

Hi Everyone,

Two rounds to go.....

**Goal a thon** - Please give money to your team manager. Team managers please either forward money to the shop on Tuesday or Wednesday or direct debit payment into club account. Details on the website. Please email details of your team and payment to [payment@peninsula.org.au](mailto:payment@peninsula.org.au) so we can keep track!

Who will be our **FIRST STRIKERS SUPESTAR?**

**“Adults Night Out”** was a HUGE success. We had a great turn out and everyone who came along had a fun night dancing, bidding and socialising!!!

A BIG thank you to everyone who helped before, during and after the night to make it the success that it was 😊

**PRESENTATION DAY** for all teams - Saturday 19<sup>th</sup> September at Ballam Park. Keep this date free in your diary. More details to follow.....

#### **This Issue:**

- Match Reports – **NO REPORTS THIS WEEK** ☹️ Team Managers/ Coaches/Interested Parents – please put together a short report from each week’s game and email to us: [editor@peninsula.org.au](mailto: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. We should acknowledge the material from this segment has come from: [www.soccer-training-guide.com](http://www.soccer-training-guide.com)
- 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)

**NO match reports submitted this week..... ☹**

**INSPIRATIONAL QUOTES:**

**“IMPOSSIBLE IS NOTHING!”**

**ADIDAS AD CAMPAIGN.**

**“DREAM BIG”**

**ADIDAS AD CAMPAIGN.**

**Copy and paste the following link into your browser and have a look at some of soccer’s biggest stars encouraging kids to, “DREAM BIG!”**

**Beckham, Kaká & Ballack Meet Kids for Adidas 'Dream Big'.**

**<http://www.youtube.com/watch?v=G7K8nBopSk8>**



## Heading in soccer, how to do it properly?

**Don't stand and wait for the ball to hit you; instead, attack it and head it with power.**

Heading in soccer is vital for dominating the game in air. Having good heading ability will help you dominate in the front of both six yard boxes. You will also be able to score often at the corner kicks. With your heading skills your team can use the long ball tactic and completely bombard your opponents with long passes towards their penalty area.

As with every other soccer skill, learning how to head a ball properly may take you some time to learn. However, keep in mind to keep your focus on improving your heading skills every practice. If you do that, you will soon notice some great results in your heading skills. Now, let's take a look at the different methods for heading a soccer ball.

### The Flick Header

The flick header gives you the opportunity to play the ball in any direction off your head. This technique is usually used in front of the near post when the ball is crossed from the wing.

This method of heading makes it very difficult for the soccer goalie to grip the ball.



### The Diving header

When performing a diving header you must propel your body in the path of the ball. Your arms must also be stretched forward to protect you when landing on the ground. Many soccer players find this type of header very difficult to master. If you have a problem with performing this technique, try to practice the dive without ball.



## The Glancing header

When performing a glancing header you need to turn your head in the direction of your aim. This motion will redirect the oncoming ball. The glancing header method provides versatility and disguise in the air.

This method of heading is especially important in front of the goal when you want to direct the ball past the opposing goalkeeper but also on the field for passing the ball to your teammates.



## The Standard Header

When performing a standard header you need to hit the ball with power. This is done by arching your back and swinging your head forward. When performing this type of header you must also keep your shoulders levelled and perpendicular to your aim.



**PENINSULA STRIKERS SENIORS UPDATE.....**

Our senior boys **WON** against Brandon Park last week – **2/1**  
**WELL DONE GUYS!!!**

**Two very important games coming up! Can our boys secure a top spot and be promoted next season to Div 2? WOOHOO fingers crossed!!!!**

**Strikers are fifth on 32 points.**

**THIS WEEK -**

**Round 21 - Saturday August 22<sup>nd</sup> away**

Waverley Wanderers V **Strikers**

Carlson Ave Reserve - Clayton Rd, Clayton (Mel Ref: 70 D9)

Kick Off - Reserves 1pm & Seniors 3pm.

