

Costa Rica Trip – Day 4

Well today we had the early practice slot..... ugh. But we had a good breakfast then headed off to training, just a light flush out session with some technical work and some crossing and finishing. Some of the finishing was first rate some was very profitable for the locals as one ball sailed over the fence to a group of guys and before we new it..... they and the ball had vanished.... it was like a DSavid Copperfield trick.

After training it was back for a ice bath and a then lunch at the hotel. From there we left for the game. Today we played Heredia who we had heard were very technical. Sure enough they were. We came into the game feeling good and looking to carry on forward. As with every game and session, we have improved as a team. Today we were challenged by a very good attacking team but we held our own and had the best chances in front of goal of the two teams. The boys worked hard as a collective group and showed great understanding of the game as we had to change the formation a little to match them in midfield. We did well with the changes and ended the game tied 0-0, a fair result for both teams. Michael Harris our flip throwing right back received the MVP award for the game, and was asked by Heredia to perform his legendary flip throw again; much to their delight, he did and hurled the ball a good 50-60 yards. So after the cool down and some team photos we headed back to the hotel. The trip was made very enjoyable by a very humorous and light hearted group of comedians..... yes our Utah boys are quite a group!! After showers and a little R & R we headed out to a local restaurant with the Region 3 team. The food was great, but the after dinner games were even better.. The hosts had the boys and staff playing against each other in a hat swapping game a little like musical chairs but with hats! I will say the guys represented the Region well. After that it was back to the hotel and time for bed. Early morning tomorrow as we are all going white water rafting!!

Till the next time.

Coach Reece

Please go the Costa Rica Soccer web site at:

<http://www.costaricasoccer.com/2009BoysODPhome.shtml>, for more photos and videos.



Michael Hodgen against Heredia



Karson Payton against Heredia



Region IV and Heredia



Region IV with the "Powerade Girl"



Region IV and II in the "Hat Game"



Steve Bircsak and Richard Reece in "Hat Game"