

# 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 shots of  
the girls from  
the U14 - Ladies  
Division 1  
showing their skills  
in their game against  
Curl Curl.**

**Photos taken  
by Mary Houten.**



## Treatment of Injured Players

Where a junior player sustains an injury during a match the referee is advised to stop the match as quickly as possible in order that the injury to the player can be assessed in an expedient manner. Treatment for the injury may take place on the field of play.

Where it was necessary to stop play to have the injury assessed without an offence having been committed the referee will, of course restart play with a "dropped ball" from the place where the ball was when play was stopped. In the case of the injury occurring during and incident that has resulted in the stoppage of play for a breach of the Laws of the Game, play will be restarted as dictated by the breach of the Laws. The position of the restart will, of course always be subject to the overriding conditions of Law 8. The player WILL NOT be required to leave the field of play following completion of the treatment for his/her injury.

Soccer NSW expects slightly different standards will apply when dealing with injuries involving in the senior competitions. In a match under the direct control of SNSW (i.e. PL/SL/Div 1 – 3 and Youth League competitions) match officials are advised to have the player assessed as soon as is physically possible unless it is obvious to the match official that the player is seriously injured or has suffered a blow to the head.

Two team officials will be allowed to enter the field of play to assess the injury and where possible the player should be removed from the field of play. Where this is not possible the player may be treated on the field of play. The injured player WILL NOT be required to leave the field of play at the conclusion of his treatment unless he is to be substituted.

Source: Soccer NSW Referees Circular Issue 020/07



## Do You know The Game

### Team Formation: 4-3-3 Part 1

The 4-3-3 consists of four defenders, three midfielders, three forwards. At one time this formation was the dominant style of play for teams at all levels. Currently it is a formation that is being used for younger groups of players just starting to play the game. It is the easiest and least complex formation to learn, understand and play within.

**Defenders** consist of a left and right fullback, a centre-back and a sweeper. The left and right fullbacks play in front of the goalie and behind the midfielders on their respective sides of the field. The sweeper plays in the middle of the field and is the very last defender. The only player behind him is the goalie, so this player needs to be very reliable. The centre-back also plays in the middle of the field. He/she is positioned approximately 10 metres in front of the sweeper. Set up correctly these four players should form a diamond shape.

**Left and Right Fullback** are responsible for sending balls long into space for the forwards to run onto as well as looking to play the ball into the feet of open midfielders. Speed is not all that essential for outside fullbacks at a young age. These outside fullbacks become essential members of the offense making runs up the sideline, at appropriate times, and looking for crossed balls for scoring opportunities. They can also carry the ball down the sideline and look to get crosses in themselves. They must be able to get up and down the field very quickly in case of a counter attack. It is very important that outside fullbacks do not get carried away with the amount of offensive runs. They must judge the opportunity and only go on the occasions they feel will actually result in them touching the ball or taking a shot. If an outside fullback makes too many unproductive runs, they run the chance of getting tired and not being able to get back and defend their goal.

**Centre Fullback** is generally a bigger player. Speed is not a must here but one thing that is a must is consistency. This player must do things the same way constantly and not be sporadic. If he/she gets beat in an unexpected manner, his/her only safety net is the sweeper who will most likely be so caught off guard by the mistake that they too will miss the ball and then a breakaway occurs. This player's role is to simply stop attacks from happening. He/she is to strip the opposing team of the ball and distribute, win possession of the ball and get it to another player.

**Sweeper** is one of the most crucial positions on the field and should be manned accordingly. A sweeper needs to be smart, fast, skilled and very comfortable with his/her ability. Because they are the last line of defense they very rarely make offensive type runs. Their job is to control the back. They are the leader of the other three defenders and it is their job to back the other three up at all times. If the opposing team is coming down the right side of the field the sweeper needs to be ready and able to back up his right fullback if he/she gets beat. The sweeper needs to do it all. He/she must be able to clear the ball, send the ball to open space for the forwards (generally aiming for the corner flags), clear balls out with his/her head, control the other defenders, stop breakaways from happening as well as work with the goalie in setting up defensive situations.

### Field Closures

Please check with your age-coordinator regarding any relocation of games due to field closures.

### Pigeon Holes Need Clearing

The pigeon holes at St Matthews Farm are not being checked and emptied.

PLEASE remember that team pigeon holes should be checked every week before your game so that any information gets distributed to your team promptly.



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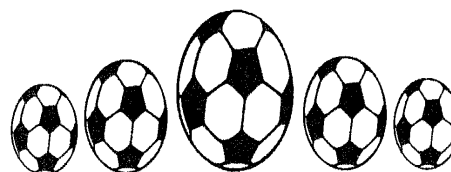
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pt@bib.com.au

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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.

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### 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 at the canteen or email John the gear steward at: johndedman21@hotmail.com



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Mens Over 35's Division 5	RSH Electrical - Brookvale/Mona Vale	Russell Scott 99392827 or 9999 2827
	MGS Physiotherapy	Dave Shephard 9976 2666
	CMS Surveyors Pty Ltd	Stuart McEvoy 9971 4802
	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 13th June

**8-9.30am**      **9.30-11.00am**      **11.00-12.30pm**  
 Volunteers Required  
 For Small-Sided Games Comp

### Nets Roster - Erection for 13th June

**St Matts 4**      **St Matts 5**      **St Matts 6**  
 U7 Falcons      U7 Bears      U7 Tigers

### Nets Roster - Take Down for 13th June

**St Matts 4**      **St Matts 5**      **St Matts 6**  
 U8 Chipperfields      U8 Beanchamps      U8 Milligans