

Hi Everyone,

Five Rounds to go till the end of the season. Many teams have battled with numbers considering all the crazy colds & flu that's been around. With only five games to go, let's all give it our best and turn up to games committed and ready to play!!

Well Spring, (thankfully) is just around the corner and of course the A-League Season kicks off, tonight (Thursday 6/8/09).

Melbourne Victory at home to Central Coast. Should, be a fantastic game to start off the season.

For those who are addicted like me!!!! EPL also kicks off next week!!!! 15/08/09

YAY for that.....(Go Man U ☺)

Goal a thon - all this week. Hopefully, you have filled your sheet with willing sponsors and completed as many drills as possible at training! Remember, it's not a competition, just a fun way for you to complete the drill as many times as you can AND raise some much needed money for our club!! Because a few training session have been 'rained-out', you can do the Goal-a-thon next week or the week after. Let's target to have it all done by the 21st August. Who will be our first Strikers Superstar?

TEAM PHOTOS - 15th & 18th August - Details on the website.

Adults Night Out – Saturday 22nd August – Ballam Park 8pm start.

\$10p/head or \$15p/couple (Tickets available soon). Great Band and drinks at the bar ☺

Feedback Page – email in your feedback to editor@peninsula.org.au. Have your say about our club.

This Issue:

- Match Reports – Team Managers/ Coaches/Interested Parents – please put together a short report from each week's game and email to us: editor@peninsula.org.au by Tuesday 11pm. Great way to feedback results each week to all at the club.
- Inspirational quotes
- Coach's corner – We hope you are enjoying the coach's corner segment, and are more informed about the positions on the soccer pitch. In the next few weeks we are looking at: Soccer Formations. We should acknowledge the material from this segment has come from: www.soccer-training-guide.com
- Goal a thon Flyer – Ask your team manager for details and a tally sheet.
- Senior Strikers Update.
- Summary of last round's results and the upcoming round this weekend.

Overall remember to have fun, play hard but fair and support your fellow team mates.

Have a great round everyone ☺

Yours in Soccer, Grant and Kathy (Editors)

Match Reports – Round 13

12A Girls

Peninsula 0 vs. Brighton 2

Am I happy with today's game?

The girls can certainly hold their heads high after minimizing the impact of a very strong Brighton outfit, that kept considerable pressure on our midfield and defenders all game.

Unfortunately there were no flashes of brilliance from our attackers today, not even 1 shot on goal...no chances means no chance.

Our defenders ran hard all day with some good marking to limit the strike on Hannah who had a great game with a few notable saves.

Looking fairly disjointed all game, we structurally fell apart through the midfield which was where Brighton initiated their attack.

It was great to see an improvement in the second half after going to the break at 1 nil down...we just need to run that hard all day long.

So yes I am happy, as I have told the girls, it doesn't matter if you win or lose, all that matters is that you **try your very best.**

Matt

U15B Girls

Peninsula vs **Boroondara**
1 **1**

After last week's triumph the U15B Girls squared off against 3rd place Boroondara today at home, on the top pitch on a windy and overcast day. We took the field with 13 players, the same as Boroondara. In a pre-season match held in March we played easily our best soccer of the season so far to defeat Boroondara 3-1. Five weeks later in the season proper (when it really counted) we played our worst soccer of the season to go down to the same side 0-2. So there were plenty of bragging rights up for grabs in today's match. In addition the girls had another good reason to play well: of the 5 home games played this season the girls had only managed 1 win, whereas our 7 away games had yielded 4 wins (go figure!!!). With 4 of our last 6 games this season at home this was one statistic the girls were keen to do something about.

Boroondara won the toss and ran with the breeze in the first half. Peninsula, however, controlled this game from the start, with excellent pressure and good running and passing skills. Boroondara then started to look ordinary. Peninsula had two excellent chances to score which unfortunately were not converted. The disciplined play ceased and players started to hack away at the ball, forgetting about running and maintaining possession. Boroondara seized the initiative and pressured the Peninsula goal. Shortly after, Boroondara took the lead after the third dose of dreadful communication in defence in four games led to Seda being unable to stop a deflected shot and Peninsula conceding a soft goal. For such a dominant display on the field 0-1 at half time was a disappointing result.

To Peninsula's credit the girls continued to lift in the second half, playing a better possession game and almost completely shutting Boroondara out of the contest. As the midfield began to find their range Jamee latched on to the end of a great pass on half way to carry the ball down the right wing all the way for a beautiful solo goal. Well done Jamee! Peninsula had two other chances to seal the game but the shots went wide.

