

# Seattle Seahawks Media Conference

Thursday, January 15, 2026  
Seattle, Washington, USA

## Sam Darnold

Weekday Press Conference



### Q. How are you feeling?

SAM DARNOLD: I feel good. Yeah, obviously just in routes on air, just kind of felt a little something in my oblique. Just didn't want to push it. It wasn't the day to push it. That was it. Just came inside, got some rehab, and feel like I'll be ready to go for Saturday.

### Q. That was yesterday that happened?

SAM DARNOLD: Yeah.

### Q. Have you ever had oblique issues?

SAM DARNOLD: No, never had oblique issues. But it's fun; we'll attack it the next couple days and be ready to go for Saturday.

### Q. Is this on the throwing side?

SAM DARNOLD: It's just on my left side. It is what it is. Yeah, again, like I said, felt it on a throw. But we'll be ready to go.

### Q. What percent of you thinks you might not go?

SAM DARNOLD: It's a very low percentage, probably closer to zero.

### Q. Aside from that, how do you feel like this week went team-wise in terms of playoffs, any distraction there could be from that?

SAM DARNOLD: Yeah, I think for us, we're treating it as just another week, another game. That's how everyone, especially in that locker room -- like we've got such great guys in that locker room, mature, leaders at every position group. Everyone is just ready to go, attacking the week per usual and getting ready to go up against a really good 49ers team that's been rolling, and we're excited to go up against them.

### Q. What did you learn about the playoffs last year, your first time getting a chance to play in them?

SAM DARNOLD: Yeah, I think it was a little bit different, too, just because it was a neutral site game, being in Arizona with the fires and whatnot that happened in LA, so that neutral site game was a little bit different.

But I think for me, it's just continuing to treat it as another week, just like I did last year. But just having that same mindset and I guess letting the guys know it's just another game. Obviously you prepare the same way, but when we get out there, we know Lumen is going to be rocking, so it's an important game. We don't get it twisted at all. We understand the implications of the game, the playoffs. It's awesome to be playing in games like this, especially in January.

But yeah, we're treating this week as another week, and we're excited about it.

### Q. The week 18 game obviously wasn't an elimination game but really high stakes. Did that sort of feel like a playoff game?

SAM DARNOLD: It did, for sure. Just the crowd, just how into it they were, especially from our first drive, how loud the crowd was in San Francisco. Obviously it's going to be home field advantage for us. Being able to use cadence is going to be huge, and then having our 12s there, obviously making noise when they're on offense is crucial. It's going to be an awesome atmosphere and something we're all looking forward to.

### Q. How many new things do you think they can throw at you?

SAM DARNOLD: Yeah, like I say all the time, we're looking at everything. We understand kind of what different looks they could present. Yeah, they can obviously present some new looks, but I think for us, it's just -- if that happens, just understanding our rules and communicating and going from there.

### Q. Your offensive coordinator got some head coaching interviews. If they asked you what's the best part of working with Kubiak, what would you tell them?

SAM DARNOLD: Yeah, I think the thing that jumps out to me is consistency. He's consistent day in and day out. He's honest with the players. Obviously great scheme, all those things football-wise that matter. But yeah, his consistency and how he is with the players is incredible.

**Q. You've had several eight-minute drives. What's been the common theme, besides that they're eight-minute drives?**

SAM DARNOLD: Yeah, I think for us it starts with the offensive line. The way that we're able to run the football, tight ends included, receivers, everyone included, fullback, running backs being able to run the football. But it starts with those guys up front, the way that they are able to get things going in the run game for us to be able to play action off of it, do the things that we want to in the pass game, especially on 1st and 2nd down, just keeping the ball moving forward. I think that's been a huge key for our offense the entire year, and nothing changes Saturday.

**Q. Do you need to get any treatment around the clock now before Saturday?**

SAM DARNOLD: Yeah, yeah, we'll be getting some treatment. But like I said, I feel really confident about going on Saturday.

**Q. You said it was during the walk-through this morning?**

SAM DARNOLD: No, it was during practice, during routes on air. Like I said, just felt a little something and didn't want to make it worse. It was just a cautious -- precautionary thing to be able to get in and get some rehab on it.

**Q. You don't need to get an MRI or anything like that?**

SAM DARNOLD: Yeah, we're just going to take it day by day and just continue to get the rehab that I need for it.

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