

Hello everyone,

Well, the season has now finished and we had some great results. Congratulations to everyone.

There will be some very happy and also some disappointed players however this is all part of this wonderful game we all love. The most important thing is that everyone had a good time and enjoyed the season. It is amazing how quickly it went by.

Presentation Day is only a couple of weeks away and soon we are getting ready for Christmas, holidays and guess what??? ... **2010 Registration Day**. Yes, we don't stop in the off season. It won't take long and we all back again for a new season. There is a lot of work happening in preparation for next season so if you would like to get involved and help out, please let us know as there is always something that needs to be done.

As this may be our last newsletter for the season, I would like to use this opportunity to thank all players, parents, sponsors, committee members, social committee members and everyone else that helped in one way or another to make our Club a great family environment and great place to be.

Enjoy your break from the sport and please keep an eye on the website in the off-season as this is our main means of communicating with everyone.

Enjoy your break and have a great festive season.

See you soon.

**Peter Stuckenschmidt**  
**President**

**PRESENTATION/FAMILY DAY** - Saturday 19<sup>th</sup> September at Ballam Park.  
Lots of FREE fun activities; Team presentations; Food; Drinks; Live Band.  
**Check out the Flyer ☺**

**This Issue:**

- Presentation/Family Day Flyer
- Goal a thon - Announcing Our First "Strikers Super Star"
- 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](http://www.soccer-training-guide.com)
- Senior Strikers Update.
- Summary of last round's results.

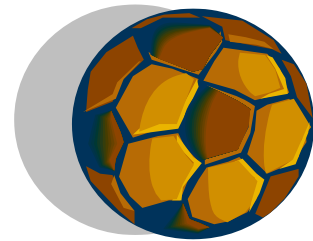
Yours in Soccer, **Kathy** (Editor)



**Presentation/Family Day Sat 19<sup>th</sup> Sept 2009 – Ballam Park**  
**Come Along & Celebrate the 2009 Season**

**FREE FUN ACTIVITIES FOR ALL THE FAMILY ☺**

**Jumping Castle**  
**Face painting/Coloured Hair Spray**  
**Novelty Games**  
**Fun Football Pro (Display)**  
**Entertainment**



**All players will receive a trophy, sausage & drink ☺**  
**Delicious Spit Roast Rolls available to purchase & drinks at the bar.**

**Program:**

- **SSF/Sub Juniors please arrive by 9:30am**
- **AGM**
- **Followed by Junior presentations.....**

**Live Band –**

**“CAUTION” will perform throughout the afternoon.**



Dribble-a-thon  
&  
Goal-a-thon



Congratulations to:

Kevin Garcia - U11 Kangaroos Red  
OUR FIRST  
"STRIKERS SUPERSTAR"

Kevin will receive a training shirt  
signed by Melbourne Victory's -  
Danny Allsop & Matthew Kemp.

WELL DONE KEVIN 😊

## Match Reports – Round 18

**The Under 14B's take control in a demanding game against Springvale White Eagles and their two goal winning margin gives them second placing at the close of the season.**

**Final Result:** PSJFC 2 V Springvale White Eagles 0  
**Goal scorers:** Oscar Dellit, Sebit Moun  
**Strong performers:** Luke Cliffe, Matthew Davis, Duncan Crowe, Harry West, Daniel Methakul, Byron Laminski.

The Peninsula Under 14B team played Springvale White Eagles at Ballam Park in the culmination of a competitive season in the 14B league.

Both sides were placed in equal second position (36 points) before the match started and goal differences slightly favoured Springvale. Peninsula required a win to take second position and likely promotion to the 15A's.

The atmosphere was electric but our players remained composed throughout their match preparation and were eager to face Springvale as the whistle blew to start the match. The wind was blustery across the field but slightly favoured the Springvale attack. We were playing with a key three in midfield, Matt, Duncan and Luke. Two wide midfielders, Conor and Joel. Daniel made our sole central attacker to operate in the space created by the width of Conor and Joel.