Well done to the Peninsula side on turning a defeat in round 4 into a more than competitive draw. Well done also to the girls for one of the most even team performances of the season so far. You have shown that with 100% commitment from everyone you **can** match it with any team in the competition. What we need to do from here is work on our communication and finishing skills which cost us a win today. Coaches are never satisfied, are they! Special congratulations to three players who attacked the ball and ran hard all day long, namely Beth, Jamee and Britt.

[5 rounds to go!! Let's finish the season strong, girls!](#)

[Go Strikers!](#)

UNDER 11 KANGAROO REDS

PENINSULA 2 SANDRINGHAM CITY 0

SCORERS: WIL ARMOUR 2

What a difference a week makes!!! Our team showed a polished performance on Sunday against Sandringham City, who with a win, could have ended the day on equal points with us, in 4th position.

Our players all made significant contributions towards the end result, leaving Sandringham City still in 5th place, though now 2 games or 6 points adrift, of our gallant young strikers.

Our team was solid in all positions, with Yodish Jagatheson returning to form with a fantastic display in controlling the central midfield, with great assistance from James Woodland, Bailey Williams, Wil Armour & substitutes Jack Beard, Troy Seeley & Frazer Crowe. However it was Yodish Jagatheson who continually caused the Sandringham defence problems, with well weighted passes finding our attackers, unmarked throughout the game, testing the oppositions defence, earning him Man of the Match accolades, with Wil Armour.

Wil Armour pressured the defence all day, chasing everything and was finally rewarded late in the 1st half when the Sandringham keeper dropped the ball, which Armour pounced, resulting in what would be his first, of 2 goals for the day.

Our young strikers continued to pressure Sandringham with strong performances from, Jake Quinton & Nathan Bal & Jack Moore whose speed & no nonsense defence continually frustrated the opposition's attackers.

Having only scored 1 goal in the first half & kicking against a strong breeze in the second, our lads stepped up another gear showing great defence & excellent team work in the second half continually repelling anything Sandringham threw at them. All Substitutes worked hard when coming on to replace their team mates in their various positions showing a good account of themselves, showing depth in a well balanced squad.

Our Reds were finally rewarded at the 18th minute mark of the second half, when again Wil Armour pounced on a ball from outside the 18 yard box putting it in to the top right hand side of the net, giving the Sandringham keeper no chance, making it 2 – 0 & some breathing space until full time.

It was fantastic to see all players again playing as a team, showing excellent team work & continual pressure throughout the game.

Well Done Lads, Excellent Win.

U14B

This 3:2 win at Langwarrin was not for the faint hearted and demonstrated the tenacity of the U14B team who pulled themselves back into the match after going 2 goals down in the first 10 minutes.

Final Result: Langwarrin 2 PSJFC U14B 3
Goalscorers: Conor Zyskowski(2), Daniel Methakul
Strong performers: Conor Zyskowski, an excellent *team* performance

I finished last week's report with the words '*Enjoy the game*'. Every member of the team was jubilant after the final whistle of this match and they thoroughly deserved the win.

We started the match playing down a significant slope, with a strong wind at our backs. With two strikers and an attacking formation we came close to scoring several times in the first 8 minutes. Strong shots from Conor, Daniel and Joel were either saved by the Langwarrin keeper or went slightly wide of the goal. Crosses and corners, particularly from Daniel on the right, gave great opportunities in front of goal. Conor most often connected with headers that again were just wide of the mark. Then disaster happened with Langwarrin scoring twice in quick succession. The fast breaks by Langwarrin had caught our defence flat and exposed our keeper Dylan to the opposition forwards. The Strikers team fought back immediately and despite the game being quite disjointed held Langwarrin inside, of their own half, for virtually the remainder of the game. Goals from Conor and Daniel came in quick succession to pull the Strikers into a 3:2 lead by half time.

In the second half we played a much more controlled level of football, with all of our players determined to raise the standard of play with fluid moves from defence to attack.

Our midfield players in particular were switching the play very effectively with pass and go movements around the field. Harry and Oscar were given defensive roles to tighten our grip on the breakaway forwards from Langwarrin. With the experience of Captain Luke Cliffe, Reuben and Byron in defence the opposition attack was rendered harmless for the entire half. Many more opportunities followed for our forwards in front of the Langwarrin goal but the score line remained at 3:2 for the final whistle.

