

# Seattle Seahawks Media Conference

Wednesday, December 31, 2025  
Seattle, Washington, USA

## Jarran Reed

Weekday Press Conference



**Q. What do you like about the way this week has been adjusted and tailored to what you guys need, both in terms of the short week and also just workload?**

JARRAN REED: I think it's about getting our bodies back. Getting our feet back under us. Getting together a game plan heading into Saturday.

**Q. Do you go back and even look at week one, or was it so long ago that nothing is the same for either team?**

JARRAN REED: A little bit of both. We go back and we look at how last game went, kind of go through all the games.

**Q. A lot of fans and media make a big deal out of rivalries. When does it get personal or become a rivalry for a player?**

JARRAN REED: Well, for me, because I've been in this division so long it's been a rivalry for me personally, but typically we try not to make any game bigger than the other.

We try to be 1-0 every week, but we know what's at stake and who we're playing, right? We're not shying away from that. We know what we got to do out there Saturday night.

**Q. How do you do that this week? Obviously a lot on the line, 49ers and all that. How do you not make it bigger?**

JARRAN REED: One day at a time. Focus on one day at a time. Be where our feet at. Today is what, Wednesday? It's all we can do is get better today.

**Q. We been hearing from you since probably August about how close this team is, how together guys are. How have you seen that kind of help you guys throughout a football season in terms of the production on the field?**

JARRAN REED: You know, just camaraderie in the field. We're aware of each other. We are aware of where the other guy may be.

Just being on point, communicating with each other, all that ties into helping when you're on the field. Because you don't want to be on the field with a stranger, right? We're in here, we're close, we're are doing things to make sure we talk, communicate, and we're inside or own meetings rooms, and when we hit the field it's even better.

It's like a band of brothers. These guys are more than teammates. These are friends, brothers, people who are my friends outside of this building.

That goes a long way when you got a team that's connected like that.

**Q. How has Mike helped facilitate that?**

JARRAN REED: He's done a great job. Stuff we do during meetings, like everything is not always about me time. Sometimes we break up into groups and we have real talks about life. We get to know about each other, families, kids, likes, don't likes, journeys through life. Those are things that you need to build a team.

**Q. How does the one day at a time, be where your feet are show up during practice?**

JARRAN REED: Just focusing on what we need to focus on at that moment. So we're out at practice, we're not thinking about, oh, what play is going to -- what's going to happen on this play Saturday. Nah, nah, nah.

We're worried about that play in that moment, that technique that we have in that moment, that call at that moment. Just making sure that we're not one step ahead. Making sure that we're even keel and being where we are.

**Q. In terms of accountability, the team -- that wouldn't have happened (indiscernible) to be here. How have the leadership taken that role and helped this team grow to where it's at today?**

JARRAN REED: I think it's a great mix of guys who has been in this league for a long time. It's a lot of experience with our leadership group and a lot of guys who been



through a lot of trials and tribulation and stuff. We got to pour into the younger guys that they may not understand.

A lot of our guys, some been to two Super Bowls, some haven't. Some been on losing teams, some been on winning teams.

But bringing it all together here, mixing it all together, putting all our minds together, everything we think, being able to talk to the young guys, coach them up, I mean, it's been amazing, man.

I think they did a good job mixing everybody in together.

**Q. 49ers offense is as hot as any in the NFL. What's the opportunity in front of this defense that's tried to be to the tip of the spear all year in this game?**

JARRAN REED: We know they're a good offense; we're a good defense. You know, Saturday is going to speak for itself. I'm not going to go on about what we going to do or not. I'm just going to get out there, personally myself, get out there and play Saturday, let us go, let our defense roll, and let our pads do the talking Saturday night.

**Q. Jarran, you were here for the last game of the regular season 2019. San Francisco with similar kind of circumstances on the line. What do you remember about that one and having last game, all these different things to play for kind of matchup with a division rival?**

JARRAN REED: Yeah, I mean, that game right there definitely left a sour taste in my mouth. That's when Jacob Hollister got stopped at the one yard line and the linebacker was what, Dre Greenlaw. See, I remember that play like it was yesterday.

You don't forget those type of games, man. Look, it's a big moment. We're not going to shy away from that. All we can do like I just said is it's down to it. Everything is on the line right now and we know that.

Like I said just before, we're not making it bigger than any other game than we have because overall, we're just going to be right here. We want to be 1-0 and be where our feet at.

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