



NEWSLETTER # 11
11th-12th July, 2009

Hello Everyone,

No doubt you would have seen the Newspaper report in the Herald Sun when the Sandringham U12A Girl's squad narrowly lost a match against a side that stacked their side with 3 boys. The club concerned exploited a loophole in the regulations that technically allowed boys to play in girl's matches. The FFV are currently looking at what action to take against the club concerned.

Apart from the fact that one of our own sides (U12A Girls) is in the league effected by this incident, it highlights a 'win at all costs' mentality which is so prevalent in our society. What are we teaching our kids when we say it is perfectly 'legal' to adopt a strategy which is not in the spirit of the game, but which gives us an unfair advantage over an opposing side? When we get to this point we know something has gone seriously wrong with our thinking.....

May we always play hard, but fair. May we always give our best and enjoy our soccer in every match we play. If we do all this and we lose a game, so be it. Good teams can lose games! The most important thing is that we enjoy our sport and keep developing as players and teams. That is the primary goal. Some other clubs seem to have lost sight of that. Let's not do the same.

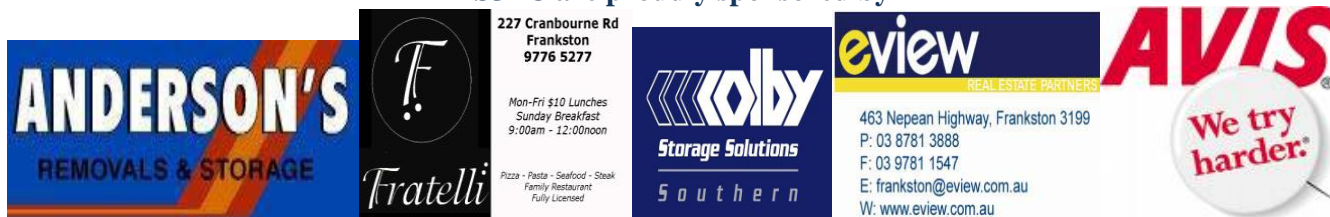
In this issue:

- + Match Reports – Keep them rolling in!
- + Coach's corner – This week we are looking at the defensive positions. We should acknowledge the material from this segment has come from www.soccer-training-guide.com
- + Advertisement for the Disco coming up on July 18. Get your dancing shoes on and come support the club.
- + Summaries of last round's results and the upcoming round this weekend.

Yours in Soccer,

Grant and Kathy (Editors)

PSJFC are proudly sponsored by





Match Reports – Round 10

Under U12A Girls

Peninsula 1 vs Pascoe Vale 1


In a scrappy match that didn't really see either team dominate we squandered yet another 1 nil victory at half time to end up walking away with yet another draw.


Nicole, Paige and Tash played a strong first half in defence, leading by example with some great marking and ensuring the play barely made it past halfway. Some great open running by Jamie down the right wing with Georgina in support started to break the opposition apart which helped Jordyn & Lauren exploit some opportunities. Lauren scored a terrific goal from 25m out pushing us to the lead at the break.

Bianca displayed great attitude and determination on the field by showing some brilliant 'grace under pressure' whilst being attacked from all angles. An unlucky break after we changed our structure saw the opposition equalize with Hannah unable to reach a high ball. With opposition defence improving in the second half, we struggled to penetrate their goal area and walked away with another point to our tally. Let's have a strong prep this week to meet South Yarra at home next week.

Rank	Team	P	W	D	L	F	A	GD	Points
1	Brighton	10	7	2	1	26	4	22	23
2	Sandringham City	10	7	2	1	26	6	20	23
3	Berwick City	10	7	2	1	22	7	15	23
4	Boroondara Eagles	10	5	1	4	12	12	0	16
5	North Caulfield	10	3	4	3	10	9	1	13
6	Peninsula	10	2	5	3	13	11	2	11
7	Ashburton	10	3	2	5	9	17	-8	11
8	Pascoe Vale	10	1	3	6	6	14	-8	6
9	South Yarra	10	1	3	6	4	32	-28	6
10	Banyule City	10	1	2	7	6	22	-16	5

PSJFC are 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









Under 14B Boys

Round 9

Peninsula 2 vs Springvale 3

The PSJFC 14B team were defeated at Springvale White Eagles by a narrow margin of 2:3 as the competition in the B division heats up.

