

Sidelines Express

The newsletter of Collaroy Cromer Strikers Football Club

Manly Warringah Football Association 'Newsletter of the Year' 2005

www.ccstrikers.com

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Mimmo's Photo Of The Week



**Winner of this week's
Mimmo's Photo
Of The Week
Competition
are these action shots
of the U15s Division 3
game against Wakehurst.**

**Photos taken
by Mary Houten.**



Why the 'World Game' is Here to Stay?

The number of players across the peninsula strapping on boots to play soccer – or football depending on your viewpoint, continues to grow. With an estimated 16,000 registered players in the Manly Warringah Football Association, soccer could not be in a better position.

Football can truly make the claim of being the global game with a considerable fan base on every continent and most countries having an Premier/A-league type championship, as well as fielding a national team.

The success of the soccerroos in recent years has been a major reason why interest is fever pitch. After their 'punching above their weight' performance at the World Cup finals in 2006 where they gave Italy (the ultimate winners) a real scare, opinions on the place of soccer on the Australian sports 'radar' have grown dramatically.

Now players like Harry Kewell, Tim Cahill and Lucas Neill have become household names across the country. And kids look up to them as idols and dream of emulating them - and one day



donning the green and gold and representing their country.

And with the Soccerroos on the verge of qualifying for next year's World Cup in South Africa we can expect to see the 'world game' to have it all over the other codes for some time to come.

We should all be promoting soccer (or football) to people at every opportunity and building on its foundations.



Do You Know The Game?

Team Formation 3-5-2

The most recent formation to pop on the scene is that of the 3-5-2. This formation is often used by higher levels of competitors such as professional teams. To be successful with this formation you must have exactly the right amount of talent.

DEFENDERS in the 3-5-2 formation consist of three players: a left fullback, right fullback and a sweeper (or centre fullback). These three defenders must stay tightly together, no more than 10-25 metres apart from each other at all times. They form a slight triangle in shape with the sweeper nearest his own goal. That means, from left fullback to right fullback the distance should be no more than 50 metres. These three fullbacks must work together, sliding back and forth across the field supporting each other and making sure that all attackers are accounted for. Generally, the two outside fullbacks will mark the two opposing forwards 'man to man' all game long, leaving the sweeper free to help out whenever necessary. Because there are only three defenders, they are much less likely to make offensive runs. Only if they are absolutely sure that they will score or assist in a goal should they make an offensive run and leave the man their marking. Again, this defensive strategy is only for the most skilled of teams and very confident defenders.

MIDFIELDERS in the 3-5-2 formation consist of five players. This formation allows for three central midfielders and two outside midfielders. Again, skill level comes into play here. This type of formation can not be run by a team unless the skill level is excellent. With three players in the middle it is critical that they all have tight ball skills as well as communication skills. They must all work together in attacking, defending, maintaining possession, winning 50/50 ball and controlling the overall pace of the game. These 5 midfielders can be murder on the opposing team if skilled, but they can also ruin a teams chemistry and ability if not properly trained. It takes a very special group of individuals to create a successful 5 person midfield.

FORWARDS in the 3-5-2 formation consist of 2 players. These two players have a very unique job. They must work together the entire game, rarely separating themselves by more than 10 to 20 metres. Together they must work to close off angles and defenders from clearing the ball out of the defensive areas. These two forwards must become so comfortable with each other that they can predict where the others next move will be. It is very important for these players to be fast and agile. It is also important that these two players are in fairly good shape. Now that there are only two of them up there they have to pick up some of the slack for the missing third forward. With the additional, fifth player, in the midfield the forwards receive a little bit more help then they would from the 4-4-2 formation but still need to work together to produce.



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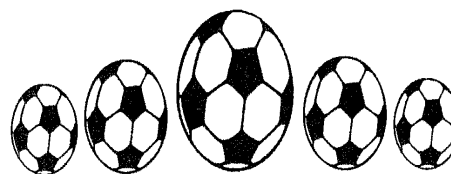
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Hoodies For Sale At Canteen

Hoodies are for sale at the St Matts canteen. Sizes available for fitting and prices are:

ADULT SIZES Ladies 8 – Mens XXXL for \$50

CHILDRENS SIZES 4 - 12 for \$40

Complete the order form at the canteen or email the order form (downloadable from CC Strikers site) to: sponsorship@ccstrikers.com Or drop in with your payment to: 114 Fuller Street Collaroy Plateau.

Gear Bags For Sale At Canteen

Gear bags, as seen in photo below, are on sale from the St Matts canteen for \$35.

Place your order or email the John the gear steward at:



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	See-Change Constructions Pty Ltd	Richard Arena 9971 4471
Ladies Over 35's Division 1 and 2	Collaroy Kitchen Centre	Helle Olsen 9972 9300

Mimmo's Photo Of The Week - How To Enter

1. Photos must be of a weekend Collaroy Cromer Strikers game from U6s to Seniors.
2. Only club members (excluding committee members) are eligible to enter.
3. Entries should ideally be submitted with a minimum resolution of 800 x 600 pixels.
4. Please include the name of the photographer, match details and if possible a caption with the name of the player.
5. Please complete the Authority to Photograph Form (either for the individual/s or team depicted) available for download from the Strikers website.
6. Submit entries via email before 5.00pm Monday to: news@ccstrikers.com

The winner's photo for each round will be featured in the subsequent week's newsletter as well as going in the monthly draw to win a \$25 meal voucher at Mimmo's Pizza.

At the end of the season the "Photo of the Year" winner will be judged by either a club committee member or guest adjudicator with the overall winner announced in the newsletter.



Canteen Roster for 30th May

8-9.30am **9.30-11.00am** **11.00-12.30pm**
 Volunteers Required

Nets Roster - Erection for 30th May

St Matts 4 **St Matts 5** **St Matts 6**
 U7 Zebras U7 Buffalos U7 Panthers

Nets Roster - Take Down for 30th May

St Matts 4 **St Matts 5** **St Matts 6**
 U8 Thompsons U8 Grellas U8 Kennedys