This was a nail biting rerun of our earlier encounter with Langwarrin, going 2 goals down and winning by a single goal margin, however, our style of play in the second half was a great improvement on recent games.

A tremendous result and a great spectacle. Well done team.

INSPIRATIONAL QUOTES

Johnny Warren (1943 - 2004)

Former Australian soccer captain Johnny Warren was the face of soccer in Australia for three decades. Warren played in Australia's only appearance in the World Cup finals in 1974.

He represented Australia on 42 occasions between 1965 and 1974, and was captain for eight years. Upon his retirement in 1974, he became a coach, administrator and eventually commentator with SBS, and was an ambassador for the game at all levels, including being an integral part of the establishment of the A-League, having contributed to Soccer Australia's official inquiry into the state of the game in this country.

The Johnny Warren medal is awarded to the best player in the A-League.

Below are some "Pearls of Wisdom" from the great man.

TRY OUT NEW THINGS TO KEEP YOUR GAME FRESH.

JOHNNY SAYS: "There are hundreds of different ways to score a goal: a long-range lob or a close up laser, with a big smash or a small flick, off the knee, thigh, heel or chest; with every possible part of the foot; or maybe a spectacular scissors-kick. It's incredible variation, all ending in a dramatic goal, that gives soccer its magical, edge of your seat appeal."

USE YOUR HEAD.

JOHNNY SAYS: "Learning to head the ball effectively is one of the most important skills to learn, because it has so many uses: scoring goals, saving goals, controlling the ball and sometimes even passing it. An incredible number of matches are won by headed goals. Yet lots of players are afraid of heading the ball, because it hurts if you don't use the correct technique - so learn how to do it properly - practice and avoid the pain!"

Taken from the novel: Jasper Zammit Soccer Legend #2 - The Striker.

Written by : Deborah Abela & Johnny Warren.



Soccer Formations

There are many soccer formations and it's probably impossible to list them all, but presented here are some of the most common that have been used in soccer, from Brazil World Cup winners to club level. Let's start...

A formation describes how the players in a soccer team are positioned on the field. Different formations may be used depending on the skill of your opponents but also if your team wants to play more attacking or defensive soccer. For example the 4-4-2, describes the formation of playing with 4 defenders, 4 midfielders and two forwards/strikers, and is the most widely used formation in soccer today.

There is no optimal soccer formation that your team can use for every match. Instead, the election will depend on how your opponents are playing. You may have heard that choice of a formation varies from one squad to another and that the best formation is the one which most suits your team. Well, this is true, but if you want to become good in soccer you must be able to play in all possible formations.

Your team cannot either rely on one single formation; instead, the tactic must be adapted to the opponents. For example, let's say that your opponents are playing 4-3-3. Then, your team may have to give up their standard formation (for ex: 3-4-3) because playing with only 3 defenders, especially against opponents with 3 forwards (for ex 4-3-3), will not bring good results if both your and the opposing team are on the same level.



A soccer formation can be altered during a soccer match, (if your team wants to defend or attack more) but it will require fast adaptations from you and your team mates. Some formations lend themselves to dynamically change during a match. The ultra offensive 4-3-3 formation can be switched to a more defensive 4-5-1 during a game.

In a soccer formation the only unchangeable position is the goalkeeper. Regardless of your team's formation choice, there must always be a goalkeeper. It is also the only player that has permission to grip the ball. This is a reason for why all formations seem to be based on 10 outfield players since the goalkeeper is seen as a compulsory player.



The Most Common Soccer Formations - Part 1

The 4-4-2 - This is the most popular formation in soccer today. The main strength of the 4-4-2 formation is the balance. Offensive attacks are combined with solid defence. The weakness is the two centre players who must be supported by the midfield.



The 4-3-3 - A classic formation, that was adapted by the 1970's great teams. It was with the 4-3-3 that West Germany won the World Cup of 1974. This formation is typical for the **total soccer** system that was played by The Netherlands and West Germany. The mighty Barcelona of Spain has adapted this formation successfully in offence combined with good defence work.





Dribble-a-thon
&
Goal-a-thon



During training in the first week of August, all players will take part in special drills designed to test their dribbling and goal-scoring skills.

The players have been given sponsorship forms to ask family and friends to sponsor them for this event. We ask that you would encourage your child to take part, enjoy the special event at training and help raise some much needed funds for our club, Peninsula Strikers Junior FC.

