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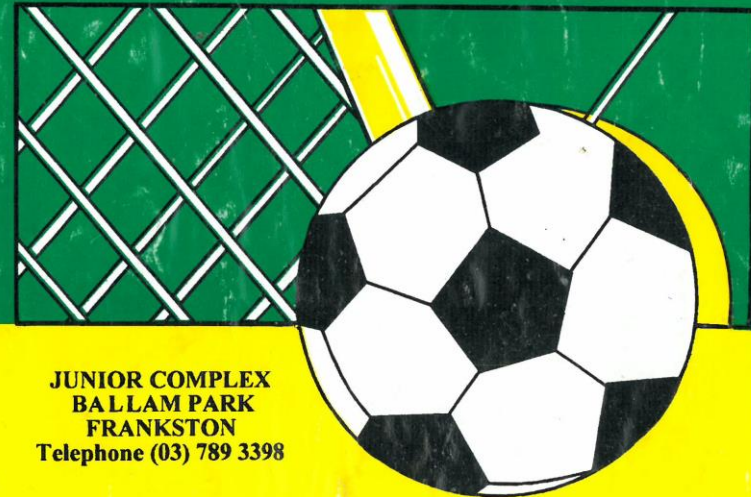
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Issue**

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SENIOR COACH

Russell Black

STATE LEAGUE 4

	<u>FIRSTS</u>						Pts
	P	W	D	L	F	A	
FRANKSTON	25	18	5	2	58	26	41
Westvale	25	18	3	4	64	25	39
Nth Coburg Utd	24	15	6	3	60	28	36
Sth Springvale	24	13	6	5	60	26	32
# Yarraville	24	13	6	5	51	26	32
Geelong	24	12	7	5	54	28	31
Sunshine Heights	24	11	4	9	38	29	26
# Langwarrin	24	8	10	6	38	32	26
# Sth Wantirna	25	9	3	13	29	35	21
Malvern City	25	6	6	13	32	34	18
Cranbourne	24	5	5	14	31	57	15
Corio Geelong	24	7	1	16	20	72	15
Geelong Rangers	24	4	2	16	25	56	12
Brighton	24	3	6	15	31	65	12
Dandenong	24	1	6	17	13	65	8

Frankston games to be played

RESERVES

	P	W	D	L	F	A	Pts
# Sth Wantirna	25	19	4	2	70	21	42
FRANKSTON	25	17	6	2	113	21	40
Westvale	25	17	4	4	93	30	38
# Langwarrin	24	16	5	3	53	15	37
Geelong	24	14	2	8	81	38	30
Sunshine Heights	24	11	7	6	58	33	29
Sth Springvale	24	13	1	10	62	36	27
Malvern City	25	11	5	9	51	39	27
# Yarraville	24	8	5	11	50	45	21
Cranbourne	24	9	2	13	33	52	20
Geelong Rangers	24	6	4	14	42	74	16
Nth Coburg Utd	24	5	5	14	45	67	15
Brighton	24	4	6	14	38	91	14
Corio Geelong	24	1	2	22	12	118	4
Dandenong	24	1	2	21	19	139	4

Frankston games to be played

NEXT HOME GAME - 17th September v Langwarrin

RESERVE COACH REPORT

It has been a pleasure being involved with such a young and talented reserve squad most of whom played in the youth team during the summer and have taken the steps into Senior soccer with apparent ease.

We have attempted to entertain and play the game with the same principles Russell has adopted in the first team, which basically means - **Big Bluter** -up the park **OUT, soccer IN**.

Russell has had the courage and vision to give some of the young lads a run in the first team and by doing so has given them something to aim for and created some healthy competition for first team places, to me this has been a vital part of what we are about this year.

The season is now set up for an exciting finish, it is in our hands and I believe we can do it. I would like to say thanks to Terry Binyon our team Manager for his support and efforts and John Washington for his professional and efficient approach in coordinating the week to week running of the whole senior squad ensuring that everything runs smoothly.

Here we go ! Here we go! Here we go!

