD: I'm just speaking for Sam. That's who Sam is. He doesn't do that. And the team deserves credit too because he feels the support of the guys that we have his back and that's real.

**Q. The catch Cooper made late in the game...**

MIKE MACDONALD: Oh, incredible. We were going to go fast but it became pretty clear that he made the catch. I don't know, probably could have gotten huddled right there,



but that's Coop. Just dragging the toe. Great play.

**Q. Jax has had a few games this year kind of quiet in the first half and no catches and then 97 I think in the second half in overtime. Just what does that tell you about him?**

MIKE MACDONALD: Yeah, like to me it's like a nonissue. Like let's keep figuring out a way to move the ball, and turns out Jax is a great way to move the ball, so let's get him the ball as much as we can. If we can't, give it to somebody else. Keep plugging away and figuring out ways to go score touchdowns.

You do that and you have a play and you just keep attacking, it's going to come to life. Might not be that game. Could be the next week, but that's who he is. For us it's just we're just trying to go win.

**Q. Mike, the two games you played the Rams you didn't sack Matthew Stafford once. Is there something they've done in those games?**

MIKE MACDONALD: Yeah, throwing it before we get to him. (Laughter.)

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