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Essinge IP, 30/8, 20:00

LFC Vs Spånga IF (3-2)

A breezy, blustery and horribly rainy night asked questions of the Långholmen support, but true to form, there was a solid number there to help the stripes to a massive victory which gets the side back in the hunt to stay in the division and leaves things squarely in our own hands which is all we could ask for.

There was and old school feeling to the stripes squad and what they lack in skill and technique they've been making up for with sheer balls in recent outings. "The Långholmen Spirit" is something that we're all really proud of and it could be argued that it has this year been, at times, most conspicuous by it's absence in first team affairs, but it was certainly present in spades last night. It wasn't a classic polished performance. It wasn't a game that will live long in the memory for the casual observer, but it showed, along with other recent performances, that we are not taking this lying down and we are not going down without a fight...in fact...we're not going down at all.

The game itself was a funny one. A strong stripes outfit took the field but there may have been question marks as to their attacking balance due to a number of forced absences of some of the more offensive players. This proved an unfounded concern as the Stripes managed to plunder 3 on the night. Another LFC hallmark was also on display during the evening...doing things the hard way. Despite having the lion's share of possession and generally putting the oppo under pressure, we managed to concede the first goal of the night. The stripes were caught while trying to play out just left of midfield and a quick turnaround meant that a ball was slid through our back line for their pacy attacker. Stand-in keeper Steve Jefferson seen it and decided to rush out and try to get something on it. Unfortunately all he got was player and a penalty was fairly awarded, which was duly dispatched with the minimum of fuss. This was a blow that may have knocked the stripes of earlier in the season off their stride but on this night they were having none of it.

The stripes reply came quite soon after a series on corners and pressing on the opposition back line which included a Billy Harkness strike straight from the top drawer that their keeper just managed to claw onto the bar to the relief of everyone who goes for a pint with him. Not long after though a corner was expertly whipped in and was met with a firm header that the keeper did well to parry. Unfortunately for him it went straight up and dropped invitingly just under the bar for the reinvigorated Danny Partridge to nod home. Right place, right time, composure...1-1 at the half.

The second half could not have started better. A long searching ball from skipper Andy Mac in the opening exchanges found the area in behind the left full back and the centre half and that was all the invitation that Mr Partridge needed as he showed his phenomenal pace to tear up the ground and reach the ball first. But having reached it...he loaded the gun. You could almost see his Fifa 12 power bar loading above his head as he unleashed a shot with such ferocity and accuracy that the keeper did not even flinch and if he was honest with himself was probably relieved that it made no contact with any part of his anatomy as he may have lost it, but he didn't and the ball would probably be traveling still if it was not gobbled up by the hungry net and the stripes were in front for the first time on the night. 2-1

When you're down at the bottom of the league, you get nothing for free and yes, there is a sense of jangling nerves that is not there otherwise. In my opinion, that is what happened for Spånga's second goal. They were not cutting us to ribbons. They weren't really putting our goal under pressure, but they did establish more field position and that territory will inevitably lead to opportunities to put balls in dangerous areas something perhaps we can learn from. A corner set-piece, so fruitful for the first-half stripes was their undoing this time as an inswinger was called for by the keeper but not gathered, yet there still seemed very little danger as the ball dropped in the middle of LFC players and surely one of them would swipe it away, but in a classic case of "after you", the ball didn't go, it stayed exactly where it was for what seemed like an eternity. It finally got nudged and Stevie J tried to claw it away, but alas only pushed it on to the shin of a lumbering attacker and it nestled annoyingly in the side-netting. 2-2 and all to do again.

But we did. Another period of pressure and some intricate link-up play lead to the second stone-waller of the night. Up stepped Asst Manager and fellow shouty bloke Paul Sullivan to expertly slot away what was a massive Pen for us. 3-2 and now time to shut up shop and see out the game. And so we did. There were some nery moments and an unfortunate incident which lead to Billy H getting his marching orders for a misunderstanding and a second yellow, but the points were sealed when Andy Mac was "pole-sexed" by our own byline. The young tigerish, Norm Ironer flopping like a fish on land to expertly deceived the befuddled ref and ease the pressure and the game was blown up shortly thereafter.

3-points on the night
 6 from 9 and a very good effort in between.
 The Rock once again becoming a difficult place to come.
 Stripes on the March to strongly see out a topsy turvy season.

There is so much work to be done, but it's important to enjoy the little victories, because they add up.

We're gonna scrap all the way...that much we promise

Come scrap with us on Tuesday.

/Robbie G



Sunday 3rd June 2012 KO: 16:00

Enhörna vs LFC (1-4)

Enhörna IP

Stripes make history, with landmark win in the Swedish Cup.

Långholmen recorded a stunning win in the first round of the Swedish cup, making club history in the process and putting themselves into draw with the Allsvenskan and Superettan teams.

