POST GAME QUOTES Wednesday, June 14, 2023 LAFC VS. Houston Dynamo

RYAN HOLLINGSHEAD LAFC DEFENDER

LOS ANGELES FOOTBALL CLUB

RE: Thoughts on tonight?

"Tough game. Hard to lose at home, we're not in a great moment right now as a team and we need to bounce back."

RE: Did the red card shut down the team's positive momentum?

"I think we had a good stretch in the second half when we were on top of them and really maintaining possession in their half, keeping them pinned back. They're a deep block team, they were happy to be sitting back with all 11 guys behind the ball and just try to counter attack us. That was their plan and so we were holding them back and starting to create some chances and get a little momentum. Sometimes things just — you know — a tackle like that or getting chances that if we can put away maybe change the momentum and switch the script. Giving up a set piece goal is difficult. The game of football is about the inches. It's about those small decisions in the right spaces and tonight we weren't good enough in the moment in our box and we also weren't good enough in our defensive box and we weren't good enough to put some away in the attacking box. That's football sometimes."

RE: Is there a reason for LAFC not counterpressing as much? How much less dangerous is LAFC without the counter press?

"I think the press is really part of our DNA, it's something that we want to be doing constantly, it's hard for us to get away from that and in a moment like this where you're playing back to back to back games and coming off a long champions league stretch and then trying to continue to press, is a little more difficult, so we have to pick and choose our times and find the right times to press. We are also down some players to injury and trying to rotate the squad and trying to get fresh legs, so it's just a difficult stretch. For us we're not trying to reinvent the wheel, this isn't like a doomsday, like what's going on. It's a good chance for us to respond and get back to what we do well and we still have so much of the league in front of us, we have so much time to get back to our best ability to play. We still feel very confident in who we are as a team and we feel like when we play at our best we are the best team in the league and that hasn't changed. The thing that needs to change is playing our best, we have not been paying our best and when we dont we can get beat by teams in this league, so we just need to respond."

RE: The current schedule is so physically grueling (Wed + Sat), what is the team doing to stay as fresh as possible?

"Definitely. It's hard because you don't want to make excuses. You don't want to be pointing your finger at the schedule, there's top teams playing every three and four days, so we don't want it to be excused. This league is not used to that, it's not something that is built into the DNA of this league, the depth that the league allows, the punishment and salary for winning trophies in this league, so you're not set up for success, especially after the year we had last year, it doesn't set this year up for success, but were not trying to make excuses. We've got a phenomenal team, we think we're as good as last year when we won it all and so it's about just getting into the right mode. If we put away a couple goals in Atlanta when we have 20 shots on goal, maybe it

changes the whole stretch. You get to those points in football where you can't go and start pointing fingers, and say oh it's this or it's that, sometimes it's just the luck of the draw and we just have to keep grinding and work ourselves out of this hole. The difficulty is the amount of games we have. It's hard to just grind and work yourself out of that hole, but the best teams do it so we have to prove we're a best team by stepping up and making that happen."