

Pittsburgh Steelers

Media Conference

Monday, January 5, 2026
Pittsburgh, Pennsylvania, USA



TJ Watt

Postgame Press Conference

Steelers 26, Ravens 24

Q. TJ, third time you've won the division since you've been on the team. What does it feel like? Last one was in 2020/2021. Just the motions running through you right now.

TJ WATT: Feels awesome, man. Winning is tough in this league, man. It's so tough. You put so much work into it. Nine seasons, like you said. To win it three times let's you know how rare it is and how much you need to appreciate it.

But with that comes not getting a win in the playoffs. So we're not just here to take part, man. We want to come in here and we want to win games.

Q. What was the scene after the game?

TJ WATT: Cigar smoke everywhere. Try to get out of there as quick as possible.

Q. How do you feel, TJ?

TJ WATT: Feel really good. See how I feel the next couple days. They say we're playing Monday, so we get an extra day. Honestly I am really pleased with how I felt. Hats off to the training staff, strength staff for getting me ready to go. Felt great out there tonight.

Q. TJ, what did you see on the interception with the deflection by Heyward?

TJ WATT: Just trying to rush. Any time you play hard, man, the ball finds you and you just make plays. Any time you feel like you need to make a play you just got to go as hard as you possibly can, as fast as you can. Even though I wasn't able to get to the quarterback the ball just popped up in my ear and I was able to make the play.

I think it was Cam or Keanu who made the pass, man, and that's what started it all.

Q. TJ, what went through your mind during the Ravens' last field goal attempt? Were you able to watch it?

TJ WATT: Yeah, I was out there for it so I saw it. Obviously just really excited. Any time you can win a football game, especially against two historic franchises, feels like every time we get together we're talking about just those legacy type plays, just huge moments every time we get together. Glad we were on the winning end of it this time.

Q. What can you say about Lamar Jackson as an opponent? Three explosive plays he hit against you guys. You guys were locking a lot of the underneath stuff down, but for him to stay focused and make big plays to put pressure on you guys, just seemed like really another great game between you guys?

TJ WATT: Yeah, he's MVP for a reason. They know us and we know them. I feel like right when you feel like you have them bottled up he makes one of those big time MVP plays. We know those things will happen.

But to be able to bow up in big time moments as good as we possibly could. Obviously there is a lot more plays out there that we want to make. Just happy to have a win, man.

Q. Your thoughts on just your ability, you and the defenses' ability to pretty much shut down Henry and the offense, the running attack of the Ravens?

TJ WATT: Yeah, I mean, obviously the first play of the game they had a good scheme of what we have done in the past. After that, they had a couple good runs. We really stopped them from there on out, especially coming out of half time. We just really wanted to blow up on the run knowing what they wanted to do. All comes down to gap sound football. Getting hats to the ball, trying to strike at the football as much as we possibly could.

Just played with a lot of energy tonight, a lot of passion, a lot of want-to, and just really proud of our guys.



Q. ...adjustment that you guys made that you saw they were doing that you guys had to adjust against to stop that run in the second half?

TJ WATT: Just running the ball, committing to it. I think any time you watch a run play it's always someone out of their gap, someone missing a tackle. There is nothing mystical to any of it. When thing goes wrong we can't all try to fix it. We all have to know that the next play we're all going to do our job. Once you try to start playing Superman ball is when you're in trouble.

Q. People often say that teams take on the personality of their head coach. Do you see that with this team?

TJ WATT: Yeah, I think for nine years you've seen it. We have a lot of resiliency. We have a lot of fun. We love football. We love the process. We really lean on each other in moments. It's cool when you see the ball in the hands of 8 there. He's here for a reason. This is why he's here. This is the best dude in the NFL for this moment.

To be see him deliver on a big stage was unbelievable.

Q. Talk about resiliency, you guys have dealt with a lot over the last month, you personally and the team. Why does the team have that? How does to keep getting back up through all the punches you've taken?

TJ WATT: It goes back to leadership. It goes back it coaching. It just goes back to want-to, love the game, the process, understanding how rare of an opportunity we have to play the game we love for a living and to play big time moments in front of big time crowds like that. I mean, you can feel the weight each and every play out there tonight, and I can't wait for next week to feel it again.

I think we just have a lot of guys who understand the importance of the moment and understand how rare it to be exactly where we are and just appreciate the moment. When those big time plays are to be made, the majority of the time we have been able to make them, but obviously there is a lot more to make.

Q. ...Not many fans here, and so now you guys are playing a game next week do-or-die again. Playoff game at home; fans here. What's the excitement level like?

TJ WATT: Through the roof. Tonight was arguably the best atmosphere I've been a part here in Pittsburgh. It was absolutely incredible. The fans were loud when they needed to be loud and they were quiet when they needed to be quiet. Renegade was played at a great time; we didn't deliver for Renegade, but just an incredible

atmosphere. This is why we play.

Q. You mentioned Aaron. What was it like in those moments to have him as your teammate in those scenarios when the offense needed it?

TJ WATT: Yeah, it was a weird no-panic feeling. Just calm. It was just confident. We've seen him work a two-minute drill so many times? We've seen those ball at the two yard line seven-shot type plays so many times, and just complete confidence in him and the offense.

Q. TJ, how did your first hit back feel? Did you have any emotions around that, and were there any points today where you're like, hey, I'm back here and not on the sideline or wherever you watched the last three games?

TJ WATT: No, honestly, no. That was part of why I felt so comfortable playing tonight. That if I knew I was going to play I knew I was going to be able play to the best of my ability as fast as I possibly could. Honestly my legs just felt really fresh, so that was exciting.

Q. What can you say about Cam Heyward? Seemed like he was fighting every play like he always does, and all the battle you guys have been through, especially against this team?

TJ WATT: Yeah, I mean, took a big hit on the first play of the game too and he was right back out there the next play or a couple plays after that and just always around the football. Defensive tackle at 45 years old is incredible.

Just awesome to have him as a teammate honestly. Just the leadership. Gave a great speech last night and great speech today. It's important to win, and there are certain people you want to deliver wins for and he's definitely one of those guys.

He might not be able to fit this hat, but I'm excited that he's got one.

Q. TJ, talk about what this game could do for this particular team? Last week, have a chance to wrap it up; however tonight was win or go home. How can this particular game help you going into the playoffs?

TJ WATT: I think it's just momentum, understanding that we can deliver when it gets thick. Just a lot of belief, man. Truly a lot of belief in offense, defense, special teams. We have the tools. We just need to go out and deliver.

FastScripts by ASAP Sports