

Pittsburgh Steelers

Media Conference

Sunday, September 14, 2025

Pittsburgh, Pennsylvania, USA

Coach Mike Tomlin

Postgame Press Conference



Seahawks 31, Steelers 17

MIKE TOMLIN: Certainly a disappointing home opener. There's a lot of things that we can do better in all phases and in coaching and we will. I complement those guys on a winning performance. You know, it was still a ball game, man. There's a lot to be desired, certainly, but it's just interesting. We are in a close ball game last week and a special teams play broke it open in our favor. This week we're in a close ball game and a special teams play broke it open in our opponent's favor. I just think that's life in this business at this level.

I have a desire for us to be cleaner so you can't point to singular plays as pivotal points in the game, etc., so we have a lot of work to do and that's just to put it succinctly.

Had some injuries, Loudermilk had a high ankle. Highsmith had a high ankle. Patrick Queen had a rib injury. Payton Wilson was just heat-related, fatigue. He missed a block a time. A couple other guys went in and out and were capable of returning, James Pierre kind of being one of them. But really disappointed. We'll get better, we have to. We'll begin that process tomorrow. Questions?

Q. What happened on that kickoff that they recovered?

MIKE TOMLIN: Poor judgment by a young player.

Q. Is that's something you specifically work on in practice?

MIKE TOMLIN: Every day of our lives.

Q. Seattle seemed to go at you pretty aggressively across the middle. What happened there? What more could have been done?

MIKE TOMLIN: Early in the game or just in general?

Q. In general, yeah.

MIKE TOMLIN: You know, they made some quality plays at different points in time. We absorbed some attrition that probably limited our communication and thus our call sheet, but that's just a part of the game. That's what you do. You complement them.

Q. Mike, is it injuries that are catching up with the defense?

MIKE TOMLIN: We were down some bodies going into the game. We absorbed some attrition in-game. Many of those guys are new so it's a challenge. We certainly are capable of better than that so we'll keep working.

Q. You had fourth and one or less than one at midfield late in the third quarter. What was your thought process of kicking it there?

MIKE TOMLIN: It was a 14-14 game. Neither offense was lighting it up at that juncture. As I mentioned, we absorbed some attrition on the defense and so I wanted to protect that group and keep them on a long field.

Q. How concerned are you about the protection that Rodgers getting right now?

MIKE TOMLIN: You know, I'm concerned about a lot of things. We didn't perform to the level that we desired not only in that space but in a lot of spaces and so certainly there's a lot that has my attention leading into this upcoming week.

Q. From a layman's perspective it seems at times the offensive line didn't hold their blocking long enough and also at times, Aaron didn't get rid of the ball quick enough. So could that come to a happy medium in terms of maybe correcting that succinctly?

MIKE TOMLIN: Certainly two things are capable of being true.

Q. Coach, you had 59 yards rushing before that last drive. What is needed to get this running game guy?



MIKE TOMLIN: You know, we have to possess the ball more. Certainly we're capable of running it better but time of possession, our 2look thereof and our opponent's ability to has been a component of that equation or that discussion the last two weeks.

Q. ...why other teams seem to be having a lot of long runs against you?

MIKE TOMLIN: No, we just got to be better. And we will be.

Q. What did you feel was allowing them to be so successful, those big chunk plays, especially on third downs?

MIKE TOMLIN: You know, we didn't eliminate some known eligibles I thought, particularly early we didn't do enough to minimize 11 on possession downs. I thought we improved in that area. That's why we were able to settle it down. They went down the field and scored on the first drive, but, you know, it was pretty nip and tuck after that for the remaining two quarters until the game got broken open.

Q. Can Jaylen Warren handle an even heavier load?

MIKE TOMLIN: I'm certain he can. I know that he had a good week's work. I know that he felt good going into today and he expressed that and so I see no reason why he can't.

Q. Your rush defense, Coach, many terms of last week and this week, two back to back rushes up. Was there that much difference between the Jets and the team you saw today, or is that just the teams being able to...

MIKE TOMLIN: You know, I haven't made my comparisons. As I sit here today I'm digesting what transpired in stadium today and we got to be better.

Q. What do you feel like teams are doing to minimize T.J.'s impact and what can you do to get him some more looks?

MIKE TOMLIN: When they're successfully running the ball, they minimize their one-dimensional pass and circumstances and so I assume that you're asking about his ability to impact the game from a rush standpoint and so it's obvious what it does when they're on schedule and running the ball effectively. You minimize your opportunity to get one-dimensional pass rushes, individually and collectively.

THE MODERATOR: Anyone else? All right, thanks.