Head on down and support our SENIOR boys 😊

**Football Federation Victoria - Mens State League Div 3 South-East**

Rank	Team	P	W	D	L	F	A	GD	Points
1	Southern Suburbs	20	9	9	2	29	15	14	<b>36</b>
2	Berwick City	19	10	5	4	32	18	14	<b>35</b>
3	Noble Park Utd	20	10	5	5	43	36	7	<b>35</b>
4	Nunawading City	20	9	6	5	27	16	11	<b>33</b>
5	Peninsula Strikers	20	9	5	6	33	30	3	<b>32</b>
6	Springvale City	18	7	6	5	30	25	5	<b>27</b>
7	Brandon Park	20	6	6	8	24	22	2	<b>24</b>
8	North Caulfield	20	6	6	8	23	25	-2	<b>24</b>
9	Waverley Wanderers	20	4	10	6	18	23	-5	<b>22</b>
10	Croydon City Arrows	20	4	9	7	18	24	-6	<b>21</b>
11	Sandringham City	20	4	3	13	21	45	-24	<b>15</b>
12	Boroondara Eagles	19	4	2	13	18	37	-19	<b>14</b>

**ROUND 16 - RESULTS**

Grade	Round	Date	Home Team	Away Team	Venue
SSF South 10 Joey's Green (Sat)	16	22 Aug 09 9:00AM	<b>Peninsula 2</b>	- Casey Comets	Ballam Park
SSF South 10 Kangaroo Green (Sat)	16	22 Aug 09 9:00AM	<b>Peninsula 1</b>	- Berwick City 1	Ballam Park
SSF South 10 Joey's Green (Sat)	16	22 Aug 09 10:00AM	Berwick City 1	- <b>Peninsula 3</b>	Jack Thomas Reserve
SSF South 10 Joey's Green (Sat)	16	22 Aug 09 10:00AM	Berwick City 2	- <b>Peninsula 1</b>	Jack Thomas Reserve
SSF South 10 Kangaroo Green (Sat)	16	22 Aug 09 11:00AM	Doveton	- <b>Peninsula 2</b>	Waratah Reserve
SSF South 10 Kangaroo Red (Sat)	16	22 Aug 09 11:00AM	Mornington 1	- <b>Peninsula 2</b>	Dallas Brooks Park
SSF South 10 Kangaroo Red (Sat)	16	22 Aug 09 11:00AM	Berwick City 1	- <b>Peninsula 1</b>	Jack Thomas Reserve
SSF South 10 Joey's Red (Sat)	16	22 Aug 09 11:00AM	Mornington 1	- <b>Peninsula</b>	Dallas Brooks Park
Boys South 11 Kangaroos Green	16	23 Aug 09 9:00AM	<b>Peninsula</b>	6 - 0 Beaumaris	Ballam Park
Boys South 11 Kangaroos Red	16	23 Aug 09 9:00AM	<b>Peninsula</b>	1 - 2 Heatherton Utd	Ballam Park
Boys South 11 Joey's Orange	16	23 Aug 09 9:00AM	Aspendale	4 - 3 <b>Peninsula</b>	Jack Grut Reserve
Boys South 11 Joey's Green	16	23 Aug 09 9:00AM	<b>Peninsula</b>	0 - 7 Berwick City	Ballam Park
Boys South 12 B	16	23 Aug 09 10:10AM	<b>Peninsula</b>	1 - 6 Brighton	Ballam Park
Boys South 12 D	16	23 Aug 09 10:10AM	Brighton	2 - 1 <b>Peninsula</b>	Dendy Park
Girls Metro 12 A	16	23 Aug 09 10:10AM	<b>Peninsula</b>	3 - 0 North Caulfield	Ballam Park
Girls Metro 11 Purple	16	23 Aug 09 10:10AM	<b>Peninsula</b>	0 - 0 Sherbrooke Rangers	Ballam Park
Girls Metro 14 C	16	23 Aug 09 10:10AM	North Caulfield	2 - 2 <b>Peninsula</b>	Lords Reserve
Boys South 13 A	16	23 Aug 09 11:20AM	Brighton	0 - 2 <b>Peninsula</b>	Dendy Park

Boys South 13 D	16	23 Aug 09 11:20AM	<b>Peninsula</b>	7 - 0	Seaford Utd	Ballam Park
Boys South 14 B	16	23 Aug 09 12:30PM	<b>Peninsula</b>	-	Bye	Ballam Park
Boys South 14 C	16	23 Aug 09 12:30PM	Brighton	1 - 0	<b>Peninsula</b>	Dendy Park
Girls Metro 15 B	16	23 Aug 09 12:30PM	<b>Peninsula</b>	2 - 0	Brunswick Zebras	Ballam Park
Boys S/E 15 Super League	16	23 Aug 09 1:45PM	<b>Peninsula</b>	0 - 0	Berwick City	Ballam Park
Boys South 15 C	16	23 Aug 09 1:45PM	Keysborough	2 - 0	<b>Peninsula 2</b>	Coomoora Reserve
Boys South 15 C	16	23 Aug 09 1:45PM	<b>Peninsula 1</b>	2 - 0	Brighton	Ballam Park
Boys South 16 A	16	23 Aug 09 3:15PM	<b>Peninsula</b>	8 - 3	Dandenong City	Ballam Park
Girls Metro 16 B	16	23 Aug 09 3:15PM	<b>Peninsula</b>	0 - 2	Glen Waverley	Ballam Park