R U a Strikers Superstar?

The player raising the most for the club will be recognized as our first "Strikers Superstar"



PENINSULA STRIKERS SENIORS UPDATE.....

Our senior boys **WON** against Berwick City last week.
B. Armour and D Ventieri scoring.

WELL DONE to all the boys it was a very exciting game. Strikers are now fifth on 26pts and have State League Two in their sights again!

THIS WEEK -

Round 18 - Saturday August 8th

Strikers V Noble Park Utd at Home - Centenary Park, McClelland Drive.

Kick Off - Reserves 1pm & Seniors 3pm.

Free Entry to Strikers Members.

ROUND 13 - RESULTS

SSF South 10 Joeys Green (Sat)	13	1 Aug 09 9:00AM	Peninsula 3	-	Hampton Park Utd	Ballam Park
SSF South 10 Joeys Green (Sat)	13	1 Aug 09 9:00AM	Peninsula 2	-	Peninsula 1	Ballam Park
SSF South 10 Kangaroo Green (Sat)	13	1 Aug 09 9:00AM	Peninsula 1	-	Peninsula 2	Ballam Park
SSF South 10 Kangaroo Red (Sat)	13	1 Aug 09 9:00AM	Peninsula 2	-	Baxter	Ballam Park
SSF South 10 Joeys Red (Sat)	13	1 Aug 09 9:00AM	Peninsula	-	Berwick City 1	Ballam Park
SSF South 10 Kangaroo Red (Sat)	13	1 Aug 09 11:00AM	Berwick City 2	-	Peninsula 1	Jack Thomas Reserve
Boys South 11 Kangaroos Green	13	2 Aug 09 9:00AM	Peninsula	0 - 0	South Eastern Piranhas	Ballam Park
Boys South 11 Kangaroos Red	13	2 Aug 09 9:00AM	Peninsula	2 - 0	Sandringham City	Ballam Park
Boys South 11 Joeys Orange	13	2 Aug 09 9:00AM	Peninsula	1 - 5	Hampton	Ballam Park
Boys South 11 Joeys Green	13	2 Aug 09 9:00AM	James Cook FC	2 - 1	Peninsula	James Cook Reserve
Girls Metro 11 Purple	13	2 Aug 09 9:00AM	Sandringham City 2	2 - 0	Peninsula	Spring St Oval
Boys South 12 B	13	2 Aug 09 9:45AM	Endeavour Utd	4 - 0	Peninsula	Reema Reserve
Boys South 12 D	13	2 Aug 09 10:10AM	Peninsula	0 - 11	Langwarrin	Ballam Park
Girls Metro 12 A	13	2 Aug 09 10:10AM	Peninsula	0 - 2	Brighton	Ballam Park
Girls Metro 16 B	13	2 Aug 09 10:40AM	Bye	-	Peninsula	
Girls Metro 14 C	13	2 Aug 09 11:00AM	Heidelberg Utd	5 - 0	Peninsula	Olympic Village
Boys South 13 A	13	2 Aug 09 11:20AM	Peninsula	0 - 4	Sandringham City	Ballam Park
Boys South 13 D	13	2 Aug 09 11:20AM	Cardinia	1 - 5	Peninsula	Lakeside Reserve
Boys South 14 B	13	2 Aug 09 12:30PM	Langwarrin	2 - 3	Peninsula	Lawton Park Reserve
Boys South 14 C	13	2 Aug 09 12:30PM	Peninsula	1 - 6	Lyndale Utd	Ballam Park
Girls Metro 15 B	13	2 Aug 09 12:30PM	Peninsula	1 - 1	Boroondara Eagles	Ballam Park
Boys S/E 15 Super League	13	2 Aug 09 1:45PM	Peninsula	2 - 0	Beaumaris	Ballam Park
Boys South 15 C	13	2 Aug 09 1:45PM	Peninsula 2	-	Bayside Knights FC	Ballam Park
Boys South 15 C	13	2 Aug 09 1:45PM	Hampton	4 - 1	Peninsula 1	WL Simpson Reserve
Boys South 16A	13	2 Aug 09 3:15PM	Langwarrin	2 - 5	Peninsula	Lawton Park Reserve