Our defence was slightly changed with Reuben recovering from an illness and sharing the match with Evan. The pair operated in central defence with sweeper Byron and backs Oscar and Harry. Sean was our extra man in midfield, with Nathan and Sebit Moun for attack/wing attack. Each player had a specific role on the day and everyone contributed in a significant form to the overall team victory. Peninsula took control of the match in the first 15 minutes with good midfield challenges and determined play in defence. Byron was reading the Springvale through balls well and safely defusing the attacks. Likewise, Harry and Oscar were stopping any advance down the wings with well timed tackles and good shadowing. The speed of Evan was called for more than once but he was always ready for the challenge.

At the other end of pitch the Springvale defence was shaken when Duncan created space for a shot to the left of goal but the ball rose over the bar. At 15 minutes a diagonal run across the pitch by Matthew led to a corner being taken by Daniel on the right. He floated the ball into the danger zone and the keeper was unable to hold the ball, Oscar was perfectly placed to slot the ball home for a 1:0 lead. Within seconds Daniel came close to snatching a second in front of the Springvale goal. It was a long ball out of defence from Byron that gave Sebit a one on one opportunity with the Springvale keeper. Sebit squeezed the ball past the keeper and calmly took the ball across the Springvale goal line. 2:0 within a couple of minutes of half time.

In the second half we continued to lay pressure onto the opposition defence but the midfield encounters were becoming more brutal as each minute passed. Our midfielders soaked up the punishment and continually stood up to face the opposition over again. In defence we were now moving more confidently towards our seventh clean sheet of the season.

An excellent record and this speaks volumes for their attitude on the field. Keeper Dylan again played a good game with safe ball handling throughout the match. In the front line, Conor was giving great ball from the right of the field and Daniel was certainly creating mischief in the centre of the attack! In one attacking move, Daniel was brought down and the lengthy free kick that was taken by Joel was pulled down by their keeper. Later a great through ball from Duncan set Joel free on the left but his shot gravitated towards the keeper again. Conor was more active on the right in the second half and he continually attacked the Springvale defence giving a great deal of width to our attack.

The final whistle of the season was met with a huge cheer, and relief, from the Peninsula players, all of whom should be well pleased with their efforts in this match and throughout the season.

**They are all to be congratulated. Well done!**

## INSPIRATIONAL QUOTES

What you get by achieving your goals is not as important as what you become by achieving your goals.  
*Zig Ziglar*

Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.  
*Muhammad Ali, American Boxer*

Whether you think you can or whether you think you can't, you're right.  
*Henry Ford*

You see things; and you say 'Why?' But I dream things that never were; and I say 'Why not?'  
*George Bernard Shaw*

**“Enthusiasm is everything. It must be taut and vibrating like a guitar string.”**  
***Pele***

**“Everything is practice.”**  
***Pele***



## The Soccer Goalie Guide

### Prevent your opponent's from scoring

As the soccer goalie you will be the last one who can stop your opponent's from scoring. You must therefore make few mistakes as possible. You need also to keep yourself cool even when you fail. To maintain your calm in difficult situations you will need a great personality and also ability to infect your teammates with your own confidence.

Your job as soccer goalie will not be easy. A single mistake may cost your team the victory. It is therefore crucial to always be on your guard because the opponent's will do everything they can to get the ball past you.

Your teammates know that saving a penalty kick is a pretty difficult task but they are still hoping that you will make it. If you manage to save the ball against all odds you will be a hero, if not you will be no good.

As a soccer goalie you also need to be in constant contact with the ball during your training in order to develop your agility, reflexes and reactions. You won't become a successful soccer goalie overnight. Instead you will need to practice hard and always do your best, no matter what!

## **Reinstate the attack**

Knowing how to reinstate the attacks of your team is crucial. Simply, without this ability you will rarely perform well as goalkeeper. As a goalkeeper you must throw and kick the ball with precision. You can't just kick or throw the ball away and hope for the best. A good goalkeeper should be able to kick and throw the ball with precision at least 40 yards. If you are not able to kick/throw the ball over 40 yards I recommend you to put more emphasize on this during your practice.