Goal scorers: Conor Zyskowski (2)

Strong performers: Byron Laminski, Duncan Crowe, Reuben Slade

Rank	Team	P	W	D	L	F	A	GD	Points
1	Brighton 1	9	8	0	1	27	3	24	24
2	Mornington	9	6	2	1	22	10	12	20
3	Peninsula	9	6	0	3	23	10	13	18
4	Springvale White Eagles	9	5	3	1	27	18	9	18
5	Carrum Utd	9	4	2	3	19	15	4	14
6	Casey Comets	9	2	1	6	19	29	-10	7
7	Langwarrin	9	2	0	7	17	25	-8	6
8	Brighton 2	9	2	0	7	12	31	-19	6
9	Hampton	8	1	0	7	3	28	-25	3
10	Bye	0				0	0	0	0

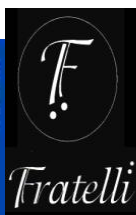
The 14B's started the game with just 12 players but looked confident in

midfield and they were very composed in defence. An early goal came from Conor who pounced on the opportunity that fell to his feet from a through ball. Nevertheless, there was still an edge missing from our game during the first half. A disaster struck after 15 minutes when Reuben Slade was withdrawn from the match with chest and hand injuries. Reuben is a key member of the defence and with the loss of Evan Soutar from central defence the previous week, it was necessary to make quick changes on the field. The boys all coped with playing out of position quite well but an equaliser came from a free kick that was given just outside of our penalty area on the left of midfield. The ball was well struck and arched over the head of Dylan who was caught off his line.

In the second half, with just 11 players, we again raised our work rate and played an attacking game against Springvale. Ironically, this was when we dropped to 3:1 down. A talented Springvale player took the ball across our goalmouth, beating three tackles and calmly slotted the shot past our keeper. Their third goal was from a tightly angled shot on the right of our goal. Many teams would have dropped their heads at this stage but we played great soccer in the closing stages of the game to bring the score back to 3:2 with a second goal from Conor. It was greatly pleasing to see the 14B's finishing the match with a period of intense pressure being put onto the Springvale defence.

Despite the loss this was a great team performance and was typified in the manner in which all 12 players fought to regain dominance in the second half and Reuben's desperation to get back onto the field after his injury.

PSJFC are 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



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





14C Boys (Continued)

Round 10

Despite maintaining a higher level of possession for the majority of the match, the U14B team are again defeated by a single goal in this home game against league leaders Brighton 1.

Final Result: Peninsula 0 vs Brighton 1

Strong performers: Harry West, Luke Cliffe.

We chose to play into the slight breeze during the first half for this important fixture with Brighton knowing that with only 12 players available, stamina would be an important factor in the second half. The team were well prepared when they went onto the pitch and were determined not to concede an early goal. We met every objective in the first 30 minutes. Our defence was tight and closed down players well, midfield fought for the ball and continually worked to gain space off the ball when we were attacking, up front we were dangerous in the Brighton box but very few good opportunities fell our way.

We were optimistic on the half way turn around. With the stiffening breeze at our backs the team were well placed to take the game to Brighton. This we did; Harry West playing a solid game at left back, creating attacking moves that started from well within our half. Reuben Slade at right back was also moving forward on the right wing creating an overlap in attack. Most importantly both players were covering ground well to maintain the tight defence. In the centre of defence, Oscar and Byron were blocking the Brighton attack well. In midfield the new combination of Matthew Davis, Luke Cliffe and Duncan Crowe was working effectively and maintained significant pressure on the Brighton midfield/defence. Nevertheless, opportunities to break the goalless scoreline were rare. Brighton managed a single shot on goal from the left of the penalty box 15 minutes into the half that beat an otherwise courageous keeper Dylan to put Brighton into the lead. The game moved into a higher gear. A penalty was awarded to Peninsula; taken by Davis it was saved by the Brighton keeper. Peninsula were now in full attacking mode. A free kick taken by Matthew Davis was cleared off the line by a Brighton defender guarding the near post. Conor, Daniel and Joel were gaining the ball in dangerous situations on the edge of the Brighton box but were always thwarted by very capable central defenders. We were gaining most advantage in attack from movement down the wings, especially when we changed to a 4:4:2 formation with Harry joining the forward line.

