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www.footballsouthcoast.com

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There's lots of action in May

After a very wet few weeks, it's great that our competitions are in full swing. But there's lots happening in addition to our competitions.

There's lots of football action happening in Wollongong during May with the Tim Cahill Foxtel Academy being held at John Crehan Park on the 23 and 24 May, Tottenham Hotspurs will be conducting a coaching clinic on the 27 May and of course we have Brazil vs the Young Socceroos at WIN Stadium, also on the 27 May with kick off at 6pm. Tickets can be purchased via Ticketmaster.



The Brazilian U20 team will be playing their friendly against the Young Socceroo's as preparation for the Under 20 FIFA World Cup to be held in New Zealand.

Brazil has won five FIFA U-20 World Cups, one shy of record champions Argentina. Brazil's U-20 World Cup graduates include Bebeto, Dunga, Jorginho, Taffarel, Roberto Carlos, Ronaldinho Gaucho, Kaka, Adriano, Dani Alves, Alexandre Pato, Oscar and Philippe Coutinho.



The Brazilian team squad boasts names such as Nathan who has recently signed with Chelsea, striker Thalles, and the skillful 17-year-old Malcom.

An open training session for the Under 20 Brazilian team will be held on Tuesday at WIN Stadium. Entry will be FREE of charge so stay tuned for all the details.

The Young Socceroo's last played here in Wollongong against the Foxtel A-League All Stars and it will be great to see the young stars of Australia as they battle the young masters of Brazilian football.

FIFA Women's World Cup

The FIFA Women's World Cup kicks off on the 6 June 2015 and will be the seventh FIFA Women's World Cup which was founded in 1991.

Australia will be in Group D with the United States, Sweden and Nigeria.

Australia has been represented at the FIFA Women's World Cup on five occasions from 1995 to 2011.



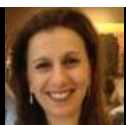
Did you Know?

- The FIFA Women's World Cup will be hosted in Canada. There were only two bids to host the FIFA Women's World Cup – one from Canada and other from Zimbabwe who later withdrew their bid.
- The venues will consist of fields with artificial turf which has caused some controversy due to the belief that players are more susceptible to injuries.
- Japan won the World Cup in 2011 and both Germany and the United States have been the most successful countries in the tournament with 2 titles each.
- The Australian Women's Soccer Association (AWSA) was founded in 1974 and a representative Australian team competed at the following year's Asian Women's Championship and Australia's first official international match was against New Zealand at Seymour Shaw Park.
- The Matilda's current FIFA ranking is 10 and the World Cup team for 2015 comprises of Shellharbour Juniors Caitlin Foord and Michelle Heyman.





CEO Update



It's been another wet start to the season – and similar to last year, we battled 3-4 weeks of rain which forced lots of ground closures.

Last week I attended the FNSW admin Forum and most associations were in the same position with lots of cancellations. Apparently in 1989, it rained from March until July and there was no sport for 14 weeks in a row. Let's hope that never happens again and the dryer weather continues as we get back into the swing of things.

We continue to get lots of great feedback on the club coaching program with more coaching courses being rolled out across our clubs and our free development programs will soon commence across certain age groups.

Female Football Week was a great way to reflect on the growth of females participating at all levels and it was great that Caitlin Foord made the time in between her World Cup preparation to spend time with the participants of our Girls SAP.

We have also recently welcomed the WIN Network into our Football Family who will be naming rights partners of our Junior Competition, School Holiday Clinics and the FSC Academy. What a wonderful partner for football in the area and we thank the WIN Network for their support of this beautiful game. **Ann-Marie**

QUOTE OF THE MONTH

**SOMETIMES
YOU WIN
SOMETIMES
YOU learn**

Chairman's Corner



We were pleasantly surprised to see an article called "Parents, calm down. Your child is not playing for the Socceroos in the World Cup Final" – which referenced Football South Coast and the signs below placed at all of our junior cubs.

The article was a great reminder for us all about how we can all make the competition as enjoyable as possible. We want to make our great game fun, give our players and referees an opportunity to keep fit and make new friends.

So let's give everyone a go and have fun!

See you around the grounds. **Eddy**

Please remember...