This Week's Games - Round 14

FFV:SSF South 10 Joeys Green (Sat)	14	8 Aug 09 9:00AM	Peninsula 1 v Peninsula 3	Ballam Park
FFV:SSF South 10 Kangaroo Green (Sat)	14	8 Aug 09 9:00AM	Peninsula 2 v Baxter	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	14	8 Aug 09 9:00AM	Peninsula 1 v Peninsula 2	Ballam Park
FFV:SSF South 10 Joeys Red (Sat)	14	8 Aug 09 10:00AM	Berwick City 2 v Peninsula	Jack Thomas Reserve
FFV:SSF South 10 Kangaroo Green (Sat)	14	8 Aug 09 10:00AM	Mornington 1 v Peninsula 1	Dallas Brooks Park
FFV:SSF South 10 Joeys Green (Sat)	14	8 Aug 09 11:00AM	Mornington v Peninsula 2	Dallas Brooks Park
FFV:Boys South 11 Kangaroos Green	14	9 Aug 09 9:00AM	Peninsula v Casey Comets	Ballam Park
FFV:Boys South 11 Kangaroos Red	14	9 Aug 09 9:00AM	Bentleigh Greens v Peninsula	Kingston Heath Soccer Complex
FFV:Boys South 11 Joeys Orange	14	9 Aug 09 9:00AM	Mornington v Peninsula	Dallas Brooks Park
FFV:Boys South 11 Joeys Green	14	9 Aug 09 9:00AM	Peninsula v Brighton 2	Ballam Park
FFV:Girls Metro 12 A	14	9 Aug 09 9:00AM	Sandringham City v Peninsula	Sandringham Secondary College
FFV:Boys South 12 B	14	9 Aug 09 10:10AM	Peninsula v Doveton	Ballam Park
FFV:Boys South 12 D	14	9 Aug 09 10:10AM	Dandenong City v Peninsula	Frank Holohan Soccer Reserve
FFV:Girls Metro 11 Purple	14	9 Aug 09 10:10AM	Peninsula v Berwick City	Ballam Park
FFV:Boys South 13 A	14	9 Aug 09 11:20AM	Bentleigh Greens v Peninsula	Kingston Heath Soccer Complex
FFV:Boys South 13 D	14	9 Aug 09 11:20AM	Peninsula v Beaumaris 1	Ballam Park
FFV:Girls Metro 15 B	14	9 Aug 09 11:20AM	Port Melbourne v Peninsula	JL Murphy Reserve - SS Anderson Oval
FFV:Boys South 14 B	14	9 Aug 09 12:30PM	Peninsula v Casey Comets	Ballam Park
FFV:Boys South 14 C	14	9 Aug 09 12:30PM	Endeavour Utd v Peninsula	Reema Reserve
FFV:Girls Metro 14 C	14	9 Aug 09 12:30PM	Peninsula v Keilor Wolves	Ballam Park
FFV:Boys S/E 15 Super League	14	9 Aug 09 1:45PM	Peninsula v Monash City	Ballam Park
FFV:Boys South 15 C	14	9 Aug 09 1:45PM	Peninsula 1 v East Bentleigh	Ballam Park
FFV:Boys South 15 C	14	9 Aug 09 1:45PM	Rosebud v Peninsula 2	Boneo Recreation Reserve
FFV:Boys South 16 A	14	9 Aug 09 3:15PM	Peninsula v Beaumaris	Ballam Park
FFV:Girls Metro 16 B	14	9 Aug 09 3:15PM	Peninsula v Brunswick Zebras	Ballam Park

PSJFC is proudly sponsored by



**227 Cranbourne Rd
Frankston
9776 5277**

Mon-Fri \$10 Lunches
Sunday Breakfast
9:00am - 12:00noon

Pizza - Pasta - Seafood - Steak
Family Restaurant
Fully Licensed



colby
Storage Solutions
Southern



ANDERSON'S
REMOVALS & STORAGE



eview
REAL ESTATE PARTNERS

463 Nepean Highway, Frankston 3199
P: 03 8781 3888
F: 03 9781 1547
E: frankston@eview.com.au
W: www.eview.com.au



AVIS
We try harder.



gotoprint
For all your print requirements



AMF
BOWLING



RITCHIES
SUPERMARKETS AND LIQUOR STORES



Flakey Jake's
Fresh FISH Cookery
SHOP 1, 151 - 153
BEACH STREET
Ph: 9783 2453



the sports
INJURY CLINIC
Life Support for Every Body



SPORTSPOWER

Shop G33
Bayside Shopping Centre
Frankston Vic 3199

Ph: 03 9781 4174
Fax: 03 9781 4131
www.sportspower.com.au