Overall, this was a loss but a seriously good work rate from all players meant that the match went to the final long awaited blow of the whistle. The first half was also much stronger than in games earlier in the season.

PSJFC are 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





Under 15B Girls

Doncaster 7 vs Peninsula 1

The Peninsula U15B girls suffered their third big defeat in as many weeks today at the hands of a very determined outfit in Doncaster, who have shown rapid improvement this season. We were without several players in key positions, which didn't help matters. However Peninsula paid the price today for undisciplined, sloppy play from the opening whistle. Our girls didn't man up in defence, and failed to support the ball carrier in attack, which rendered the majority of the team spectators and walkers in the first half. Through excellent passing and support play Doncaster were 4-0 up after 20 minutes and the Peninsula girls were in very unfamiliar territory, staring down the barrel of a real hiding, despite some excellent attempts in goals by Seda. Taylor came forward, and together with Beth started making an impact on the Doncaster defence. After a great run by Courtney G Kristen made an excellent pass across goal for Taylor to convert for her first goal of the season (well done!). Doncaster immediately responded by running through some non-existent defence and converting to complete a 5-1 scoreline and a very forgettable half of soccer.

Peninsula were much better in the second half, however Seda injured her shoulder diving for a save, which made the ball spill loose for Doncaster to convert. The last goal was all class, with length of the field passing and quality finishing by the Doncaster team.

In summary, Peninsula came up well short today. Doncaster were faster, more disciplined, more hungry, and more team oriented than our girls. Peninsula came away from this game with an understanding that we need to all lift our games. If we are to accomplish our goal of finishing in the top half of the ladder at the end of the season we really need to start working hard now, and not leave it up to a few individuals to do the work. Well done today to the non-stop tryers: Beth, Taylor, Kristen, Seda and Courtney M.

It's time to get serious, girls!

It's time to get serious, girls!

Rank	Team	P	W	D	L	F	A	GD	Points
1	Berwick City	10	8	2	0	26	3	23	26
2	Kensington JGSC	10	8	1	1	50	15	35	25
3	Doncaster Rovers	10	7	0	3	35	12	23	21
4	Boroondara Eagles	10	6	2	2	29	16	13	20
5	Port Melbourne	10	5	2	3	17	17	0	17
6	Keilor Park	10	4	1	5	10	13	-3	13
7	Peninsula	10	4	0	6	11	25	-14	12
8	Brunswick Zebras	10	1	2	7	9	28	-19	5
9	South Melbourne	10	0	3	7	5	26	-21	3
10	Glen Eira	10	0	1	9	9	46	-37	1

PSJFC are proudly sponsored by

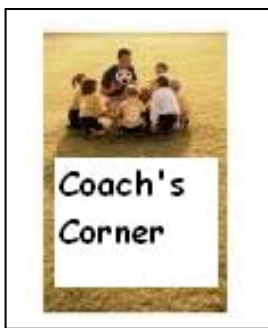


227 Cranbourne Rd
Frankston
9776 5277

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

Pizza - Pasta - Seafood - Steak
Family Restaurant
Fully Licensed





Part 2 of 'Soccer Positions'

Fullback (or 'Centre Back' or 'Stopper')

Playing fullback is not as easy as it may sound. Good strength and accuracy is a must on this position. You also need to be fast because your mission is to stop your opponent's fast running forwards from scoring. Your position on the soccer field will be in the centre of your defensive line. Depending on the formation some teams will play with two stoppers in conjunction. This is common in the 4-4-2 formation. Fullback is the most defensive oriented position on the soccer field and you will not score very often.