Enhörna away is something of a mystical fixture for the stripes, after many supporters of the club revelled in our success here during the 2010 Div 3 season; a fixture that we won 2-3 in the last minute after trailing 2-0 at half time. The hero that day Sammba was in the starting line up again and the travelling fans had plenty to be optimistic about (despite their bus breaking down) as they arrived at the beautiful cow corner just 10 clicks outside Södertälje. The home team started on the front foot, forcing a number of good saves from Allen, and testing the stripes defence with a number of corners and free kicks around the box. Enhörna's muscular front men worked their socks off, physically imposing themselves on the game and dominating the early exchanges.

Although the LFC lads were struggling to get a foothold in the game they took the lead against the run of play when Hampus Håkansson angled a strong header into the bottom corner. Sammba and O'Sullivan combining well to set up the cross. But true to form, the stripes conceded from a corner soon after, the home captain powering a header in off the bar to level the tie. The curiously undecided weather conditions kept everyone on their toes, but certainly didn't dampen the spirits of the travelling fans who were loudly enjoying themselves in the North Bank. Långholmen grew stronger as the half progressed, the slick grass surface suiting their patient approach play and O'Sullivan really should have restored the lead after 27 minutes. Instead he blazed over with the goal gaping after fine play by Hampus and Leo.

So the game was finely balanced 1-1 at the break; both teams could have been expected to improve the quality of their play and the stability of their footwear. The second half provided a dominant display from the stripes who found their rhythm and controlled possession for long periods.

Enhörna conceded a needless penalty after 52 minutes; Hampus tripped just inside the box and Harkness duly stepped up to convert with aplomb. And on a day that called for cool heads and steely discipline the home team completely lost plot for ten minutes when they effectively hit the self-destruct button by having two men sent off in a flurry of niggly fouls that all went punished by the consistent referee. The stripes used the ball well after that and made numerous chances to extend the lead. Danny Partridge looked lively on the right when he came on and the

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striker turned provider in the 75th minute sprinting away down the wing before fizzing the ball across for Sammba to convert at the back post. Hampus rounded off the scoring with a superb left-foot thunderbolt from the edge of the box with 5 minutes to go. The cultured forward bringing the ball under control, turning and lashing it home in one movement with absolutely no 'back draft'.

The Stripes fans went delirious; the beers had been flowing and the loyal band of black and white brothers were absolutely magnificent all day – they deserved this moment of singing in the rain! And the fans can now look forward to a home tie against one of the 32 top teams in Sweden on the 18th or 19th August. Carlsberg don't make second round Swedish Cup ties, but if they did....

LFC Squad

Allen (GK), Thorell (LB), McCormack (D), McClelland © (D), Luca (RB), O'Sullivan (LM), Harkness (CM), Olsson (CM), Costa Eriksson (RF), Sammba (CF), Håkansson (CF), Subs: McDonald, Partridge (65), Norwood (65), Graham, Burris (75)

MOTM – Erik Thorell; Magnificent performance from the young man, didn't put a foot wrong.

Ref Watch – Consistent (4/5)

Friday 27 April 2012, Stora Essinge IP, KO 20.00

LFC vs Djurgårdsbrunn (2-0)

Stripes off the mark with hard fought 2-0 home win

Långholmen held firm against the battle-hardened and physical Djurgårdsbrunn team to register their first win of the 2012 campaign. The Stripes controlled the game from the first minute to the last with the visitors picking up 8 yellow cards in a tempestuous affair. Oscar Hentmark broke the deadlock after 20 minutes with a crisp left foot drive, but LFC had to rely on a penalty in the last minute to finally secure the points and a 2-0 victory.

A reaction was expected following the disappointing cup result on Monday night, and the Stripes made a bright and confident start. Djurgårdsbrunn simply couldn't keep up with the speed of LFC's passing and fluidity up front and resorted to kicking anything that moved. The referee had a busy night, dishing out a total of 12 cards, but he also bottled some of the bigger decisions.

The writing was on the wall and as with previous games the Stripes crafted a number of excellent chances before breaking the deadlock. In trademark fashion Hentmark pulled the ball down inside the box, made half a yard and drilled a shot across the keeper with his trusty left boot. He was unlucky not to add to his tally, hitting the post with a sumptuous volley and slashing another wide following an incisive Stripes counter attack. He finally left the field with cramp in the 65th minute following an attempted Rabona. (http://www.whoateallthepeas.tv/skills/3_fall.html)

Defensively, Långholmen looked very solid. Even after McCormack left the field with a hamstring injury skipper McClelland and Ahmed closed the game out comfortably. The midfield also impressed, looking very sharp on the ball and displaying a hunger to win it back whenever possession was conceded. Young Zak Olsson displayed maturity beyond his years and brought dynamism to the centre of midfield; he broke up countless attacks, distributed well and was unlucky not to get on the score sheet.