TOMMY WEIR

PRESIDENTS MESSAGE

While our Senior Squad is hopefully securing promotion for the Club and our Juniors are winding up their very successful season, Barb and I will be meeting our youngest son Chris here in England as he arrives for his trials with Manchester United.

The dream opportunity provided to Chris serves as a timely reminder to all our Juniors of the tremendous opportunities available to any youngster who wishes to seriously develop his game. The world is now a very small place and Australian Soccer is well and truly on the international scene. Juniors have the opportunity to represent Australia in international competition from Under 12's upwards - no other sport offers this chance to Australian children.

We have several big events coming up - the Club Raffle, Red Faces Night, Junior Presentation Nights and Club Dinner Dance - ask your team manager for details.

We have had a great year so far, although the workload has fallen on the shoulders of too few people. Please consider how you can help the Club next year - either with the On Park activities or with our administration. We can't keep flogging the same workhorses year after year.

We will be returning on September 2nd and look forward to seeing you all at our end of year functions to wind up the year. Thank you's will be more appropriate at that stage.

See you all soon..

RICHARD JONES



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NEWS FROM OUR JUNIORS

U16 DOLPHINS

After a disastrous start to the season, our squad recovered and put in a pleasingly solid effort to finish in third spot just off the top. The early losses against bottom teams eventually cost us the League. However we now have a clear run in the Cup and a chance to see how far we can go.

I have been very pleased with the way the boys have responded and become a close knit unit playing attractive, attacking soccer. Several of our players have been given a run in the Reserves and have enjoyed the experience.

There have been some good performances this season particularly from Serge Djurovic (C), Sasha Djurovic, Robert Wardle, and Joel Singh but the big improvers have been Oliver King, Nathan Turner and Jamie Schloffler who are often on the bench but certainly not forgotten. These boys are a real credit to the Club for their endeavour and continuous support. A special thank you to the parents who have supported the team during the year and to the many supporters who have attended our home games on Sunday afternoons.

We now look forward to these players progressing through to Senior soccer with the Club and their first big step will be involvement in the Under 18 Vic Health Youth League over the summer months.

MIKE TURNER - COACH/MANAGER

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NEWS FROM OUR JUNIORS

UNDER 7 TIGERS

We have had a season to look back on with pride and pleasure. The results and performances have been a source of pride and the improvement in the standard of play has given us all a lot of pleasure.

The star player and our hope for great things to come in the future is Mathew Park. He has amazed us with his skill and balance and has demolished most of our opponents with over FIFTY GOALS!

We have seen great attacking play from Daniel Thomson, Stephen Billington, Guy Kastner, Adam Gornowicz and Michael Strojek and good defensive play from Nathan McColl, Philip Schrapel and Tony Strojek. The all-rounder of the season was Ryan Keenan, whose energy amazed us all. Finally, the goalkeeping task was admirably carried out by Jason Seipp and Hugo King.

The parents have all made creditable contributions to the running of the team and fund-raising for the Club. Our coach Greg McColl has done a magnificent job and we hope he will continue with the Club.

Enjoy the break and we will see you all next season.

Alex Ormond - Manager

UNDER 7 LIONS

1994 has seen the start of a new Frankston Soccer Club. That club's basis is formed through the stature of kids I had the pleasure of coaching and managing this year. What started with a group of boys coming together with a few skills of their own, developed into a group of team mates who were full of encouragement for each other, willing to listen to suggestions and take up the challenge of what could be the future senior team in years to come. The boys have been a credit to the club, whilst the club and sponsor (McDonalds) have been good in return.

I have not concentrated on winning but trying to ensure fun is had by all. The results have reflected a half win half loss ratio finishing with a 5-0 win over Baxter. The parents have assisted greatly with a support that only first year parents can offer.

Whilst credit is due to a number of people I'd like to thank the kids skills, such as Shaun's defensive kicking, Lloyd's tenacity, Paul's tough and fearless tackling, Tom's great position playing, Sebastian's goal scoring ability, Joshua's goalkeeping, Scott's sliding defensive tackles, Craig's enthusiasm, Nicholas' clear thinking for position and Ricky's centre play.

