



Toronto FC Media Conference

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Alonso Coello

Media Conference

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Q. Alonso, what did it feel being back out there today and how big of a win was it for the club tonight?

ALONSO COELLO: It was huge. I think this was a game that we had to win, a hundred percent. Seeing the schedule following this game, this was a must-win game for sure at home and against a good team. But I think, yeah, we came up very strong, very aggressive, trying to play our game, being confident on the ball and I mean personally, felt great, being able to be out there. It's hard obviously when you're on the sideline to watch the games and not being able to participate and help the team.

So it's been a long three months, and it felt very good to be able to share that with the team again.

Q. This was a pretty big move. Can you maybe describe whatnot being able to play for three months was like?

ALONSO COELLO: It was hard at the beginning. Obviously no one likes being injured and not being able to play. The way I am, I think I did a good job managing it, and taking this time to maybe work on some things that I could work on in order to come back possibly even better than I left, and obviously the work behind the scenes with the physios and the rehab team has been great, and I think, I mean, today, you could see that I've been able to come back in a very good condition.

But I mean, going back to your question, I think I did a good job being able to manage it and use it as something that if you take it the right way, you can use it as some time to work on yourself.

Q. And is it helpful coming back from an injury to get involved with the TFC --

ALONSO COELLO: I think if the opportunity is there, I think it is something that for sure has helped me be able to come back and start the game and play some meaningful minutes. I think obviously having that international break was ideal, and being able to get some minutes with the second team in terms of confidence and then in terms of fitness, it has been key.

So yeah, obviously not every time you get injured you get the chance to do that but that's what I'm saying, sometimes you get lucky enough to be able to go through the process in a way that allows you to come back and perform.

Q. When you're out for that long, is it all working with the training staff, does somebody like Robin step in and help?

ALONSO COELLO: Yeah, I think it's about everyone that can help in a certain way being able to be around you and obviously Robin does a great job in those soft skills and abilities being able to support you in ways that other members of the staff, maybe because of the responsibilities, they are not able to do so.



So yeah, it has not been a one-person job. I think at the end of the day there's many people around that are a key part of someone, being able to perform at the highest level, and it's not just physically. The mental side of it plays a big role and Robin does a great job with that, and she helps a lot.

Q. Did it feel longer than the actual time?

ALONSO COELLO: To be honest, looking back at it, no. It's not a constant or a linear process. Obviously you have days that feel like weeks and then there's other weeks that go by very quickly because of the process that you're seeing throughout the injury.

So looking back at it overall, not. But maybe you ask me certain moments, and I'm answering differently.

Q. It was a pretty aggressive game, seemed to be tonight. What did you make of the game overall, Austin?

ALONSO COELLO: Yeah, I think they came out very aggressive. For an away game for them, I think their game plan was pretty aggressive in their press and even on the ball, they were very direct trying to create chances from long balls. And I think first 30, 35, 40 minutes, we do a very good job in managing that. And then maybe we still have that improvement gap of when you are dominating the game on the ball that way, we cannot allow ourselves to maybe concede certain chances that we are giving up in transition or through them just playing a long ball and they catch us sleeping.

So yeah, an aggressive game, and a big fight out there.

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