

SEAGULL



Leyton Orient

Tuesday 8 November 2016
Checkatrade Trophy
Kick-off 7.45pm



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game time



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SIMON RUSK

A warm welcome to Alberto Cavasin, the players, officials and supporters of Leyton Orient to the Amex Stadium

Tonight's game is our final match in the group stages of the Checkatrade Trophy and as a squad we're pleased that we still have a chance to qualify for the next round.

We have been in solid form recently, and are currently six games undefeated in all competitions, something which gives us plenty to build on going into the game.

The whole squad has benefitted hugely from being in this tournament and we don't want this experience to end tonight.

Ahead of this tournament, I always said that if we were within a shout of qualifying come the third game, then I'd be happy with that.

We know what we've got to do and sometimes if you think about all the various permutations, it can become distracting, so we just simply need to win.

But a stern test awaits us, and all of these games are hugely beneficial for the development of our younger players. Our emphasis at under-23 level is always to improve our younger players, but we're in this tournament to win it, otherwise there's no point entering it.

This competition has given our lads a taste of first-team football,

something which the likes of Ben White, Sam Adegugbe, Tom Cadman and James Tilley have already experienced in the EFL Cup this season.

It has also been great to welcome a number of first-team players into the squad for these games, and their experience rubs off on the younger players.

That's brilliant for us, as our younger players can learn plenty from the experienced pros, giving them extra game-time in the process.

It's been a great tournament from that point of view and it's also brilliant for the manager, Chris Hughton, to have another competitive game to give some of the senior players more time on the pitch.

Finally, I'd like to thank all the fans that have turned up to tonight's game. It's all part of the younger players' development to play in front of a crowd, in a game that's got more significance than a usual under-23 match.

Our supporters can play a big part in helping to develop our younger players, and I know you will all get behind the team.

Enjoy the game.

Simon

HELPING TO BRIDGE THE GAP

FA technical director, Dan Ashworth, is confident the Checkatrade Trophy will help bridge the gap between youth and senior football in England.

The Checkatrade Trophy is part of the EFL's commitment to help create and develop more homegrown footballers to benefit the England national team.

Ashworth, who has overseen the development of the elite England teams in the men's and women's game as well as the FA education and coaching set-up since 2012, believes the Checkatrade Trophy will benefit younger players in numerous ways.



In an interview with EFL.com, Ashworth said: "The principle of revamping the Checkatrade Trophy has been excellent.

"The youth development programme is excellent right through to the age of 18. However, there is a void to fill and we need to get our younger players experience to bridge the gap between youth and senior football.

"The slightly different concept to the Checkatrade Trophy gives our young players potentially up to six or seven senior games playing in an open age competition against seasoned professionals.

"It gets them understanding and experiencing the importance of winning. Results are not as important at youth level compared to senior football when there is something riding on every game.

"Ultimately their careers will be judged on results and if they can win more games than they lose against senior teams, they will be successful players."

The first round of group matches saw over 80% of players in the starting line-ups of Category 1 clubs under the age of 21. Across Sky Bet League One and Sky Bet League Two, 24 players made their senior debuts (aged 15-18) in the competition.

Ashworth continued: "We all want our senior teams throughout the leagues to be stocked full of homegrown players that have come through the system. It is better for all of the clubs and the national team.

"It is a pilot year for the Checkatrade Trophy. We will support the competition going forward and have a format that everybody feels will be a worthwhile opportunity for younger players."

UWE CLOCKS UP THE MINUTES

Having found himself on the sidelines through injury last season and Shane Duffy and Lewis Dunk performing well at the heart of defence this term, Uwe Huenemeier has been thankful for the Checktrade Trophy to gain valuable game time on the pitch...

It's been a difficult time for you recently Uwe, but how important are these cup games?

It's only natural that you want to be playing in the first team, but that has not been possible for me so far this season, so playing in these games is my chance to play competitive football, which helps to keep me match fit. You can train really hard, but there is nothing like playing matches – and these games in the Checktrade Trophy are always competitive because you are playing against teams who will raise their game against you.

You're not alone Uwe, there are a number of first-team squad players in the same position at present...

Yes, and that shows you the good competition we have for first-team places at the moment. We had five or six players who played in the last game at Stevenage who would consider themselves contenders for a first-team place and there's every chance we will have another strong side tonight. Whoever plays in these games, you have to show your professionalism and perform as well as you possibly can.

Do you find these challenging fixtures?