### **As a goalkeeper you should:**

- Never throw or kick the ball back into play unless some of your teammates are completely unmarked
- Never try to dribble your opponent, instead, play smart and kick the ball away
- Always try to find a free standing teammate who can receive the ball without pressure.

### **So, how to throw the ball?**

There are several techniques you can use in order to throw the ball properly. You may for example:

- Throw the ball low
- Roll it along the ground
- Throw it like a tennis serve

Always have a plan behind your throws and kicks. Do not throw or kick the ball and hope for the best. Instead, analyse the current situations properly and try to find the best possible solution.

### **Facing your opponent 1 vs. 1**

All right, enough about throws and kicks; let's discuss how you should react when you are facing your opponent 1 vs. 1. I know by experience that this type of situations is a nightmare for a goalie. Simply, the opponent is the one that have advantage and you are the underdog.

However, you can still win these situations by following some simple guidelines. Let's take a look at these:

- Once you leave the goal line there is no turning back. The worst thing you can do is to stand and wait for your opponent. Instead, you should try to attack him as fast as possible and stretch out your whole body to make yourself big. Believe me, if you do this, the chance for winning the duel will increase greatly.
- Keep in mind that you only have one chance to clear the ball away from your opponent's feet. Once the opponent pass you it will be impossible to stop him from scoring. I know by experience that many opponent's like to dribble the goalie instead of shooting directly. Try to keep this in mind when facing your opponent 1 vs 1.
- You could also wait for the split second which simply means that your opponent has to first look at the ball before firing a shoot. While your opponent prepares to shoot the ball you should rush toward him and block the shot.

## Organize the function of your defenders

As soccer goalie you will also need to organise the position of your defenders. This is very important as you will often need to tell your defenders whether they should move up or stay.



As the last player you will be able to see the whole field and predict how the game is likely to develop. This is why you always need talk with your defence and coordinate them.

As you can see, goalkeeping is not just about stopping your opponent's from scoring, it's much more than that.

Try all soccer positions (left midfield, striker, fullback etc.) whether you have recently started to study how to play soccer as goalie or have been standing in the goal for several years. By trying out all different soccer positions you will be able to understand the game better and you will also increase your ball handling skills as well.

## **PENINSULA STRIKERS SENIORS**

Our senior boys finished their season with a **7 Nil** win against Boroondara Eagles!

Much to the delight of the spectators on “Top of the Hill” - the boys played an energetic and entertaining game!

### **Well Done Boys!**

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

<b>Rank</b>	<b>Team</b>	<b>P</b>	<b>W</b>	<b>D</b>	<b>L</b>	<b>F</b>	<b>A</b>	<b>GD</b>	<b>Points</b>
1	Berwick City	22	13	5	4	39	17	22	<b>44</b>
2	Southern Suburbs	22	11	9	2	31	15	16	<b>42</b>
3	Noble Park Utd	22	12	5	5	50	37	13	<b>41</b>
<b>4</b>	<b>Peninsula Strikers</b>	22	11	5	6	42	30	12	<b>38</b>
5	Nunawading City	22	9	6	7	27	19	8	<b>33</b>
6	Springvale City	22	8	7	7	35	32	3	<b><u>28</u></b>
7	Croydon City Arrows	22	6	9	7	21	24	-3	<b>27</b>
8	Brandon Park	22	6	6	10	25	25	0	<b>24</b>
9	North Caulfield	22	6	6	10	24	30	-6	<b>24</b>
10	Waverley Wanderers	22	4	10	8	19	31	-12	<b>22</b>
11	Sandringham City	22	5	3	14	23	49	-26	<b>18</b>
12	Boroondara Eagles	22	4	3	15	20	47	-27	<b>15</b>