The whole season has been a highlight to me and an enjoyable experience. I look forward to seeing you all next year.

Mick Jovanovic - Coach and Team Manager.

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NEWS FROM OUR JUNIORS

UNDER 8 SONICS & WALLABIES

Our Team Captains were Sean Keenan (Sonics) and Mark Middleton (Wallabies).

Half way through the season we had only 1 win (no draws) between the two teams - due to both a late start to training and having only 9 players on each team (other teams often had 12-14 players against us). We finished with 5 wins and 4 draws between the two teams. Top goal scorers were Alex Lloyd & Mark Middleton with 16 each.

Despite our limited success, the kids competed keenly and had a good time, both training and playing. I have been proud to be associated with such a good bunch of kids. We have some good prospects for next year's Under 9 Team.

Special thanks to Assistant Manager Rodney Lloyd, Coaches Gary Buick (Sonics) and Gary Black (Wallabies) and Vice Presidents Phil Dobbin and Dieter Krause. Their dedicated efforts are greatly appreciated.

David Marshall - Manager

UNDER 9 EAGLES

In a good start to the season the boys were playing some very nice soccer winning their first three games and not conceding a goal. They fell away for awhile but soon returned to some good form. The skill rate has improved a great deal this year and all the new boys are doing very well. It was good to see the team win their last 4 games and finish the season on a high note.

would like to thank all the parents for their support this year. Special thanks to Chris Reynolds for marking the pitches and helping with the boys. Thanks to Mike McAvoy, Bruno Pesa, Graham Stevens and Peter Easton for helping with the coaching. Also, thanks to Liam Coleman for refereeing the home matches.

I would also like to thank Sue Stevens for doing a good job as Manager in her first year. Well done Sue, hope to see you all again next year.

Our goal scorers for the year were Michael Reynolds 10, Ian Mitchell 9, Robert McAvoy 5, Joseph Martino 5, Jarrad Stevens 4, Luke Platon 4, Anthony Corbin 3, Jason Pesa 1 and Gavin Coleman 1. Andrew Hannon has had a good season in goals, Greg Jasiewicz and Lee Easton have improved their skills - a great start in their first season.

Bruce Mitchell - Coach
Sue Stevens - Manager

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MEMBERS POINT OF VIEW

As an ex President of Karingal United Soccer Club, I must say that I am more than happy with the merger of the two clubs. Although you cannot please everyone, it is my opinion that the one objective that was needed has been achieved, in that the standard of football has improved dramatically. The results to date have given us a great opportunity to achieve the next objective, to get out of this division and continue upwards. To do this the club needs everyone's continued support. The support we are getting at Home games is very encouraging and hopefully this will continue.

It is also pleasing to note that the club Committee is prepared to back our Coach Russell Black and sign a player of Gary McMullens calibre and it is also pleasing to know that Premier League players will come to a club such as ours. I am sure that as long as we are successful on the park we can interest more quality players. It is a known fact, that **SUCCESS BREEDS SUCCESS**. We can only hope that the playing staff capitalise on the great start we have had up to now.

As a last comment I would appeal to all interested persons who are not Members to join, ask any Committee Member they will tell you how.

JACK ELSWORTH - LIFE MEMBER

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THE VIC-HEALTH YOUTH LEAGUE -
1994/5

We have applied for admission to the League and expect to play in the South East Division. This year the competition will be for players Under 18 years of age at 1st August 1994. As previously , 2 overage players will be allowed on the park at any one time.

Two Leagues of 8 teams each (South East and North West) will compete from November 9th to March 1st with a break over the Christmas period. Most matches will be played on Wednesday evenings at 6.30 pm.. Our home games will be played at Centenary Park.

Our Squad will be under the guidance of Senior Coach Russell Black and Reserves Coach Tommy Weir. All eligible players from our Firsts , Reserves, Under 16's and Under 14's are invited to join the Squad for training. In the past we have always needed a large squad of players to allow everyone to take a well earned break at some stage. The Youth League is a **DEVELOPMENT** program and it is an important step for players taking their first steps into Senior Soccer.

