

Hi Everyone,

Well this is it!!! Last round of the 2009 season! (Except **U14C & 16B girls** and S/L 15 boys who play their last game on Sept 13.)

The introduction of the SSF has provided a new and exciting format for our young players. By all reports, this has been a success and judging by the smiley faces on Saturday mornings, kids and parents have really enjoyed their season.

Our junior teams have experienced many ups and downs as is part and parcel of playing competitive team sport. Many have learnt that it's not just about winning, but remaining committed, focused and supportive of team mates regardless of the end score. As a club, we can be proud that we can offer our kids every opportunity to improve as players and be the best that they can be whilst having fun playing their chosen sport.

Congratulations to:

The U11 Kangaroos Green for their amazing effort in the Canberra Cup, coming third overall.
AND

The U14B boys are set to finish top of their table having won 12 out of 15 games played. A win this week will secure them the top position. Good Luck this week boys!

**It's wonderful that so many girls have embraced soccer and this season we had five girls' teams!!!!
Well done ladies, you have done us all very proud!**

Overall, a fantastic season for our club, WELL DONE to everyone involved. To our dedicated committee, coaches, team managers, and parents, **Thank you, Thank you, Thank you.** 😊

Goal a thon - Anyone who hasn't handed in their money, please do so as soon as possible. See your team manager.

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

PRESENTATION DAY for all teams - Saturday 19th September at Ballam Park.

Keep this date free in your diary.

Please keep an eye on the website for details.....

This Issue:

- Match Reports
- Inspirational quotes
- Coach's corner – We hope you enjoyed the coach's corner segment, and are more informed about the positions on the soccer pitch. We should acknowledge the material for this segment has come from: www.soccer-training-guide.com
- Senior Strikers Update.
- Summary of last round's results and the final round fixture.

Have a great final round everyone 😊

Yours in Soccer, Grant and **Kathy** (Editors)

Match Reports – Round 17

12A Girls

Peninsula 0 v Ashburton 1

Confirming the fact that the U12 Girls from Peninsula Strikers are not early risers and that a week off due to a forfeit does us no favours, we had a pretty sleepy group on the field today.

A few good attempts by Jordyn & Georgina scattered throughout the game was all we could muster after Ashburton's goal midway through the first half.

Our defence had a tough time fending off Ashburton's forward line, struggling to feed the ball through to our midfielders and forwards. On a pitch that was bumpy enough to wake anyone up, we struggled to pull together our great passing game and play at the standard we know we can. That said, our second half was a much-improved performance.

Now, to fire up and enjoy our last game of the season against Berwick 😊

U14B

The boys **U14B** team recorded their 12th win of the season in this tense away fixture with Mornington.

Final Result: Mornington 0 **PSJFC 1**
Goalscorers: Joel Wilson.
Strong performers: Luke Cliffe, Dylan Tervit, Evan Soutar, Harry West.

The team have notched up an impressive 45 goals this season, but the single match winning goal could prove to be very important in the outcome of the season.

We were playing uphill in the first half against a stiff wind and were prepared to fight for every loose ball on the pitch. The conditions were difficult on a very uneven playing surface but our players reacted to the conditions admirably with safe play being a priority.

Mornington threw everything at us from the outset and the play was evenly balanced with chances falling to both sides. Harry West made a great goal line save at one point in the first half. Our keeper, Dylan Tervit, made a number of excellent saves and played a great game throughout the match. Luke Cliffe was also a strong performer in the middle of the defence. Evan Soutar returned to a defensive role in very difficult circumstances.

The goal came from the foot of Joel Wilson on the left of goal late in the first half, it was a relatively close range shot but from an angle which seemed impossible to score from.

In the second half the wind had died down considerably, but the pressure from Mornington continued.

This was a solid team performance and every one of our players should be pleased with the result and their individual input into the match, given the high stakes surrounding the game. The team have certainly shown that they can play in a 'pressure cooker environment' and come out of the other end with smiles on their faces. **Well done team!**

INSPIRATIONAL QUOTES

Theodore Roosevelt - 1858 - 1919

26th President of the United States has inspired many - below are some words of wisdom.

**In a moment of decision, the best thing you can do is the right thing.
The worst thing you can do is nothing.**

.....

