

# Jacksonville Jaguars

## Media Conference

Sunday, November 16, 2025

Jacksonville, Florida, USA

**Justin Herbert**

Visitors Postgame Press Conference



Jaguars - 35, Chargers - 6

**Q. Justin, you went to the tent at the end of the first half. What happened there from your perspective?**

JUSTIN HERBERT: I just had to come out. They had to examine for a concussion.

**Q. All cleared?**

JUSTIN HERBERT: Yeah, I went back in.

**Q. What did the Jags do that affected you offensively?**

JUSTIN HERBERT: Yeah, we just didn't execute. Turned the ball over, played poorly, and didn't make any plays. So it's on us as an offense to be better.

**Q. How challenging has the pressure been for you this season? The amount of hits, the amount of pressure you're under.**

JUSTIN HERBERT: I could have done a better job of stepping up in the pocket, getting the ball out quicker. The interception, we were down, and it felt like we needed a chunk play and forced something downfield.

That's on me, and I have to play better. It's not good enough for this team.

**Q. How much are you looking forward to the bye week considering the number of hits you've taken this season?**

JUSTIN HERBERT: Yeah, it's always tough. When you lose a game like that, you want to go back out there, and you want to get that taste out of your mouth. I think it's tough because now we have to wait a week -- two weeks to go back and play of the.

I think it will be good. I think a lot of guys will get their bodies back this week, and the rest will be good for us. It

wasn't good enough today for us at all.

**Q. How do you balance like when to throw the ball away and when to hold it? How difficult is it to decide when to throw it away and when to make a play or give up on the play? How do you figure it out?**

JUSTIN HERBERT: That's the tough part of the job. Going out there and doing your best and trying to extend the play, maybe making something happen, and too many times where I hold onto the ball and take a sack, an unneeded sack. So that's the tough part about sometimes a throwaway is better than a sack and living to fight another day.

Whether you can make a play, it's up to where the defender is, what you can do, and where you can get out.

**Q. Is that something you battle with like to find that discernment of when to throw it away or when to keep it?**

JUSTIN HERBERT: Yeah, it's part of the job. That's why we watch film and talk about it. You've got to trust your gut. You've got to go out there and try to play as fast as you can and not think. Sometimes they get you, and I could have done a much better job of getting rid of the ball and not taking some of those sacks.

**Q. Physically are you hurting more than you have been other seasons?**

JUSTIN HERBERT: I mean, that's part of the NFL. It's a long season. Playing quarterback is tough. You get hit, and you've got to get back up. I think this week off will be good for everyone to get their bodies back.

**Q. With the injuries you guys are dealing with, how difficult is the play when you guys can't really get the run game going? I felt like against Pittsburgh you were able to get the run going and play off of that. Today not able to get the run game going. How challenging is that offensively?**

JUSTIN HERBERT: We just never really got set up. We

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just never got in rhythm, comfortable. It starts with the run game, and we weren't able to do that today. It's on me to do a better job of getting those completions and finding those easy couple routes where we can extend plays and convert on third down, which we did a poor job of today too.

Yeah, we just weren't in rhythm today.

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