

Seattle Seahawks Media Conference

Thursday, December 18, 2025

Seattle, Washington, USA

Sam Darnold

Postgame Press Conference



Seahawks 38, Rams 37

SAM DARNOLD: Hi, guys. That was crazy. Yeah, I think just overall you guys are going to think I'm weird for saying this, but we -- you know, I didn't think we played our best football. I certainly didn't play my best football. We got a lot of work to do there.

At the end of the day we won and the team in that locker room, all the guys in that locker room, we work so hard for moments like this. Obviously like I said we got a lot of work to do and we're going to continue to push and get better, but those guys in the locker room deserve a win like that, and against really, really good team.

You know, the defense they have over there, I have a ton of respect for them. Obviously with Stafford, what he's been able to do not only his whole career but today and this season has been unbelievable.

Yeah, very happy for our guys.

Q. You got four throws in overtime, four completions. Needed them all to win. Walk me through what you were seeing.

SAM DARNOLD: Yeah, I mean, I think for us it was just -- for me especially, I've had games like this in the past where I haven't played necessarily my best football and turned the ball over, but at the end of the game you see yourself on the other side.

You know, it's not great when you have interceptions and turnovers. You want to limit that. But all you can do is fight back.

For us, I was just going to continue to plug away, get the ball to open receivers, and go through my reads.

Q. If you could pinpoint it, how and why did you respond in the last seven minutes? You personally and the team.

SAM DARNOLD: I think as a team it's just what we've done all season. We're a very resilient, relentless group. We just continue to go. There is no quit. We're always going to continue to fight.

There has been games where we have won by a lot and there has been games where it's been kind of like this. Not necessarily like that, but just up and down, waves of emotion; kind of low and going back up, taking the lead, getting back down, and taking the lead in the end.

So we can win in all facets. Again, I'm very proud of the guys in the locker room.

Q. First conversion, what was that -- what did that look like to you? Did it feel like you threw backwards?

SAM DARNOLD: Yeah. You know, it was like kind of right on the side and I'm just glad Charbs picked it up. Obviously that was a game-changing play.

Q. Was that designed to be a backward pass or you threw it that way?

SAM DARNOLD: It just happened to be backwards. You know, it wasn't necessarily talked about. We were just going to try to get it in down there on the goal line.

Q. At any this point did you realize -- because everyone was lining up for the kickoff thinking you're down two points. At what point did you realize you might be tied?

SAM DARNOLD: When they started reviewing it and we saw it on the big screen.

Q. That last two-point conversion, Mike said that was the fourth progression to Eric. What can you say about that play?

SAM DARNOLD: Yeah, you know, it was a great play, great play designed by our coaches. I just saw on the front side it didn't look great, so just got back side and knew that my check down was going to be there eventually.

Saw Sauby, Eric Saubert, so he did a great job just kind of finding that soft spot.



Q. He's kind of that glue guy that does a lot of things we don't see but doesn't have a lot of production here.

SAM DARNOLD: Yeah.

Q. For him to get that moment, how cool is that?

SAM DARNOLD: It's unbelievable, man. That's the beauty of the NFL. You have all these guys. You have JSN, 'Shid. You have guys like Coop that make all these plays, and the guy that wins the game is Sauby. He's been in the league for so long, and I'm just very happy for him.

Q. Sam, 16 point fourth quarter comeback and then you guys go down by a touchdown, overtime. How do you maintain your resolve and resilience to keep coming back and never giving up?

SAM DARNOLD: Yeah, it's just the identity of our team. We're always going to fight no matter what the circumstance is.

Q. Could you feel the momentum shift in the building when Rashid had that return?

SAM DARNOLD: Yeah, he's been making plays since he got here. Really even before that when he was in New Orleans. He's always made plays. We've seen it on tape all the time. For him to just come in here and do his job and make plays, it's not that we don't expect it, but it's just unbelievable when he does make a play.

Q. Sam, a lot of the times you faced this Rams defense it was pretty tough. Is it for you personally mean anything to get a win against this group and defense?

SAM DARNOLD: Like you said, they're a tough defense. They have a really good scheme. They have good players that make it work. They got a great offense as well that complements they're defense really well.

Yeah, it's a good win. It's a good divisional win. Again, like I said, it wasn't pretty by any means. The turnovers I got to cut down. That's unacceptable, and just going to continue to find ways to get better.

Q. Wallace tracks with Cooper across the formation on the motion there. Is it just them getting you, thinking it's man and he's going with Coop on the slant and then drop into zone? Is that kind of what happened on that one?

SAM DARNOLD: On which one, sorry?

Q. The first one there.

SAM DARNOLD: Yeah, yeah, you know, he made a really good play. Yeah.

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