It is hard to fail, but it is worse never to have tried to succeed.

.....

**The only man, who never makes a mistake,
Is the man who never does anything.**

.....

Do what you can, with what you have, where you are.

Theodore Roosevelt

Taken from: www.inspirationalquotes4u.com



Soccer Shooting Methods You Need To Have in Your Arsenal

With soccer shooting mastered, you will be able to score more goals, but what you may have missed is the fact that shooting is not just about power. If you want to master the art of shooting you will also need good precision and be able to decide when to fire a well placed shoot. This will be the key points for how many goals you will score. Good scoring ability is also important because it may increase your chances of becoming professional. But don't get me wrong, just because you are good at scoring doesn't mean that you will become professional, instead you must work hard to improve your weak sides, because no soccer player in the world is perfect, and I don't think he/she will ever exist. Now, let's check out the different soccer shooting methods...

Instep Drive or the Knuckle Shot

The instep drive is a very useful soccer shooting technique when you want to strike the ball with power from long range. However, this type of shot is very hard to control which means that you should not be surprised if the ball ends up 20-30 yards behind the goal.



Swerve Shot

A goalkeeper's worst nightmare is known as the swerve shot. This type of shot will swerve once you fire it and to save it requires a lot of effort. However, learning to perform a swerving shot is really difficult and not many players in the world are able to perform it in high tempo. However, you should still practice and try it out in real games because failure is the key to success.



on it

Full Volley

A full volley can create a powerful shoot which can be impossible to save (if you get it on the goal of course). The most difficult thing with a full volley is to get your shot on the goal. You really need to hit the ball perfectly and in right moment. If you fail to do so, the ball will often end 20 yards behind the goal. This type of shot is ideal when you have several opponents running towards you while the ball is falling from the sky. A common situation is when the ball is cleared away from a corner kick and you are standing about 5-10 yards from the penalty box



line.

Half Volley

A half volley is pretty similar to the full volley except that you will first get control on the ball and then fire the shot. This is also why a half volley is a better alternative for long range shoots because you will be able to receive, aim and fire the shot while the opponents are unprepared. However, keep in mind that beating the keeper with a 30 yard shoot really requires a lot of skill. But, I've seen people score goals from 70 yard with the half volley so it is not impossible. Like with any other soccer shot you should not overdo it. Instead, try it twice but not more than three times per game.



Side Volley

A side volley is great when you have the ball bouncing at your side. A side volley requires good balance and great precise timing which means that you need to play it properly before striking the ball. The most difficult thing with a side volley is to get the ball on the goal. It may look easy but often you will either totally miss the ball or send it 30 yards behind your opponent's goal.



Flying Volley

The flying volley is not something you will see every day. This is a type of shoot that requires great acrobatic abilities and timing. The most difficult thing with a flying volley is that you need to jump in the right moment. It is also crucial to know how to land because if the ground is hard it will hurt, believe me; I know what I am talking about :-). There is also a risk that you could hit your opponents head instead of the ball. So, be cautious and make sure to plan your jumps.



PENINSULA STRIKERS SENIORS UPDATE.....

Our senior boys **WON** against Waverley Wanderers last week – **2/0**

Strikers are now fourth on 35pts.

LAST GAME THIS WEEK -

Round 22 - Saturday September 5th at home

Strikers V Boroondara Eagles - Centenary Park, McClelland Drive.

Kick Off - Reserves 1pm & Seniors 3pm.

Head on down and support our SENIOR boys 😊

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

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Rank	Team	P	W	D	L	F	A	GD	Points
1	Southern Suburbs	21	10	9	2	30	15	15	39
2	Berwick City	20	11	5	4	35	18	17	38
3	Noble Park Utd	21	11	5	5	44	36	8	38
4	Peninsula Strikers	21	10	5	6	35	30	5	35
5	Nunawading City	21	9	6	6	27	17	10	33
6	Springvale City	20	8	7	5	36	28	8	31
7	Brandon Park	21	6	6	9	24	23	1	24
8	North Caulfield	21	6	6	9	24	29	-5	24
9	Croydon City Arrows	21	5	9	7	19	24	-5	24
10	Waverley Wanderers	21	4	10	7	18	25	-7	22
11	Boroondara Eagles	21	4	3	14	20	40	-20	15
12	Sandringham City	21	4	3	14	21	48	-27	15