- 1 These are kids
- 2 This is a "game"
- 3 The coaches are volunteers
- 4 The referees are human
- 5 It's not the World Cup final



Upcoming Events



Some key dates over the next few months:

- 17 May: FNSW State Cup Round 2
- 19 May: Skills Training Certificate - Albion Oval
- 21 May: Grassroots Certificate - Albion Oval
- 26 May: Open Training Session – Brazil U20 team at WIN Stadium
- 27 May: Brazil U20's v Young Socceroos

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2015 Registration Numbers

Football is the most popular sport in NSW with 765,000 participants, and a registered player base 22% larger than all other football codes combined.

A recent report produced by FNSW stated that:

It's a sport for all ages, with 21% of children aged 5-14 playing football in NSW, a greater number than the other winter outdoor sports combined, eg AFL, rugby league, rugby union, netball and hockey. Almost one-quarter of registered players, some 64,000, are female.

Closer to home on the South Coast, football continues to grow. In 2014, an additional 800 players registered to play, and again in 2015, total registered players is now close to 13,000 – as an additional 800 players participate in the world game. In 2015, close to 9,500 juniors play football on a weekly basis with 24% of all players female.



FSC Men's Competition Update

After several weeks of interrupted fixture lists, the men's competitions are heating up. In the Illawarra Mercury Premier League, Dapto Dandaloo hold on to top spot despite losing to Bulli over the weekend, who now jump into second position. Tarrawanna are quietly going about their business and hold third spot with games in hand. Albion Park White Eagles and Wollongong United round off the top 5 as we are a quarter of the way through the season. Shell Cove picked up their first point of the campaign, however, they currently prop up the table although they are sure to get better as the season wears on.

In the WGC Cranes District League, Picton Rangers lead Thirroul, Berkeley Sports and Warilla Wanderers who are all within 3 points of the lead, in what shapes as an intriguing competition. Picton are undefeated in 8 starts and are starting to look like favourites for taking out the minor premiership. Wests Illawarra and Kemblawarra are not quite living up to their pre-season expectations at the minute, however, a few wins on the trot can quickly turn their fortunes around.

In the Quarter Finals of the Bampton Cup, Bulli will take on the winner from Wollongong United/Picton, Cringila Lions take on Woonona, Albion Park White Eagles play Tarrawanna, whilst Dapto Dandaloo Fury take on the winner from Port Kembla / Kiama Quarriers game. In the Quarter Finals of the Youth Cup, Bulli will take on the winner from Wollongong United / Coniston FC, Cringila Lions will play Woonona, Albion Park White Eagles play Thirroul FC and Dapto Dandaloo play the winner from Port Kembla / Shell Cove FC.



FSC Women's Competition Update

Following a successful Bonnie Lassie pre-season tournament, like other competitions, the FSC Women's comp has been adversely impacted by the recent weather with each league requiring a number of catch up games.

Illawarra Master Builders Division 1 sees the expected contenders Thirroul, Albion Park and Wollongong Olympic sitting on top of the table. Meanwhile catch up games will have an impact on the top 4 and the mid table order. Surprises so far this season include the strong performance of newly promoted Fernhill, a serious contender for the top four and the slow start by Tarrawanna who currently sit at the bottom of the table.

Illawarra Master Builders Division 2 - Wollongong Olympic and Helensburgh sit atop of the table and look like the teams to beat, having won all of their game and are closely followed by Berkeley. New comers Coniston have had a difficult start to their entry into the competition but with perseverance this week celebrated their first goal despite going down to Coledale.

Illawarra Master Builder Division 3 sees Helensburgh Black, Thirroul and Albion Park on top of the table following a strong start to their season. A number of catch up games in this league will determine the remaining table order.

Better Business Accounting Over 30's - Woonona and Tarrawanna look like the title contenders in this league having won all 3 of their games.





Functions



Tommy Dinh's Fight Against Leukaemia

Tickets \$65 per person (drinks not included)

Children Under 12 - \$25

Dress Code- Smart Casual

THERE WILL BE RAFFLES, AUCTIONS. LUCKY DOOR PRIZES & GAMES.