On the balance of play, LFC should have added to their opening goal but spurned a number of good opportunities. Danny Partridge broke clear only to be cynically chopped down by a struggling defender, the referee bizarrely waving away protests. When the Djurgårdsbrunn keeper did the same moments later, everyone in the ground expected a penalty and a red card... but the referee again did nothing. In the final minute, history repeated itself for a third time... Partridge's pace sent him clear and he was sent cartwheeling through the air. The referee (true to form) saw nothing, but the linesman flagged it and Paul Sullivan stoically scored from the spot.

Special mentions for both Stew Norwood who looked very solid at right back and Luca Öhman who slotted comfortably back onto the right side of midfield after returning from his studies in San Francisco; there is genuine strength in depth to the LFC first team and competition for virtually every position – a good problem to have for the management team.

Results-wise, the Stripes have not had a lot of luck this year, but these things tend to even out over the course of a season. The important thing is to stick together, and if the current level of performance is maintained consistently, both players and supporters can look forward to an enjoyable summer.

LFC Squad

Allen (GK), Phillips (LB), McCormack (D), McClelland © (D), Norwood (LB), O'Sullivan (LM), Harkness (CM), Olsson (CM), Costa Eriksson (RF), Hentmark (CF), Håkansson (CF), Subs: Sullivan (75), Partridge (70), Ahmed (35), Luca (65)

MOTM – Zak Olsson; Powerful performance from the youngster

Ref Watch – Thanks for turning up (1/5)

Saturday 21 April 2012, Svanångens IP, KO 12.00

Skå IK vs LFC (5-1)

Stripes punished by ruthless Skå

Långholmen's first team travelled out into the countryside to meet old foe Skå, in a clash certainly not expected to be a walk in the park. Despite settling well and dominating the game for the first 20 minutes, the Stripes were unable to convert their chances and paid the price as Skå showed a ruthless efficiency on the counter attack to win 5-1.

Bottles of fizzy rhusarb pop, images of the spritely local ladies team and the silverware of glories past greeted the Stripes in the away dressing room, creating a setting Erik Elyton would be proud of. Sadly the only famous five appearing this afternoon were the home side's goals that knocked the stuffing out of a Långholmen squad with high ambitions for the season.

The Stripes once again started brightly, pinning their opponents back in their own half and creating a number of good chances. The Skå goalkeeper made two excellent stops from Danny Partridge, and one goal line clearance from Sammba in the first quarter while Långholmen had the upper hand. Partridge was also tripped in the box running through on goal, but the referee waved away shouts for a clear penalty.

Skå play a simple formulaic style, relying on a dangerous aerial advantage at set pieces. And so it would prove to be LFC's downfall, when they struck first from a corner... the ball delivered long to the back post and nodded in via a deflection. Their second was a swift counter-attack, catching the Stripes' midfield on the wrong side on the ball and creating the time and space for a wonder strike that went in off the far post. So 2-0 at halftime, but still the belief that Långholmen could get something from the game with the right attitude and application.

The next goal would prove to be decisive, and it was sadly gifted to the home side moments after the restart following a defensive error; a blocked clearance falling to the Skå man who raced clear and made no mistake with a precise finish. The Stripes pulled themselves together and controlled the game for the next 25 minutes, playing all the football, making numerous good chances and proving their ability to compete at this level – but the result had already got away and the home team looked content to take the sting out of the game.

New signing Hampus Håkansson provided a bright spark in the second period, coming off the bench to display a cultured touch and a seemingly effortless ability to link play. Sammba Sowe also worked tirelessly, causing problems for defenders and offering himself as an outlet all afternoon.

With the game fizzing out in the last ten minutes, the Stripes shipped two more goals to give the score line a somewhat flattering appearance, errors again exposing a soft defensive underbelly. Before the referee awarded the Långholmen a debatable spot kick in the dying seconds that Sammba duly converted.

So a second defeat in as many games for the Stripes, who will be hoping to bounce back from this latest setback in the Cup on Monday night. Thanks to all those supporters who made the journey, we sign off with the encouraging vocals of a certain Northern Irish synthpop band of the 1990's <http://www.youtube.com/watch?v=at8-dt92Sk>

LFC Squad

Allen (GK), McDonald (RB), McCormack (D), McClelland © (D), Thorell (LB), O'Sullivan (LF), Harkness (CM), Sullivan (CM), Sammba (RF), Burris (CM), Partridge (CF), Subs: Phillips (45), Håkansson (60), Olsson (65), Hentmark (75)

MOTM – Andrew O'Sullivan (as voted by the Skå fans)

Ref Watch – Typical standard of the league. 3/5.