ROUND 17 - RESULTS

SSF South 10 Joeys Green (Sat)	17	29 Aug 09 9:00AM	Peninsula 1	-	Mornington	Ballam Park
SSF South 10 Joeys Green (Sat)	17	29 Aug 09 9:00AM	Peninsula 3	-	Berwick City 2	Ballam Park
SSF South 10 Kangaroo Green (Sat)	17	29 Aug 09 9:00AM	Peninsula 2	-	Mornington 1	Ballam Park
SSF South 10 Kangaroo Red (Sat)	17	29 Aug 09 9:00AM	Peninsula 1	-	Mornington 2	Ballam Park
SSF South 10 Kangaroo Red (Sat)	17	29 Aug 09 9:00AM	Peninsula 2	-	Berwick City 1	Ballam Park
SSF South 10 Joeys Red (Sat)	17	29 Aug 09 9:00AM	Peninsula	-	Mornington 2	Ballam Park
SSF South 10 Joeys Green (Sat)	17	29 Aug 09 10:00AM	Berwick City 1	-	Peninsula 2	Jack Thomas Reserve
SSF South 10 Kangaroo Green (Sat)	17	29 Aug 09 11:00AM	Mornington 2	-	Peninsula 1	Dallas Brooks Park
Boys South 11 Kangaroos Green	17	30 Aug 09 9:00AM	Berwick City	0 - 6	Peninsula	Sweeney Reserve
Boys South 11 Kangaroos Red	17	30 Aug 09 9:00AM	Peninsula	0 - 2	Hampton	Ballam Park
Boys South 11 Joeys Orange	17	30 Aug 09 9:00AM	Peninsula	2 - 2	Carrum Utd	Ballam Park
Boys South 11 Joeys Green	17	30 Aug 09 9:00AM	Sandringham City	2 - 0	Peninsula	Sandringham Secondary College
Girls Metro 12 A	17	30 Aug 09 9:00AM	Ashburton	1 - 0	Peninsula	Batesford Reserve
Boys South 12 B	17	30 Aug 09 10:10AM	Sandringham City	7 - 0	Peninsula	Spring St Oval
Boys South 12 D	17	30 Aug 09 10:10AM	Peninsula	0 - 7	Carrum Utd	Ballam Park
Girls Metro 11 Purple	17	30 Aug 09 10:10AM	Peninsula	-	Bye	Ballam Park
Girls Metro 14 C	17	30 Aug 09 10:10AM	Sandringham City	0 - 2	Peninsula	Sandringham Secondary College
Girls Metro 15 B	17	30 Aug 09 11:00AM	Kensington JGSC	7 - 2	Peninsula	JJ Holland Park
Boys South 13 A	17	30 Aug 09 11:20AM	Peninsula	-	Bye	Ballam Park
Boys South 13 D	17	30 Aug 09	Sandringham	1 - 2	Peninsula	Sandringham

		11:20AM	City			Secondary College
Boys South 14 B	17	30 Aug 09 12:30PM	Mornington	0 - 1	Peninsula	Dallas Brooks Park
Boys South 14 C	17	30 Aug 09 12:30PM	Peninsula	2 - 5	James Cook FC	Ballam Park
Boys S/E 15 Super League	17	30 Aug 09 1:45PM	Oakleigh	1 - 0	Peninsula	Jack Edwards Reserve
Boys South 15 C	17	30 Aug 09 1:45PM	Sandringham City	0 - 12	Peninsula 1	Sandringham Secondary College
Boys South 15 C	17	30 Aug 09 1:45PM	Peninsula 2	0 - 0	Hampton	Ballam Park
Girls Metro 16 B	17	30 Aug 09 2:15PM	Carrum Utd	0 - 0	Peninsula	Skye Recreational Reserve
Boys South 16 A	17	30 Aug 09 3:15PM	Sandringham City	1 - 1	Peninsula	Spring St Oval