As a fullback you must remain in your backline, and only enter your opponent's 18 yard box when your team is awarded with a corner or free kick. By the way, this will probably be the best opportunity for you to score, so try to do everything to get the ball into your opponent's goal, because you will not get so many scoring opportunities under a regular soccer match as fullback. The most important skill as fullback is to have good heading ability and courageousness in one-on-one battles. Keep in mind that your opponents will do everything to score, which requires you to do everything you can to stop them from doing that. Of course, there will be situations when you need to take a yellow card to prevent your opponents to score, but this is difficult to avoid. To avoid yellow and red cards try always to figure out your opponent's next move, and do not rush into situations. Also, instead of tackling your opponents try to calm down and wait until your opponent makes his/her move. This will confuse your opponent and will force him/her to make mistakes. By calming down you will also spare yourself many unnecessary yellow and red cards. Possessing good technique is necessary when playing fullback, especially when serving your teammates with cross passes where precision and accuracy is a must. Many great players have played on the fullback position. One of the greatest is Franco Baresi, who played for the mighty AC MILAN for twenty seasons. Other great fullback is Fabio Cannavaro who was voted as the best FIFA player in 2006 and was awarded the European Golden Ball award. Keep in mind to always do your best on the soccer field and never give up even if it seems impossible to win the game. As the old Pele said: **a game isn't over before the referee has blown the whistle.**

Left and Right Fullbacks (or ‘Wing Backs’)

Whether you wish to play left fullback or right fullback your position will always be either on the right or on the left side of your stopper. Your main task as left/right fullback is to cover the space along your entire flank. To perform this mission you need to be a good runner. This doesn't mean running under 11 seconds with a ball at your feet, instead, you must be enough fast to catch your opponents.



While playing in defense as left/right fullback you will normally mark your opponents nearest forward or cover his/her flank, awaiting opponents incoming wingers. You will also be actively involved in your team's offensive attacks, therefore you need to stay wide, make overlapping runs and push up the flank. In modern soccer it is not unusual for a non marking left/right fullback to move up the wing and take the position of the winger, which will spread opponent's defense apart. Normally, a left/right fullback will always be more offensive comparing to the central fullback. As a left/right fullback you will also need to have good control on the ball and enough skill to get around your opponents and serve your forwards with quality crosses.

One of the most common situations on the field when playing as left/right fullback will be the one on one duel with your opponent's forwards.

How to beat your opponents forward as left/right fullback

Whenever you have a one on one situation with your opponents forward, and he/she has the ball, what options are there for you to get the ball?

- First, you need to keep your eyes on the ball, and don't be distracted by his/her foot movements.
- Second, wait for the right moment when he/she touches the ball a slight bit too far away to control it completely.
- Third, try to get a touch on the ball to kick it out of play or even better, steal the ball to perform a counter-attack. Don't just kick the ball into space; instead try always to do the best of the current situation. If you don't have any alternative, then fine, just kick the ball to throw in, but try to avoid that as often you can.

If you wish to become a good left/right fullback you will need to practice often and always try to do your best. Good Luck with your soccer carrier.



CLUB DISCO

Saturday 18th July

In the Ballam Park Clubrooms

U5 - U8's: 3pm – 4:30pm

U9 - 14's : 5pm – 7:30pm

Admission: \$5 per child, prepaid or paid at door

**Canteen: glow-sticks, snacks and drinks
available at a small cost**

Children must be signed in at the door with emergency contact details, and signed out at pick up. Parents are welcome to stay and assist, and this is expected for the U5 and U6 players. Please note that only players and their age-appropriate siblings are allowed to attend.