Our 1994 Under 16 Squad will form the basis of the Youth League team and will commence training as soon as the Senior season finishes.

Fixtures And Results For Season 1994

DATE	1st TEAM	2nd TEAM	
19.3.94	A vs Sth Springvale	2-1	2-4
26.3.94	H vs Westvale	2-0	4-1
2.4.94	A vs Nth Coburg Utd	1-0	3-1
4.4.94	H vs Dandenong	4-1	16-0
9.4.94	A vs Cranbourne	1-0	6-0
16.4.94	H vs Corio Geelong	3-2	13-0
23.4.94	A vs Brighton	1-0	11-3
25.4.94	H vs Geelong	0-0	1-1
30.4.94	A vs Geelong Rangers	3-0	0-0
7.5.94	H vs Sunshine Hts	2-2	1-1
14.5.94	A vs Malvern City	1-1	2-1
21.5.94	H vs Yarraville	2-1	0-3
28.5.94	Bye		
4.6.94	A vs Langwarrin	2-1	0-0
11.6.94	H vs Sth Wantirna	2-2	1-1
13.6.94	H vs Sth Springvale	0-1	3-0
18.6.94	A vs Westvale	0-4	3-0
25.6.94	H vs Nth Coburg Utd	1-1	2-0
2.7.94	A vs Dandenong	5-0	10-0
9.7.94	H vs Cranbourne	2-1	3-1
16.7.94	A vs Corio Geelong	7-0	7-0
23.7.94	H vs Brighton	7-2	13-0
30.7.94	A vs Geelong	2-1	2-1
6.8.94	H vs Geelong Rangers	2-1	7-0
13.8.94	A vs Sunshine Hts	3-2	1-1
20.8.94	H vs Malvern City	3-2	2-1
27.8.94	A vs Yarraville	-	-
3.9.94	Bye		
17.9.94	H vs Langwarrin	-	-
25.9.94	A vs Sth Wantirna	-	-

SENIOR REPORT

At the start of the season when training commenced, the ranks looked a bit thin for a club hoping for promotion. I had genuine doubts about the depth of talent in the squad.

However, as I have learnt over the years, belief in the Coaches systems and style of play can lead to self belief and self improvement. As the season has progressed, many of the players have proved me wrong. We now have a squad that is capable of winning promotion and also taking out the double of First and Reserves Premierships. It is a real bonus for me that the reserves are at the top of the table. Although it does not really matter where they are on the ladder, it does matter that they are playing good football. It is satisfying for me that the young players are putting continued pressure on the older established players, for spots in both teams. Hopefully, two or three of them will continue their progress and earn places in the first team. Attitude and determination is the key for these players.

We have played many different formations over the season, but the basic style of pressing the opposition does not alter. The style that I have wanted is to play fast open, attractive football, playing out from the back. Equally important is the hard pressing game on the opposition when they are in possession, take the ball from them in their own half, rather than backing off and defending in our half. Our aim is to stop the opposition from playing it out from the back and to press them into making mistakes. The pressing game demands a high level of fitness and most of the players have responded well.

I am looking forward to the rest of the season, particularly as I now have the problem of a large squad of fit players all fighting for places in both teams.

Finally, I must thank my assistants Billy Buchanan and Tommy Weir for their enthusiasm and willingness to go along with my ideas.

RUSSELL BLACK — SENIOR COACH

JUNIOR REPORT

The Club, Junior or Senior, is like a jigsaw puzzle. Many pieces fit neatly and tightly together to make a fantastic picture. If a piece doesn't fit (no commitment, no supporters, no parental involvement or companionship) then the finished product doesn't work. The more people we have with a positive attitude that want to be a piece that fits the jigsaw, the better it will be. Positive attitudes are needed similar to a golfer focussing on the pin and not the bunkers.

Our Coaches and Managers this year have all approached their tasks with a very positive attitude that has helped launch Frankston Soccer Club in the right direction. I thank them for their commitment and also thank their spouses for their support.