### **This Week's Games - Round 17**

FFV:SSF South 10 Joeys Green (Sat)	17	29 Aug 09 9:00AM	<b>Peninsula 1</b>	v	Mornington	Ballam Park
FFV:SSF South 10 Joeys Green (Sat)	17	29 Aug 09 9:00AM	<b>Peninsula 3</b>	v	Berwick City 2	Ballam Park
FFV:SSF South 10 Joeys Red (Sat)	17	29 Aug 09 9:00AM	<b>Peninsula</b>	v	Mornington 2	Ballam Park
FFV:SSF South 10 Kangaroo Green (Sat)	17	29 Aug 09 9:00AM	<b>Peninsula 2</b>	v	Mornington 1	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	17	29 Aug 09 9:00AM	<b>Peninsula 1</b>	v	Mornington 2	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	17	29 Aug 09 9:00AM	<b>Peninsula 2</b>	v	Berwick City 1	Ballam Park
FFV:SSF South 10 Joeys Green (Sat)	17	29 Aug 09 10:00AM	Berwick City 1	v	<b>Peninsula 2</b>	Jack Thomas Reserve
FFV:SSF South 10 Kangaroo Green (Sat)	17	29 Aug 09 11:00AM	Mornington 2	v	<b>Peninsula 1</b>	Dallas Brooks Park
FFV:Boys South 11 Kangaroos Green	17	30 Aug 09 9:00AM	Berwick City	v	<b>Peninsula</b>	Sweeney Reserve
FFV:Boys South 11 Kangaroos Red	17	30 Aug 09 9:00AM	<b>Peninsula</b>	v	Hampton	Ballam Park
FFV:Boys South 11 Joeys Orange	17	30 Aug 09 9:00AM	<b>Peninsula</b>	v	Carrum Utd	Ballam Park
FFV:Boys South 11 Joeys Green	17	30 Aug 09 9:00AM	Sandringham City	v	<b>Peninsula</b>	Sandringham Secondary College
FFV:Girls Metro 12 A	17	30 Aug 09 9:00AM	Ashburton	v	<b>Peninsula</b>	Batesford Reserve
FFV:Boys South 12 B	17	30 Aug 09 10:10AM	Sandringham	v	<b>Peninsula</b>	Spring St Oval

		City		
FFV:Boys South 12 D	17 30 Aug 09 10:10AM	<b>Peninsula</b>	v Carrum Utd	Ballam Park
FFV:Girls Metro 14 C	17 30 Aug 09 10:10AM	Sandringham City	v <b>Peninsula</b>	Sandringham Secondary College
FFV:Girls Metro 11 Purple	17 30 Aug 09 10:10AM	<b>Peninsula</b>	v Bye	Ballam Park
FFV:Girls Metro 15 B	17 30 Aug 09 11:00AM	Kensington JGSC	v <b>Peninsula</b>	JJ Holland Park
FFV:Boys South 13 A	17 30 Aug 09 11:20AM	<b>Peninsula</b>	v Bye	Ballam Park
FFV:Boys South 13 D	17 30 Aug 09 11:20AM	Sandringham City	v <b>Peninsula</b>	Sandringham Secondary College
FFV:Boys South 14 B	17 30 Aug 09 12:30PM	Mornington	v <b>Peninsula</b>	Dallas Brooks Park
FFV:Boys South 14 C	17 30 Aug 09 12:30PM	<b>Peninsula</b>	v James Cook FC	Ballam Park
FFV:Boys S/E 15 Super League	17 30 Aug 09 1:45PM	Oakleigh	v <b>Peninsula</b>	Jack Edwards Reserve
FFV:Boys South 15 C	17 30 Aug 09 1:45PM	Sandringham City	v <b>Peninsula 1</b>	Sandringham Secondary College
FFV:Boys South 15 C	17 30 Aug 09 1:45PM	<b>Peninsula 2</b>	v Hampton	Ballam Park
FFV:Girls Metro 16 B	17 30 Aug 09 2:15PM	Carrum Utd	v <b>Peninsula</b>	Skye Recreational Reserve
FFV:Boys South 16 A	17 30 Aug 09 3:15PM	Sandringham City	v <b>Peninsula</b>	Spring St Oval

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