**ROUND 18 - RESULTS**

Grade	Round	Date	Home Team	Away Team	Venue
SSF South 10 Joeys Green (Sat)	18	5 Sep 09 9:00AM	Casey Comets	- Peninsula 1	Comets Stadium
SSF South 10 Joeys Green (Sat)	18	5 Sep 09 9:00AM	Peninsula 2	- Hampton Park Utd	Ballam Park
SSF South 10 Kangaroo Green (Sat)	18	5 Sep 09 9:00AM	Peninsula 1	- Berwick City 2	Ballam Park
SSF South 10 Kangaroo Red (Sat)	18	5 Sep 09 10:00AM	Mornington 2	- Peninsula 2	Dallas Brooks Park
SSF South 10 Joeys Red (Sat)	18	5 Sep 09 10:00AM	Berwick City 1	- Peninsula	Jack Thomas Reserve
SSF South 10 Kangaroo Red (Sat)	18	5 Sep 09 10:10AM	Casey Comets	- Peninsula 1	Comets Stadium
SSF South 10 Joeys Green (Sat)	18	5 Sep 09 11:00AM	Mornington	- Peninsula 3	Dallas Brooks Park
SSF South 10 Kangaroo Green (Sat)	18	5 Sep 09 11:00AM	Berwick City 1	- Peninsula 2	Jack Thomas Reserve
Boys South 11 Kangaroos Green	18	6 Sep 09 9:00AM	Peninsula	8 - 0 Aspendale	Ballam Park
Boys South 11 Kangaroos Red	18	6 Sep 09 9:00AM	Mornington	0 - 4 Peninsula	Dallas Brooks Park
Boys South 11 Joeys Orange	18	6 Sep 09 9:00AM	Bye	- Peninsula	
Boys South 11 Joeys Green	18	6 Sep 09 9:00AM	Peninsula	1 - 2 Doveton	Ballam Park
Girls Metro 11 Purple	18	6 Sep 09 10:00AM	Bayside Knights FC	0 - 3 Peninsula	HD Thomas Reserve

Boys South 12 B	18	6 Sep 09 10:10AM	<b>Peninsula</b>	1 - 2	Mornington	Ballam Park
Boys South 12 D	18	6 Sep 09 10:10AM	Aspendale	2 - 2	<b>Peninsula</b>	Jack Grut Reserve
Girls Metro 12 A	18	6 Sep 09 10:10AM	<b>Peninsula</b>	0 - 3	Berwick City	Ballam Park
Boys South 13 A	18	6 Sep 09 11:20AM	Hampton	5 - 0	<b>Peninsula</b>	WL Simpson Reserve
Boys South 13 D	18	6 Sep 09 11:20AM	<b>Peninsula</b>	6 - 0	Westernport SC	Ballam Park
Boys South 14 B	18	6 Sep 09 12:30PM	<b>Peninsula</b>	2 - 0	Springvale White Eagles	Ballam Park
Boys South 14 C	18	6 Sep 09 12:30PM	Cardinia United Junior Soccer Club	0 - 3	<b>Peninsula</b>	Lakeside Reserve
Girls Metro 15 B	18	6 Sep 09 12:30PM	<b>Peninsula</b>	1 - 5	Berwick City	Ballam Park
Girls Metro 14 C	18	6 Sep 09 12:30PM	<b>Peninsula</b>	2 - 2	Ashburton	Ballam Park
Boys S/E 15 Super League	18	6 Sep 09 1:45PM	<b>Peninsula</b>	3 - 0	Sandringham City	Ballam Park
Boys South 15 C	18	6 Sep 09 1:45PM	East Bentleigh	1 - 4	<b>Peninsula 2</b>	Bailey Reserve
Boys South 15 C	18	6 Sep 09 1:45PM	<b>Peninsula 1</b>	1 - 4	Bayside Knights FC	Ballam Park
Boys South 16 A	18	6 Sep 09 3:15PM	<b>Peninsula</b>	2 - 2	Brighton	Ballam Park
Girls Metro 16 B	18	6 Sep 09 3:15PM	<b>Peninsula</b>	0 - 2	Sandringham City	Ballam Park

**These teams below will play their final games on Sept 13.**

**Head down to Ballam Park and support the U14 girls.**

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

**GOOD LUCK** 😊

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