

Carolina Panthers Media Conference

Sunday, November 30, 2025

Charlotte, North Carolina, USA

Coach Sean McVay

Visitors Postgame Press Conference



Panthers 31, Rams 28

SEAN McVAY: (In progress) ...tighter than we've ever been, and it's going to be a great opportunity for us to be able to respond. That's what this group has shown they're capable of, but you give the Panthers credit. They did enough and made the plays to be able to win the football game.

We all can collectively be able to improve, and that's exactly what we're going to do and we're going to stay tighter than we have been. This is a disappointing day, but we're not going to stay in this moment for long. We'll look at it, figure out how to you respond, how do we move forward the right way, and that's exactly what we're tasked to do and will do.

Q. (No microphone.)

SEAN McVAY: Yeah, he just lost track of the play clock. Felt like it was a pretty quick whistle, but that's really as plain as it gets.

Q. Did it affect you guys at all?

SEAN McVAY: You know, I mean, I think it affected the way that game was played. There was three plays offensively in the third quarter. They possessed it for a while to start off the half, and then you have that three and out. That sequence was definitely affected in terms of the third down where we had a situation that you typically probably are making that throw and catch.

But it did probably affect us there, but for the most -- they had to play in it too, so it's not an excuse. They made the plays. You give them the credit, and we'll move forward the right way.

Q. You guys have had so much successes against the run this year on defense. What led to the struggle?

SEAN McVAY: You know, I think we'll go back and look at

it, but it just felt like they were getting some good surges. We were getting screwed out of our gaps on a couple different things where we liked some of the front mechanics and different calls that we were in.

We'll go back and we'll see. But you give them credit. They executed well. Seemed like they were getting some good pushes. Their backs were falling forward. They committed to being able to run it, even in some of the third and shorter windows.

And then the critical fourth downs, whether it was the fade or the little roll passes where they end up leaking T-Mack out the back door and he ends up making a big play. Those are two fourth down conversions that were two of their big touchdowns. They score a defensive touchdown.

There were a lot of things that were in alignment where, hey, you give them credit. We gave ourselves a chance. You're down there thinking you're going to really take the lead. Felt really good about what we were going to run in that particular situation when we did end up having the delay.

Got a look that we liked, and we liked the look we had on the next third down. Unfortunately guy did a good job being able to get it out and we turned the ball over.

Q. You guys for several weeks caused a lot of havoc on quarterbacks. Just I guess why was it so hard to do that today?

SEAN McVAY: We didn't get into a lot of longer distances. They were fairly efficient on some of the early downs. And then they committed -- we felt like they were probably going to do that. That wasn't something that was a secret. Thought they would commit to being able to run the football, and I think they had their game plan come to life getting 37 carries off or however many it was.

But it was a lot and they were able to control possession. Because we felt like Matthew and the offense was going a good job up and down the field. It was really just the turnovers.



You have the one punt in that -- those three plays that we had in the third quarter, but this is football. This is -- you got to be able to handle some tough moments. Our team and the people in that locker room are made of the right kind of stuff. We've dealt with adversity before.

We'll deal it with it again and we'll handle it the right way. I can't wait to lean in. Sometimes when things go well these can be blessings in disguise if you use them the right way.

You didn't want it to happen. We came out here with the expectation to win the football game. It didn't go down like that for us. Now we get a chance to be able to move forward and see how we handle a little bit of a challenge. It's been a while since we felt this way.

Q. You said (indiscernible) is a thing.

SEAN McVAY: Yeah.

Q. You've said that throughout the week.

SEAN McVAY: Yep. Didn't think we were not ready to go. Didn't think we took this group lightly. I don't believe that for a second. This is the NFL. This is too difficult. They did a great job making plays and they made plays.

Sometimes you get some bounces where it's a tipped ball that goes for an interception when you drive right down the field. Wish I would've given Matthew a better play when Jackson ended up squatting on that out route.

And then we ended up having an uncharacteristic sequence toward the latter part when we get ourselves right down the field. Matthew and the offense did a great job or orchestrating a really nice drive. You're in scoring position. Feel like you're going to really take the lead and win the football game, and they made a critical play to be able to force the turnover.

Then they were able to get a first down on a third and five when you're thinking you might get the ball back. So you give them credit. Their fourth down execution, forcing turnovers; we didn't execute the way we're capable of. There are certain things we can certainly do a better job of collectively as a coaching staff, and we are all in this together.

We're going to stay tight and we're going to move forward and that's all I know how to do and I know this group feels the same way.

Q. ...what went into the decision... (indiscernible)

SEAN McVAY: Just it was -- it goes all into you're 48 in

special teams and all those different things kind of have factors in that.

Okay? All right. Thanks, guys.

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