Special thanks to Richard and Barbara Jones, John Washington, Mike Oakley, Tom Weir, Mary and Jim McGinty and Russell Black for their support in making the Junior Complex at Ballam Park a successful community sporting and recreational venture.

Phil Dobbin - Vice President Juniors

Once again, yet another season of soccer has gone by. The season, I Believe, was a season of success for the Frankston Junior Soccer Club overall. It would not have been so successful without the help of parents devoting their time and effort in assisting our Club to look after our children. I would like to say thank you to all the coaches and team managers for a job well done.

To our Social Club ladies Suzanne and June, a special thank you for your efforts. I hope that in season 1995 more parents will be available to join into the social activities. To all Senior and Junior committee members, thank you for your support.

May the next season be even more successful for our Club.

To the Senior teams I'd like to say keep up the good soccer displayed so far, and let's go for it and win the flag!

Dieter Krause - Vice President Sub Juniors

BAYSIDE SUNDAY LEAGUE

With only a handful of games left in the season, the Frankston Bayside team finds itself in a supporting role in the League table. After a promising start to the proceedings a series of narrow defeats over the past few weeks has meant a steady if reluctant descent of the ladder.

A single goal defeat in the quarter finals of the Seaford Cup ended any hope of filling a space on the sideboard for this season.

These facts may lead to the assumption that morale in the Sunday Squad may be flagging but not so. The Wednesday night training sessions are well attended, and in the Clubhouse the happy hour that follows each home game is where the finer points of the game are analysed.

Centenary Park, through the hard work of the Club's Bayside representatives, is privileged to host the two Bayside League Cup Finals this season. The games are on Sunday 2nd October at 11am and 2 pm. Full bar and kiosk facilities will be available and there will be live entertainment from 4 pm to 8 pm. Please give your support give your support to this big day for the Club.

Tim Dewhurst - Manager

NEWS FROM OUR JUNIORS

UNDER 10 FALCONS

Reflecting back on our first season now completed, playing in the new club colours of green and gold, the players have performed well above our expectations. The highlight of the year for the Falcons was winning the Club's first trophy and also going through the season undefeated.

It was a pleasure for us to look after a young team of players so dedicated to the game of soccer, and no task set was too hard. Overall the boys won every game with ease, and this would not have been possible if the parents had not also given both their sons and us their support throughout the season.

The Falcons have kicked a total of 59 goals in 13 games and conceded only 7 goals. A great team effort.

The Players: Marcus Krause (C), Wayne Braganza, Adam Davison, John Watson, Andrew Skledar, Nick Allen, Evan Jovanovic, Bodie Warne, Michael James, Michael Day, James Date and Lee Moran.

Our special thanks also to Steven Cliffe, the Under 10 Hawks Coach Bryant Day, the Under 9 Coach Bruce Mitchell and their players who helped us out during the season when we were short of players.

Dieter Krause - Coach
Peter Skledar - Manager

NEWS FROM OUR JUNIORS

UNDER-10-HAWKS

Looking back over the season, we can all make comments on what could have been. I myself wish that I was involved earlier, before the season started. Just getting to know the players takes time.

First, I had to quickly settle the team into a regular playing pattern. This resulted in us having a good run in the middle of the season. The final 3 games I used as experimental to trial players in different positions.

My only comment would be that if some of the players took training more serious, it would improve their ability and that of the team. I could not fault the effort the players put in on match days. All parents should feel proud as I do.

Thanks to all those that helped for supplying oranges and drinks, bucket and sponge, removing nets and running the line.

A special thanks to Dieter for his help and support.

BRYANT DAY.

NEWS FROM OUR JUNIORS

UNDER 12 BLUE - Southern E League

We said at the beginning of the season that the main aim was for the boys to enjoy themselves and learn some skills on the way. We have achieved all of that plus the added bonus of winning the League

It has been a pleasure to coach the boys this year and they have all developed considerably through the season. I must say a special thank you to Robert Rath and Brian Thickers for all of their help this year and also to a great set of parents who have given great support to their boys.

The support from Phil Dobbin has been fantastic. Without people like Phil we wouldn't have a Club at all.

