

Minnesota ODP Trip 1993 July – Dec. Birthdate Team July 9-13, 2006



Mini mite row: Greg Peckham, Kyle Keefe, Coho Menk, Charlie Adams, Mark Gormley, Jacob Janacek, Michael Pulkrabek, Ryan McLean, Connor Murphy. Back Row: Coach Mike Madigan, Elliot Emerson, Luke Pederson, Eli Bjerk, Connor Danford, Ebenezer Mengistu, Grant Bell, Ben Johnson, Jason Schwab, Alex Elvidge, Coach Dominic Duenas.

Sunday July 9:

6:00 Players and coaches for the 1993 J-J and J-D teams meet at St. Thomas University parking lot in St. Paul

6:45 Departure. Watched Arsenal vs Barcelona game, and “Kicking and Screaming” movie. Ate lunch on the bus.

12:15 Arrive in Rockford, Il. Unload bus at Motel 6.



Parking lot of Motel 6.

Chaperones Steve and Bruce check team in at Holiday Inn. Coaches Dominic and Mike get players into their rooms. Watched World Cup final in rooms. 2:45
Walked to Holiday Inn for Pregame snack. Watched first overtime in dining room. No winner yet.

3:30 Bus to "Sportscore Two" field complex.



Entrance to Sportscore Two complex.

4:00 Opening remarks by Region 2 staff in Indoor Sports Center



Indoor Sports Center: Opening ceremony.

4:30 – 5:30 Hang out. Try not to break anything.

5:30 Watch first half of 1993 – older team game.

6:15 Warmup for our game

7:00 Game vs. North Dakota. Actually this was a composite team with about 5 ND players, 1 SD player, and the rest from Illinois. Strong team, but our mini mites played with them. ND hit the crossbar early in the game, but didn't have any great chances the rest of the first half. Second half and ND right wing made a great cutback move in the box and lofted a shot over Elliot's head and down in the far corner. Chances were even the rest of the game, but ended 1-0. Injury report: Grant pulled a hip flexor at 10 minutes and worked on his ice pack the rest of the game. Card count: none.



Players stretch and cool down after the ND game.

9:00 Dinner

10:10 Team Meeting at Motel 6 after coaches' nightly 9:30 meeting at Holiday Inn

10:30 Bed

Monday July 10:

6:30 Wake up call. Breakfast. Bus to fields for "early session" training. Six players were invited to the "pool" training instead: Mike, Eli, Ryan, Mark, Alex, and Elliot.

8:15 Training session with regional coach Kurt Krueger.



Monday morning training session.

Worked on defense: individual defending, backup position, doubling, when to press vs fall back. Small group with 6 players working with the “pool” players (!!)

11:00 lunch

1:00 Team meeting with same regional coach Kurt Krueger from the morning training session. Discussed possession, 6 good things to do with the ball,

2:00 Rest

3:30 Meet in Motel 6 lobby for pregame snack.

4:15 Bus to fields

5:30 Game 2 vs a very big and strong Kansas team which had won 6-0 the previous night. Kansas struck first on a nice shot from the edge of the penalty area to the lower left corner. Minnesota tied it up on a nice goal by Ryan – first holding the ball on a clearing pass from our defense, passing to Greg, and then collecting a return through pass just past the Kansas backs 10 yards past midfield. He shielded to his right foot while the Kansas backs chased, and beat the goaltender to the short side from a few yards inside the box. First goal of the camp for Minnesota! Unfortunately, Kansas scored twice more before half – once on some nice moves by a Kansas forward at the top of the box, and once on a lucky bounce to an open Kansas forward at the left corner for a tap in. The coaches challenged the team at half time to defend better, and they responded

well. Minnesota had the better scoring chances in the second half – several from Ryan – and Elliot made some good saves. The score remained at 3-1.

Injury report: The hip flexor struck again – this time sidelining Charlie just 5 minutes into the game. Grant was back, but not at 100%.

Card count: none.

7:00 Watch first half of 1993 – older team game. They looked great in a 5-0 win.

9:00 Dinner

10:10 Team Meeting at Motel 6 lobby

10:30 Bed

Tuesday July 11:

8:00 Wake up call. Breakfast. Bus to fields for “late session” training.

