

York United advance in Canadian Championship, fall to Valour

Cédric Toussaint stepped up to the spot and placed the ball past former York United goalkeeper Nathan Ingham to send The Nine Stripes through to the quarter finals of the Canadian Championship.

In an enthralling penalty shoot-out between York United and Atlético Ottawa, it took eight rounds of penalty kicks as York won the game 1-1 (6-7).

On the road in Ottawa last Tuesday, Diyaeddine Abzi smashed York United ahead in the 31-minute.

A nice ball through from Lowell Wright found a streaking Abzi on the left-hand side of the pitch and the midfielder smashed the ball into the top-right corner for the lead.

United could have doubled their advantage if it wasn't for Drew Beckie blocking Dominick Zator's shot off the line in the 41-minute.

Into the second half, Ottawa finally got on the board.

Substitute Carl Haworth whipped the ball into the box and found a lurking Malcolm Shaw who headed home the equalizer. At the final whistle, the match went straight into spot-kicks.

Deep into penalties, Ben McKendry stepped up for Ottawa and sky-rocketed the ball well over the bar. That paved the way for Toussaint to put away the match.

?It was a game of two-halves to be honest. I thought we were the better team in the first half and obviously the chances again I thought we should have had one more. In the second half I thought they were the better team. I thought we tired,? said York United head coach Martin Nash.

?I know both teams played in short proximity. It looked like they tried to rest some of their better attacking players to finish strong and they did, to be fair. It was a great cross by Carl and a great header at the back post. It?probably deserved to be a draw at the end of the day. Penalties, you throw up in the air a little bit and see what happens.?

With two matches in the same week, York United returned from Ottawa and hopped on a plane to Winnipeg to take on Valour FC on the road.

In a tight 0-0 match, Montreal native and Valour FC forward Sean Rea ripped a bullet of a shot past Niko Giantsopoulos from outside the area to give the opposition the victory.

This Friday, York United will travel to Greater Victoria, British Columbia to take on last year's champion's Pacific FC.

The club will take on Pacific FC again next Tuesday in the Canadian Championship.

By Robert Belardi