PSJFC are 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



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





Round 10 results

Grade	Round	Date	Home Team	Score	Away Team	Venue
Boys South 11 Kangaroos Green	10	12 Jul 09 9:00AM	Peninsula	14 - 0	Langwarrin	Ballam Park
Boys South 11 Kangaroos Red	10	12 Jul 09 9:00AM	Peninsula	-	Bye	Ballam Park
Boys South 11 Joeys Orange	10	12 Jul 09 9:00AM	Peninsula	2 - 2	Seaford Utd	Ballam Park
Boys South 11 Joeys Green	10	12 Jul 09 9:00AM	East Bentleigh	2 - 3	Peninsula	Bailey Reserve
Boys South 12 B	10	12 Jul 09 10:10AM	Hampton Park Utd	6 - 1	Peninsula	KM Reedy Reserve
Boys South 12 D	10	12 Jul 09 10:10AM	Peninsula	3 - 1	Beaumaris	Ballam Park
Girls Metro 11 Purple	10	12 Jul 09 10:10AM	Peninsula	0 - 2	Richmond	Ballam Park
Boys South 13 A	10	12 Jul 09 11:20AM	Peninsula	1 - 5	Beaumaris	Ballam Park
Boys South 13 D	10	12 Jul 09 11:20AM	Rosebud	1 - 7	Peninsula	Boneo Recreation Reserve
Boys South 14 B	10	12 Jul 09 12:30PM	Peninsula	0 - 1	Brighton 1	Ballam Park
Boys South 14 C	10	12 Jul 09 12:30PM	Peninsula	2 - 0	East Bentleigh	Ballam Park
Girls Metro 12 A	10	12 Jul 09 12:30PM	Pascoe Vale	1 - 1	Peninsula	Hosken Reserve
Girls Metro 14 C	10	12 Jul 09 12:30PM	Peninsula	3 - 1	Sandringham City	Ballam Park
Boys S/E 15 Super League	10	12 Jul 09 1:45PM	Richmond	2 - 1	Peninsula	Kevin Bartlett Reserve
Boys South 15 C	10	12 Jul 09 1:45PM	Rosebud	2 - 5	Peninsula 1	Boneo Recreation Reserve
Boys South 15 C	10	12 Jul 09 1:45PM	Baxter	0 - 2	Peninsula 2	Baxter Park
Girls Metro 15 B	10	12 Jul 09 1:45PM	Doncaster Rovers	7 - 1	Peninsula	Anderson Park
Boys South 16 A	10	12 Jul 09 3:15PM	East Bentleigh	2 - 1	Peninsula	Bailey Reserve
Girls Metro 16 B	10	12 Jul 09 3:15PM	Hampton Park Utd	1 - 1	Peninsula	KM Reedy Reserve
SSF South 10 Joeys Green (Sat)	11	18 Jul 09 9:00AM	Peninsula 3	-	Mornington	Ballam Park
SSF South 10 Joeys Green (Sat)	11	18 Jul 09 9:00AM	Peninsula 1	-	Casey Comets	Ballam Park
SSF South 10 Kangaroo Green	11	18 Jul 09 9:00AM	Peninsula 2	-	Berwick City 1	Ballam Park

(Sat)						
SSF South 10 Kangaroo Red (Sat)	11	18 Jul 09 9:00AM	Peninsula 2	-	Mornington 2	Ballam Park
SSF South 10 Kangaroo Red (Sat)	11	18 Jul 09 9:00AM	Peninsula 1	-	Casey Comets	Ballam Park
SSF South 10 Joeys Red (Sat)	11	18 Jul 09 9:00AM	Peninsula	-	Mornington 1	Ballam Park
SSF South 10 Joeys Green (Sat)	11	18 Jul 09 10:00AM	Hampton Park Utd	-	Peninsula 2	KM Reedy Reserve
SSF South 10 Kangaroo Green (Sat)	11	18 Jul 09 11:00AM	Berwick City 2	-	Peninsula 1	Jack Thomas Reserve