9:45 Watched a few minutes of the “pool training” scrimmage that Mike, Elliot, Mark and Ryan were in.

10:15 Training session with regional coach ???. Worked on give and go warmup, inside/outside circle check-back and move, give and go vs overlap, small games rewarding combinations.

12:00 lunch



Players eat lunch in the banquet room at the Holiday Inn and work on the “10 trees in 5 rows of 4” problem.

2:15 – 3:15 Meeting at Ramada Inn with national coach Roberto Lopez and head regional coach Jim Launder. Video and talk about the national training center

high school “residency program” in Florida. Clips of France-Portugal World Cup game and discussed good techniques and tactics displayed in the game.

3:30 Pregame snack.

4:00 Rest

5:30 Bus to fields



Players stretch before the Kentucky game.



Last minute pregame instructions.

7:00 Game 3 vs the Kentucky J-D team. Score: 1-1. Mark scored in the first half after Mike poked the ball to him in the box. He made a nice move to his left to set up a left foot shot which deflected off a Kentucky defender and in. Kentucky tied

it midway through the second half. Kentucky had a slight edge in possession and possible chances, but were not able to get it by Alex.

Injury report: Grant jammed his left foot and reinjured his hip flexor. Connor D. got spiked on his left ankle and turned the ankle. Charlie magically recovered from his hip flexor and played a strong midfield game.

Card count: Kyle, the brute, drew a yellow for tackling a large Kentucky player.

9:00 Dinner

10:10 Team Meeting at Motel 6 lobby

10:30 Bed

Wednesday July 12:

8:00 Wake up call. Breakfast. Bus to fields for “late session” training.

9:45 Watched a few minutes of the “pool training” scrimmage. Ebenezer was the only 1993-y playing, but Cody, Eric and Dylan were playing from 1993-o.

10:15 Training session with same regional coach Kurt Krueger as on Monday.



Wed morning training session. Charlie tries not to pick up any bad habits.

Worked on finding specific teammates in warmup, “football” games, and hunting to penetrate vs possession. Brief 15 minute scrimmage vs Ohio North (older).

Even play on both sides. No scoring.

12:00 lunch

3:30 Pregame snack.

4:00 Players fill out their evaluations of the camp

4:30 Meet with coaches Dom and Mike to go over evaluations prepared by them with regional coach Kurt.

5:30 Bus to fields

7:00 Game 4 vs the Wisconsin J-D team. Lost 3-2, but played the best game of the week. Wisconsin scored first, but Charlie drew a foul when a helpless Wisconsin defender chopped him down five yards outside the left edge of the box. Ryan made them pay with a laser free kick from 25 yards to the upper right corner. The half ended 1-1. In the second half Wisconsin went ahead on a scramble in front of our net, but Jason tied it at 2 with a one-time shot off a corner kick from Eli. Wisconsin scored the winner on a free kick from just outside the box as we were setting up our wall. Live and learn.

Injury report. Grant went down after a big tackle, and got up. The (Minnesota) bench went wild! Ebe and Connor D. played through some bruise pain.

Card count: Charlie got caught with his hand in a Wisconsin jersey. Clearly unintentional, just like in the World Cup games. Jason also received a yellow for running through the ball when there was a Wisconsin player behind it.

9:00 Dinner

9:30 Trade jerseys with other teams at Holiday Inn



Jersey trading.

10:10 Team Meeting at Motel 6 lobby



Evening team meeting.

10:30 Begin packing and cleaning rooms.

11:00 Bed

Thursday July 13:

7:00 Wake up. Pack up rooms. Move gear to chaperone rooms.

7:30 Breakfast

8:00 Watch "Pool" game. Ebe, Ryan, Mark were the 1993-y reps.

9:00 Watch Championship games

10:00 Picnic Lunch at Sportscore two



Coaches replenish.



Players hang.



Greg and Elliott chow down.



Jake jives.



Ball tricks with the Indiana coach.

11:30 Closing Session



12:30 Pack up bus and head for home.



Players and refs headed home.

3:30 Lunch in Tomah

7:00 Arrive at St. Thomas parking lot.