

Carolina Panthers Media Conference

Sunday, December 28, 2025
Charlotte, North Carolina, USA

Bryce Young

Postgame Press Conference



Seattle Seahawks 27, Carolina Panthers 10

Q. Bryce, what do you think went wrong today?

BRYCE YOUNG: Just didn't execute. Ton of credit to the defense, they dead a great job. Offensively, we let them down today. That sucks, obviously it starts with me. We all take ownership. Had opportunities with the defense helping us out there. Didn't take advantage of them.

We give credit to our opponent. It's a good team so obviously we respect them as well. Just didn't execute on offense.

Q. Just didn't really know until you got back into the locker room that Tampa Bay had lost and you had a chance to win the division. What was that feeling like realizing that the opportunity was there to win it?

BRYCE YOUNG: Yeah, we don't deal on hypotheticals. We're all about just winning today. We just want to go 1-0 today. Didn't get that done. That's what sucks. But blessing is we have an opportunity. For us, we get to start the playoffs a week early. This is what we wanted, what we were excited for.

So we'll have a quick 24. We'll come back tomorrow, make sure we grow from it and we'll flush it. Again, we get to start one week early, so we're grateful for that opportunity.

Q. ... like you guys have since you just beat Tampa seven days ago?

BRYCE YOUNG: You didn't get any advantages in this league. It's always going to be a new game, a new 60 minutes. We have a ton of respect for them. These division opponents, you always got to flush it. It's always fun being able to play those chess games knowing you play someone twice, but there's no advantage based on the outcome. It's going to be a great challenge for us, so we're excited for the opportunity.

Q. Bryce, obviously you guys have been up and down the last couple of months, and Dave just said that's kind of who we are right now. Does that experience help you kind of get over this loss and missed opportunity and just get to next week as soon as possible?

BRYCE YOUNG: Yeah, we don't get to pull from anything. We're confident in who we are. We know what we're capable of but that doesn't entitle us to anything. We have to have the best week of preparation yet because it's the next game. We have to earn the right to go out and try to perform next week the way we want to so we're going to focus on that.

Again, we all believe in each other. We all have the confidence in the world. Now once we turn the page on this one, it'll just be about focusing day-to-day.

Q. ...the guys in the locker room, all the team that Dave wants to be player-led. How important is your voice, guys like Derrick, to make sure that the message lands?

BRYCE YOUNG: Yeah, again, we just got to flush it. All our credit goes to the opponent. We're competitors. No one likes to lose. No one is happy about today. But in this league, you gotta flip the page. We got to be able to turn it. We got to start the playoffs a week early. We wanted opportunity. We have that opportunity. Now we have to make sure we embrace it. We take advantage of it. We do the work necessary.

Just message is, again, just flush it, come back ready to learn tomorrow and then let's focus on having a great week of practice.

Q. Does it surprise you how much man they played on defense? Dave alluded to that.

BRYCE YOUNG: Yeah.

Q. And did that take you a little bit off guard?

BRYCE YOUNG: Yeah, again, credit to them. They made



... when all is said, we're done.®

adjustments. They came out with a game plan. They did a better job of executing it than we did. That's the league. You're going to go up against different schemes. People are going to make adjustments and we didn't do a good enough job of being able to react to that and counter it. We'll watch the film. We'll learn and grow from it. That's the NFL.

Q. As level-headed as you are in all situations, what's this roller coaster ride like for the wins and losses?

BRYCE YOUNG: For us, it's just been opportunities to be able to go to the next day. We've had whatever. You've had highs. You've had lows. For us, Coach talks about it all the time, just being consistent. Be in love with the process and for us, that doesn't change. Regardless of the outcome, the day, week, whatever it is before, we're focused on the process so I always take that mindset.

Q. Dave said you guys have been playing playoff football for a number of weeks now just in terms of your mindset. As you go into your first NFL win-or-go-home game, how has that prepared you for this week?

BRYCE YOUNG: Yeah, Coach has done a great job of just putting that on the table, giving us that challenge and us accepting that. I have all the confidence in the world in this team. We understand the moment. Again, right now when we come back, we'll watch the film and it'll just be about that process. It'll just be about having the best Monday, tomorrow, we can, and then as it goes deeper in the week, again, I wouldn't want to be in this position with any other team.

Q. How big was that pick coming right off of them scoring and you guys get the ball back. What was that...

BRYCE YOUNG: Yeah, bad decision, bad throw. I wear that, obviously. Never want to give the team the ball back. Never want to turn the ball over, especially where they got it back at. I take full accountability for that, so, again, I'll watch the film. I'll learn from it and grow and then we'll turn the page.

Q. Was there any element of miscommunication on that play?

BRYCE YOUNG: No, no. Again, that's all on me. T-Mac won the settle. He's a super savvy player understanding coverage, and that was what I expected. He did a great job getting that. That all falls on my shoulders. Watch the film, learn from it and then turn the page.

Q. Could you tell that T-Mac was suffering from an illness? Like, was there any difference in his explosiveness today?

BRYCE YOUNG: No, no, T-Mac is a warrior. He's someone who's not going to go out there and... you wouldn't be able to tell. He had great energy. He was being special as he always is. Things didn't go the way that we all want it to go today. He's someone that's going to battle through things like that. So it's really great to see him have that mindset through what he was fighting through.

Q. This team's wins, losses with wins, wins with losses, however you want to say it, can you do it again next week?

BRYCE YOUNG: That's the goal. Again, fresh. We're not looking at the past. There's nothing in this league that entitles you to the next. Once we have this 24, we're going to go and grow. The goal is always to go 1-0. That'll be the same and it'll start with having the best week of practice that we can have so we're all excited for the process. Appreciate you guys.

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