Next Round's Matches

Grade	Round	Date	Home Team	Away Team	Venue
FFV:SSF South 10 Joeys Green (Sat)	11	18 Jul 09 9:00AM	Peninsula 3	v Mornington	Ballam Park
FFV:SSF South 10 Joeys Green (Sat)	11	18 Jul 09 9:00AM	Peninsula 1	v Casey Comets	Ballam Park
FFV:SSF South 10 Joeys Red (Sat)	11	18 Jul 09 9:00AM	Peninsula	v Mornington 1	Ballam Park
FFV:SSF South 10 Kangaroo Green (Sat)	11	18 Jul 09 9:00AM	Peninsula 2	v Berwick City 1	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	11	18 Jul 09 9:00AM	Peninsula 2	v Mornington 2	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	11	18 Jul 09 9:00AM	Peninsula 1	v Casey Comets	Ballam Park
FFV:SSF South 10 Joeys Green (Sat)	11	18 Jul 09 10:00AM	Hampton Park Utd	v Peninsula 2	KM Reedy Reserve
FFV:SSF South 10 Kangaroo Green (Sat)	11	18 Jul 09 11:00AM	Berwick City 2	v Peninsula 1	Jack Thomas Reserve
FFV:Boys South 11 Kangaroos Green	11	19 Jul 09 9:00AM	Dandenong Thunder	v Peninsula	George Andrews Reserve
FFV:Boys South 11 Kangaroos Red	11	19 Jul 09 9:00AM	Langwarrin	v Peninsula	Lawton Park Reserve
FFV:Boys South 11 Joeys Orange	11	19 Jul 09 9:00AM	Berwick City	v Peninsula	Sweeney Reserve
FFV:Boys South 11 Joeys Green	11	19 Jul 09 9:00AM	Peninsula	v Beaumaris	Ballam Park
FFV:Girls Metro 11 Purple	11	19 Jul 09 9:00AM	Sandringham City 1	v Peninsula	Sandringham Secondary College
FFV:Boys South 12 B	11	19 Jul 09 10:10AM	Peninsula	v Bye	Ballam Park
FFV:Boys South 12 D	11	19 Jul 09 10:10AM	Berwick City	v Peninsula	Sweeney Reserve
FFV:Girls Metro 12 A	11	19 Jul 09 10:10AM	Peninsula	v South Yarra	Ballam Park
FFV:Boys South 13 A	11	19 Jul 09 11:20AM	Berwick City	v Peninsula	Sweeney Reserve
FFV:Boys South 13 D	11	19 Jul 09 11:20AM	Peninsula	v Baxter	Ballam Park
FFV:Girls Metro 14 C	11	19 Jul 09 11:20AM	Ashburton	v Peninsula	Batesford Reserve

FFV: Boys South 14 B	11	19 Jul 09 12:30PM	Carrum Utd v Peninsula	Skye Recreational Reserve
FFV: Boys South 14 C	11	19 Jul 09 12:30PM	Bentleigh Greens v Peninsula	Kingston Heath Soccer Complex
FFV: Girls Metro 15 B	11	19 Jul 09 12:30PM	Peninsula v Glen Eira	Ballam Park
FFV: Boys S/E 15 Super League	11	19 Jul 09 1:45PM	Peninsula v FC Bulleen Lions	Ballam Park
FFV: Boys South 15 C	11	19 Jul 09 1:45PM	Peninsula 2 v Brighton	Ballam Park
FFV: Boys South 15 C	11	19 Jul 09 1:45PM	Peninsula 1 v Baxter	Ballam Park
FFV: Boys South 16 A	11	19 Jul 09 3:15PM	Peninsula v Doveton	Ballam Park
FFV: Girls Metro 16 B	11	19 Jul 09 3:15PM	Peninsula v East Bentleigh	Ballam Park
FFV: SSF South 10 Joeys Green (Sat)	12	25 Jul 09 9:00AM	Casey Comets v Peninsula 3	Comets Stadium
FFV: SSF South 10 Joeys Green (Sat)	12	25 Jul 09 9:00AM	Peninsula 2 v Berwick City 2	Ballam Park
FFV: SSF South 10 Kangaroo Green (Sat)	12	25 Jul 09 9:00AM	Peninsula 1 v Doveton	Ballam Park
FFV: SSF South 10 Kangaroo Red (Sat)	12	25 Jul 09 9:00AM	Baxter v Peninsula 1	Baxter Park
FFV: SSF South 10 Joeys Green (Sat)	12	25 Jul 09 10:00AM	Hampton Park Utd v Peninsula 1	KM Reedy Reserve
FFV: SSF South 10 Joeys Red (Sat)	12	25 Jul 09 10:00AM	Mornington 2 v Peninsula	Dallas Brooks Park
FFV: SSF South 10 Kangaroo Red (Sat)	12	25 Jul 09 10:10AM	Casey Comets v Peninsula 2	Comets Stadium
FFV: SSF South 10 Kangaroo Green (Sat)	12	25 Jul 09 11:00AM	Berwick City 2 v Peninsula 2	Jack Thomas Reserve

PSJFC are proudly sponsored by