This Week's Games - Round 18

Grade	Round	Date	Home Team	Away Team	Venue
FFV:SSF South 10 Joeys Green (Sat)	18	5 Sep 09 9:00AM	Casey Comets	v Peninsula 1	Comets Stadium
FFV:SSF South 10 Joeys Green (Sat)	18	5 Sep 09 9:00AM	Peninsula 2	v Hampton Park Utd	Ballam Park
FFV:SSF South 10 Kangaroo Green (Sat)	18	5 Sep 09 9:00AM	Peninsula 1	v Berwick City 2	Ballam Park
FFV:SSF South 10 Joeys Red (Sat)	18	5 Sep 09 10:00AM	Berwick City 1	v Peninsula	Jack Thomas Reserve
FFV:SSF South 10 Kangaroo Red (Sat)	18	5 Sep 09 10:00AM	Mornington 2	v Peninsula 2	Dallas Brooks Park
FFV:SSF South 10 Kangaroo Red (Sat)	18	5 Sep 09 10:10AM	Casey Comets	v Peninsula 1	Comets Stadium
FFV:SSF South 10 Joeys Green (Sat)	18	5 Sep 09 11:00AM	Mornington	v Peninsula 3	Dallas Brooks Park
FFV:SSF South 10 Kangaroo Green (Sat)	18	5 Sep 09 11:00AM	Berwick City 1	v Peninsula 2	Jack Thomas Reserve
FFV:Boys South 11 Kangaroos Green	18	6 Sep 09 9:00AM	Peninsula	v Aspendale	Ballam Park
FFV:Boys South 11 Kangaroos Red	18	6 Sep 09 9:00AM	Mornington	v Peninsula	Dallas Brooks Park
FFV:Boys South 11 Joeys Orange	18	6 Sep 09 9:00AM	Bye	v Peninsula	
FFV:Boys South 11 Joeys Green	18	6 Sep 09 9:00AM	Peninsula	v Doveton	Ballam Park
FFV:Girls Metro 11 Purple	18	6 Sep 09 10:00AM	Bayside Knights FC	v Peninsula	HD Thomas Reserve
FFV:Boys South 12 B	18	6 Sep 09 10:10AM	Peninsula	v Mornington	Ballam Park

FFV:Boys South 12 D	18	6 Sep 09 10:10AM	Aspendale v Peninsula	Jack Grut Reserve
FFV:Girls Metro 12 A	18	6 Sep 09 10:10AM	Peninsula v Berwick City	Ballam Park
FFV:Boys South 13 A	18	6 Sep 09 11:20AM	Hampton v Peninsula	WL Simpson Reserve
FFV:Boys South 13 D	18	6 Sep 09 11:20AM	Peninsula v Westernport SC	Ballam Park
FFV:Boys South 14 B	18	6 Sep 09 12:30PM	Peninsula v Springvale White Eagles	Ballam Park
FFV:Boys South 14 C	18	6 Sep 09 12:30PM	Cardinia United Junior Soccer Club v Peninsula	Lakeside Reserve
FFV:Girls Metro 15 B	18	6 Sep 09 12:30PM	Peninsula v Berwick City	Ballam Park
FFV:Girls Metro 14 C	18	6 Sep 09 12:30PM	Peninsula v Ashburton	Ballam Park
FFV:Boys S/E 15 Super League	18	6 Sep 09 1:45PM	Peninsula v Sandringham City	Ballam Park
FFV:Boys South 15 C	18	6 Sep 09 1:45PM	East Bentleigh v Peninsula 2	Bailey Reserve
FFV:Boys South 15 C	18	6 Sep 09 1:45PM	Peninsula 1 v Bayside Knights FC	Ballam Park
FFV:Boys South 16 A	18	6 Sep 09 3:15PM	Peninsula v Brighton	Ballam Park
FFV:Girls Metro 16 B	18	6 Sep 09 3:15PM	Peninsula v Sandringham City	Ballam Park

GOOD LUCK TO ALL TEAMS & ENJOY THE FINAL ROUND 😊

With the exception of the three teams below, who will play their final games on Sept 13th

FFV:Girls Metro 14 C	15	13 Sep 09 12:30PM	Peninsula v Oakleigh	Ballam Park
FFV:Boys S/E 15 Super League	15	13 Sep 09 1:45PM	Knox City v Peninsula	Egan Lee Reserve
FFV:Girls Metro 16 B	15	13 Sep 09 3:15PM	Baxter v Peninsula	Baxter Park

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