Yes, both games so far have been good tests – not just for us first-team squad players but also the younger lads who get called into the side. I think it's good for our under-23 players because of the competitive nature of the games. The physicality is tougher than it is in an U23 game; you are coming up against older players, some who have played many professional games, and like I said, they want to show they can perform well against a Championship club.

We drew 2-2 last time out at Stevenage but gained an extra point with a penalty shoot-out win. Talk us through the penalties...

[laughs] Okay, I was the only one in our team to miss! I was scoring them in training and

feeling confident – that's why I stepped up to take one. I was aiming for the top corner but the ball flew over the bar. We know that Germans have a good record in penalty shoot-outs, but it was the English boys in our side who showed how it should be done!

It was a good work-out on the evening, and although we conceded a couple of disappointing goals, the lads were smiling at the end. Now we have a chance of making progress in the competition with a win tonight...

What do you make of your first-team chances, Uwe?

I'm realistic enough to know that it's going to be difficult for me at the moment with the team doing so well. It's frustrating when you're not involved and looking at it, I'm now fourth choice in my position, whereas before my injury I was maybe first or second choice. I'm just keeping my head down, working hard in training and we'll see what happens. We all know things can change quickly in football, so you have to be prepared for things like injuries and suspensions. We've seen that this season with Connor Goldson coming into the team recently, so you have to be ready in case the manager needs you. I'm feeling good, I'm feeling fit and when my chance comes along, I have to take it.

With four centre-halves, do you all push each other in training?

Yes, that's natural. I knew the club would bring in another centre-back when Gordon Greer left in the summer, so it's always a case of having four players pushing hard for the two places. Shane Duffy has come in and done really well this season, so has Lewis Dunk, so sometimes you just have to accept your situation – which is what Connor and myself have done. But we're professionals, we want to be playing, so we'll always be pushing hard for a place in the side.





In Opposition

Leyton Orient will be hoping progress in the Checktrade Trophy can help kick-start their league campaign this season

A lot of water has passed under the bridge since former Albion boss Russell Slade led the side to the League One Play-Off Final against Rotherham in 2014, where penalties cost them a place alongside the Seagulls the following season.

That summer, Italian businessman Francesco Becchetti bought the club, Slade left for Cardiff City that September; and Kevin Nugent, Mauro Milanese and Fabio Liverani all filled the hotseat in a turbulent campaign that ultimately ended in relegation following a 2-2 draw at Swindon Town on the final day of the season.

Last term, former player Ian Hendon, Kevin Nolan and Andy Hessenthaler had spells at the helm, with the latter parting company with the club this September, with the O's 14th in the League Two table, having suffered back-to-back defeats.

Former Sampdoria boss Alberto Cavasin arrived in October, but so far has been unable to stem the tide with the club having picked up just one league win in nine attempts and the side currently sitting precariously in 23rd place in the table. However, according to new signing, Michael Collins, the spirit in the camp is still good.

"It certainly doesn't seem like a place that's down," said the former Oxford United midfielder. "Training has been positive and the lads have been positive.

"There have been some disappointing results but I don't think it would take much to turn it around. Sometimes in football you just need a bit of luck and over the coming weeks hopefully we'll get that. Nobody is shirking and nobody is hiding.

"We'll turn this around. It's not ideal at the moment, but I see the quality in the squad and given time this club will climb the division."

The O's started their Checktrade Trophy campaign with a 3-1 win at home to Stevenage, but lost last time out against Southend United at Roots Hall – Cavasin's first game in charge of the club. It has set up a winner-takes-all game at the Amex tonight and the manager is hoping to see his team improve sooner rather than later.

"My worries have not changed since the beginning of my adventure here. The results have not changed," said the 60-year-old. "We need to just keep at it and improve.

"It is not about how many improvements the team makes, it is about how we can work as a team and not concede so easily."

"WE'LL TURN THIS AROUND. IT'S NOT IDEAL AT THE MOMENT, BUT I SEE THE QUALITY IN THE SQUAD AND GIVEN TIME THIS CLUB WILL CLIMB THE DIVISION"

Michael Collins



O'S STATS...

3 goals scored by Leyton Orient in the Checktrade Trophy so far this season, all against Stevenage in a 3-1 win

1 goal scored in either half that game by Paul McCallum, who has netted six goals in total this season

1 season spent in the top flight by the O's, in 1962/63, but the side finished bottom of the table, with just six wins, and were relegated alongside Manchester City

205

league starts enjoyed by Dean Cox, who joined Leyton Orient following his release from the Albion in 2010. He had made 121 league starts for the Seagulls, and is currently on the books of Crawley Town



LAST TIME OUT...