Friday 13th April, 2012

LFC vs Turkiska IF 1 - 2

KO: 20:00, Stora Essinge IP

Nightmare start for Stripes' 2012 season

This was a horror show, and not the result that the LFC faithful had turned out in good numbers to see. In conditions that can only be described as shocking, LFC played some good stuff at times, and will be haunted by the chances that slipped through their fingers. Turkiska offered very little over the course of the 90 minutes but were rewarded for their efforts by snatching the points in devilish fashion.

The game kicked off in sheet rain and icy wind making tough going for the players and fans alike. Still the stripes started very well, dominating possession and creating a sequence of chances that kept the fans in good voice. LFC had the ball in the net twice, but both were harshly judged to be marginally offside. New signing Partridge upfront showed a relentless work rate that will no doubt make him a fans favourite during the season, and he was very unlucky with a number of opportunities. Young Zak Olsson also made a strong impression in the middle of the park, breaking up the play and keeping the stripes on the front foot.

Nil – nil at the break and it felt more like when, not if, Långholmen would find the cutting edge that was lacking in the first forty five. But during halftime the soggy snow started to fall which rather levelled things. The stripes could no longer play their incisive passing game and lost their shape in their eagerness to push for the opening goal. Turkiska took the lead on 50 minutes through a comedy of errors. Sliced crosses, ricochets and miss-hits allowed the ball to loop awkwardly into the net when the visitors to their credit found some space behind Långholmen.

Långholmen pressed on through the sludge, carving open the Turkiska defence, and threatening with almost every attack. Their endeavors were rewarded in the 72 minute with a penalty when Partridge was tripped en route to goal – Paul Sullivan calmly sending the keeper the wrong way from 12 yards.

With 20 minutes left, the brave (cold and wet) fans expected a black and white victory, such was the commanding grip that LFC had on the game. But again a lapse in concentration and an inability to react quickly enough to the danger let Turkiska in the back door. Allen making one good save from distance, only to be beaten on the rebound after 82 minutes.

Still there was time for LFC to equalise – and if it wasn't for a superlative goal line clearance from under crossbar in the dying seconds, the stripes might have levelled in injury time. McDonald made an impact when he came on with some surging runs down the right hand side, but in the end it was not to be and the game ended 1-2 to Turkiska.

A first round defeat, and some lessons to be learned for the stripes, but also some positives to take forwards from individual performances. One game does not make or break a season, and we can look forward to putting things right against our old foe Skå next Saturday. Credit to the supporters for their sterling work on the sides... wonderful to hear.

Ref Watch – Not really good. 2/5.

LFC Squad

Allen (GK); Phillips (RB), McCormack (D), McClelland © (D), Thorell (LB), O'Sullivan (LM), Harkness (CM), Olsson (CM), Costa Eriksson (RF), Hentmark (CF), Partridge (RF). Subs: Sullivan (55), McDonald (70), Burris

Wednesday 28th March, 2012

Sickla IF vs LFC (0)1 - (0)4

Stockholm Cup Round 4

Sickla miss their penalty in the cup handicap system before the game. Chris Allen makes a save low down to his left hand side.

Långholmen paraded their new kit in front of a sparse crowd for this cup tie. The new first choice keeper had very little to do for the remainder of the game as Sickla failed to make any real impact on the away sides defence. The new signings for the Stripes acquitted themselves very well and on this performance it looks like the senior team are shaping up very nicely in the run up to a new league campaign.

The Stripes had most of the possession in the first 45 minutes and should have been at least two goals to the good, with both Costa Ericsson and McCormack coming close.

Sickla showed their higher league opponents no respect and in doing so recieved a couple of first half yellow cards.

They then had a man sent off straight after the referee blew his whistle to end the first half, the assumption from the terraces was that it was for threatening behaviour

Half -Time 0-0

The second half started where the first half left off with some fine Långholmen pressure but no breakthrough and once again a few chances went a begging, notably a good effort from powerhouse Andrew O'Sullivan.

The hosts then came into the game more despite the disadvantage of having only ten men and just for a short period of time it looked like it was going to be a very frustrating night for the Stripes.

New kid on the block Danny Partridge scored a super goal after a great build up on 68 minutes and that was followed by two rapid fire goals on 74 and 76 minutes first by Billy Harkness and then again by Partridge, both these were set up by man of the match Oscar Hentmark.

Number four was a goal of class when goal provider turned scorer Hentmark netted after some neat interplay. The score flattered the home team who managed to get on the scoreboard with a consolation goal from the penalty spot in the dying minutes.

Credit must also go to the small but noisy band of fans who made the trip out to Nacka on a cold and miserable Wednesday night, the fact that a certain Champions league match took place at the same time didn't help the attendance.

Långholmen travel to Division 7 Wollmars in the next round after they knocked out fellow Division 4 side Enbyberg.

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