Villa D'oro

39-41 FLINDERS STREET
WOLLONGONG

FRIDAY

29 May '15

6.30 pm for 7.00 start

RSVP Lucy Ladic on 0401 455 122 or 4271 3220 or
email- ladics@optusnet.com.au

Check out Tommy's story at <https://www.facebook.com/events/894487593927856/>



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A word From Figtree Physio

Waterlogged – How to Keep Football Fit and Still Improve Your Game When Nature is Nasty!

Given the recent wet weather I thought it would be a good idea to discuss some options for clubs, coaches and players for training when it's wet and the grounds are closed.

To address this issue though we must first look at the obvious – what is the purpose of training? Football can be broken down into 3 main elements – Technical skill, Tactical ability and Physical factors ie. Football Fitness. Essentially training should aim to include these 3 elements and aim to improve identified areas of weakness in the individual and the team. In most cases, when it isn't raining, coaches will include all 3 elements into drills and small sided games. When it's wet though this is difficult to do and it means that the elements may need to be addressed separately. I have included some wet weather options that your club or coach or you as a player may use to address the demands of football.

Technical Skill

1. Indoor courts or synthetic surfaces are a good option for technical based drills where the focus is quality rather than quantity or intensity. Football involves a large number of accelerations and decelerations which take a large toll on the body – higher intensity sessions should be avoided.
2. Home drills – such as ball juggling, passing the ball against a brick wall with your weaker foot and working on ball control – are all small drills that can be worked on at home in small areas. The time off the field can be used to your advantage to work on technically weak areas of your game.

Tactical

1. Video sessions – these sessions will be planned and run by your coach and could involve your team or an “ideal” team such as Barcelona FC or Manchester United FC. Usually the video session will be used to highlight areas of improvement or demonstrate visually how the coach may want you to play.
2. Walk through sessions – purely tactical sessions where the coach/s may work on formations during different phases of play. These are often done on synthetic field or even inside on a court.

Physical

1. High Intensity Interval Training (HIIT) – Football is a sport characterised by periods of high intensity running and change of direction followed by periods of slower paced activity (e.g. sprinting to get a ball followed by jogging to a throw in). HIIT is perfect for footballers and involves sessions of high intensity exercise in short bursts followed by a rest period. HIIT is often set up in a gym or training facility but can also be done at home. HIIT will often include:
 - a. Bike or rower for short periods (from 45sec to 3 mins).
 - b. Strengthening exercises (such as push ups)
 - c. Whole body exercises (such as squats)
 - d. “Crossfit” style exercises (such as ropes and power sleds)
 - e. Running/plyometric drills (such as ladders and box jumps).

The goal is to exercise body areas that are vital in football performance and injury prevention in a way that they will be used in a game of football. The selection of exercises will vary for each player and dependent on the time of the season.

2. Interval Running – this can be performed in 2 main ways – Interval or Fartlek running or Short distance efforts
- a. Interval Running – this is characterised by continuous running for a period of time (e.g. 20mins) but interspersed with periods of higher intensity. For example a great off season running program for footballers is a 15 minute run with 3 cycles of 3 minutes at 90% maximum pace followed by 2 minutes at 50% maximum pace. This is a hard running session but is a great way to build running endurance in a short period of time.
 - b. Short Distance Efforts – this type of training often occurs at a running track or field. One of the most common drills for footballers is a Repeat 400 metre program where players will perform a 400 metre at 90% maximum speed followed by a 400 metre at 50% maximum pace. This is then repeated 5 times and gradually building to 10 repeated efforts. Again this is a hard session however is a much better and more football specific running alternative to the old “10 km road run”.

Please remember that Exercise is no different to any other medical intervention – it must be prescribed correctly and should be specific to each player. That is why I have discussed the intensity of exercise as a percentage rather than a time. This is because a player's Perceived Effort will be different from player to player. There is always a risk of injury with exercise and sport so it is important that any exercise program is prescribed by an appropriately qualified Health Professional such as a Physiotherapist, Strength and Conditioning Coach or a Sports Scientist.

Hopefully this article gives you, as coaches, parents and players, some ideas on how to keep fit, prevent injuries and be ready for when the rain stops!

Yours in Football

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