Albion 5 O's 0

Glenn Murray netted a hat-trick as Albion maintained their League One promotion charge.

Murray opened his account on the half-hour mark when he converted Chris Wood's cross before O's keeper Jamie Jones palmed a Woods effort into his own net to give the Seagulls a comfortable half-time cushion.

The game was over as a contest five minutes after the re-start when Murray tapped home and he completed his hat-trick on the hour mark when he converted following good wing play from Elliott Bennett.

Ashley Barnes then put gloss on the scoreline with a close-range finish, while Orient's Adam Chambers hit a post late on.

The victory was Albion's first in six league games, but kept them six points clear of Southampton at the top of the table, while Orient's first defeat in nine games left them in 19th place – two points clear of the drop zone.

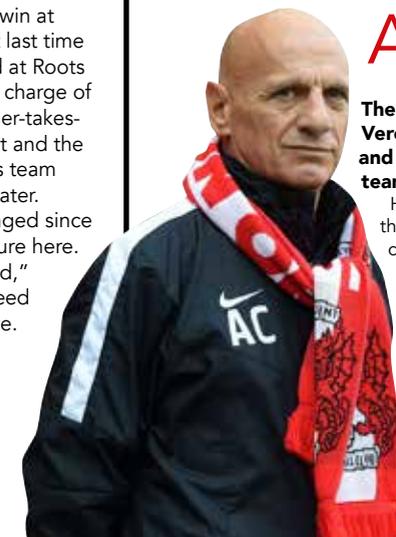
THE GAFFER...

Alberto Cavasin

The former right-back turned out for the likes of Verona, Bari and Cesena in a 17-year playing career and he was also a youth player for the Italian national team.

He ended his career with Padova in 1990, and took over the club's youth team before coaching a number of Serie C clubs. He helped keep Cesena in Serie B in 1999 before switching to Serie A side Lecce, where he was named Italian Coach of the Year in 2000. He remained at the club until 2002.

Cavasin also had top-flight spells with Brescia and Treviso, and was notably appointed head coach of Sampdoria in March 2011, but could not keep the side in Serie A that season. After a five-year sabbatical, he was appointed Leyton Orient boss in October and has penned a two-year contract.





Albion

Manager: Simon Rusk



O's

Manager: Alberto Cavasin

Uwe Huenemeier	4	○	○	1	Alex Cisak
Casper Ankergrén	16	○	○	3	Callum Kennedy
Connor Goldson	18	○	○	4	Liam Kelly
Elvis Manu	19	○	○	5	Alan Dunne
Solly March	20	○	○	6	Tom Parkes
Rohan Ince	24	○	○	7	Michael Collins
Richie Towell	29	○	○	8	Robbie Weir
Kazenga LuaLua	30	○	○	9	Ollie Palmer
Robert Sanchez	31	○	○	10	Paul McCallum
Jayson Molumby	32	○	○	11	Gavin Massey
Jesse Starkey	33	○	○	12	Charlie Grainger
Dessie Hutchinson	36	○	○	15	Nigel Atangana
Ben Barclay	37	○	○	16	Nicky Hunt
Joe Ward	38	○	○	17	Josh Doherty
George Cox	40	○	○	18	Ulrich Nnomo
Rob Hunt	42	○	○	20	Harry Cornick
Ben White	43	○	○	21	Jordan Bowery
James Tilley	46	○	○	22	Sandro Semedo
Jack Harper	47	○	○	24	Sam Sargeant
Ben Hall	48	○	○	25	Aron Pollock
Tyler Hornby-Forbes	49	○	○	26	Victor Adeboyejo
Henrik Bjordal	50	○	○	27	Jay Simpson
Will Collaer	51	○	○	28	Josh Koroma
Dylan Barnett	52	○	○	29	Myles Judd
				30	Sam Dalby
				31	Steven Alzate
				32	Henry Ochieng
				33	Zan Benedicic
				37	Yvan Erichot
				46	Jens Janse

Next at the Amex

Aston Villa

Sky Bet Championship • Friday 18th November • Kick-off 7.45pm

Match Officials

Referee: Lee Probert

Assistant Referees: Nigel Lugg and Robert Hyde

Fourth Official: David Rock

