

# Sidelines Express

The newsletter of Collaroy Cromer Strikers Football Club

Manly Warringah Football Association 'Newsletter of the Year' 2005

www.ccstrikers.com

Volume 2009/10 27th June 2009



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## Mimmo's Photo Of The Week



**Winner of this week's  
Mimmo's Photo  
Of The Week Competition  
is this shot  
of Kimberlee and Olivia  
from the 14-1s  
doing synchronised dribbling  
of the ball.**

**Photo taken  
by  
Mary Houten.**

#### Team Photos

Team photo envelopes should be distributed this weekend by managers.

If the scheduled time for your team's photos is not suitable manager's should arrange an alternative time. To change allocated time please call Ivana on 9971 0670 or 0412 324991.

Teams that are sponsored must have a team photo taken.

### Why Is 'Football' Called 'Soccer'?

The word 'soccer' actually comes from England, where the modern version of the game originated.

In England, there were two types of football: rugby football and association football. The slang term for rugby football was 'rigger', and the slang for association football was 'assoc'. The word 'assoc', with the predilection to shorten words with 'er', gradually evolved into 'soccer', which was much easier to say.

When association football was introduced to North America, gridiron football (the type played by the NFL and in the Super Bowl) was already well established. To avoid confusion, Americans adopted the British nickname 'soccer' for the new sport. When the sport was introduced to Australia



we obviously followed suit as there were already three other codes with 'football' in their name plates.

Many clubs in Australia have dropped the 'soccer' tag from their names and have adopted the descriptor 'football' – being the more widely used term internationally.

Interestingly, Collaroy Cromer Strikers switched their name to a Football Club on the 22nd March 2005.

Sidelines Express is sponsored by Sublime Shutters & Blinds



## Do You know The Game

### Team Formation: Principles of 3 vs 3

#### Attacking

The optimal set-up with three attackers is to have one of the attackers playing at least seven metres in front of the ball as a "target" player. The reason why seven metres seems to be a minimal distance is because covering defenders need to be about four metres from the first defender, in order to provide cover for the first defender if they are beaten by the dribble. If the third attacker is beyond that range, he can be positioned without the worry that their defender can do two jobs at once, mark and cover.

The second attacker continues to provide support with width. Now, the first attacker can play the ball to the second attacker, who keeps a good wide position; or the third attacker, who is "stretching" the defense by playing as far forward as the defense allows.

Special practice needs to be given to using this "stretching" third attacker. The third attacker needs to be able to know how to create space by taking the defender away and then checking back at angles to receive the ball. Also, the first and second attackers need to practice timing their runs off the third attacker once the ball is served.

By "stretching" the defense, the third attacker again forces a choice on the defense. If they go with the attacker, they allow the offense to create a lot of space for themselves, which can be easily exploited. If they "hold their line" and press up, forcing the attacker to be in an off-sides position, they are allowing the attack to play a ball in behind the defense to be run onto by the third attacker. In short, if the defense marks tightly, the pass is made into space for the attacker to run onto: if not marked tightly, the pass is played to their feet, hoping that the attacker can turn on the defender.

#### Defending

With three defenders, the roles become more blurred and more difficult to see. As a result, a lot of what happens cannot be put into a neat little formula.

Again, the basic principles of defending should be followed: pressure, cover and balance. One of the most difficult positions is the balancing defender. This defender must be a master at reading the game and playing "cat and mouse." These defenders usually end up marking the third attacker or "stretcher" in 3 v. 3 situations. They often try to bait the attackers to make a pass into the "stretcher" only to quickly step up to intercept.

As before, the first defender tries to make the play predictable, closing down options to hopefully turn the encounter into a 2 v. 2, 1 v. 1, or ultimately a 1 v. 2. They do this by channelling the attacker into a space that is void of options. This takes skill and hours of practice.

### Call For U16 players

Both the U16-1s and U16-2s are short of players due to injuries and player unavailability for the remainder of the season. If there are players out there, or if you know of anyone who could be called upon, please contact Tricia, the U16 age coordinator, on her mobile: 0403 282175.

# Uniform Image

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### Hoodies and Gear Bags For Sale At Canteen

Hoodies (both in blue and white) 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 are also 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

### Filling-in of Scorecards

The Club can be fined by the MWFA if scorecards are not completed appropriately.

Recently there have been a number of teams submitting cards without either the home or away team's details completed.

The Competition Secretary advises that all managers give careful consideration to ensuring the scorecards are completed satisfactorily before submitting them.

### Strikers Cup Call For Help

In 2009, the Strikers Cup will be held on Sunday 12th July 2009. New volunteers are needed to assist with the organisation of the event and to assist on the day. If you would like to contribute to this fantastic event, please contact Strikers Cup Coordinator, Phil Auton, via email to: strikerscup@ccstrikers.com or phone him on: 0405 382 949.

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## 2009 SPONSORSHIP

Collaroy Cromer Strikers FC encourages all families to support the businesses that support our club and we would like to thank the following sponsors of our 2009 season:

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All Age – Division 4	Dee Why Bowling Club	9971 8781
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**

### Nets Roster - Erection for 13th June

<b>St Matts 4</b>	<b>St Matts 5</b>	<b>St Matts 6</b>
U7 Wolves	U7 Bears	U7 Leopards

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

<b>St Matts 4</b>	<b>St Matts 5</b>	<b>St Matts 6</b>
U8 Kewells	U8 Chipperfields	U8 Vidmars