In finishing I have to say that the way the Senior Club has encouraged us and supported us this year augers well for the future of Frankston Soccer Club.

Chris Reynolds - Coach

UNDER 14 DOLPHINS - Southern B League

My first year with the Squad has proved very successful with basically the same squad as 1993. We were able to turn around a middle of the table team to finish Runners Up in E Division. The squad trained well and put into practice most of the training methods. We ended the season scoring 85 goals and conceding 24. Top scorer George Koklas finished with 38 goals to be the leading scorer in our division.

I would like to thank all the boys and their parents for a job well done. A special thanks to Brian for running the line at every match. I would also like to thank my Manager Fran Mangan for a job well done throughout the season.

The Team was : Paul Mangan, Michael Pierce, Joe Sinopoli, Ben Millerd (C), Greg Weir, Russell Flint, Peter Rowe, David Lamb, Andy Grey, George Koklas, Peter Maurice, Cameron Brooke, Michael Doble, Paul Roberts, Mark Clitnovici and Barry Evison.

We look forward to an even better season next year at Under 16 level.

Liam O'Kelly - Coach

NEWS FROM OUR JUNIORS

UNDER 12 WHITE - Southern C League

Team: Steven Ballerini, Michael Blanch, Adrian Caminiti, Steven Cliffe, Kane Naismith, Brett Van Zanden, Mark Tyas, Daniel Wehner, Adam Poole, Matt Swanson, Caleb Nicholes, Ben Jasiwicz, Tom Young, David Maurice.

Completing the season undefeated Champions is a great achievement all boys who play in the team should be proud of. Winning 17 games and drawing 1 game was a direct result of pure "hard" work all boys applied at training, which also assisted in developing a very close knit team of mates and not just individuals.

A lot was asked of the boys at training and during games this year, as they have developed their understanding and application to the game. All boys have responded positively to the challenge and as a result have lifted their games to a higher level.

There have been many highlights this year including playing against the Under 12 Region team, of which Daniel Wehner, Adam Poole, Kane Naismith and Caleb Nicholes were invited to join the training squad. Adam Poole progressed further to play for the Region in the inter region championships.

In addition, there have been some great soccer matches played by the team including games against Doveton, Hampton Park, Sandringham and Seaford. With the League season finished, the team is now looking forward to a good run in the Under 11 Cup.

Thanks to all parents for their support, Team Manager David Poole, whose efforts are greatly appreciated and to all the boys on a great season.

David Cliffe - Coach

NEWS FROM OUR JUNIORS

UNDER 12 GOLD - Southern A League

This year has been a hard one, not only for the boys but for David Forrester and myself. With a very unsettled start to the season we could only hope for things to get better. But yep, you guessed it, on first game against Beaumaris, Stewart Gagliardi scored a brilliant goal only to be taken to hospital for stitches in his leg a short time afterwards. We went on to draw 2-2.

With a squad of 16 players some of the boys were finding it hard to get into the game as they were being taken on and off to try to give players a fair go. Naturally this makes for a very unsettled team. Our next few games were close but we couldn't get a win on the board. A few of the boys decided to move to the Blue Squad, leaving us with a more workable size team. Once again our next few games were good but still unable to notch that first win.

Then came the injuries, the flu, the asthma and the school holidays. David Cliffe and David Poole's team came to our rescue lending us players for almost the rest of the season. No matter how hard we tried, trained or changed the team around we just couldn't come up with a winning combination, so it's back to the drawing board and hope that next season will bring better things. Although the boys didn't have a win this year they conducted themselves as a very pleasant and polite group of boys.

Some good news for the year (no not just cause it's my son) Warren Mur was selected for the Regional Squad and played in an undefeated Southern Squad. Well done Warren. Luke Bardsley was our top goal scorer for the season, other boys to score were Daniel Clitnovici, Ben Swanson, Stewart Gagliardi, Adam Poole and Oren Dalton.

On behalf of David and myself I would like to thank all the dads who ran the line, the mums who manned the canteen and provided the oranges, all who helped at training and on match days those who helped to prepare the ground, Bruce Millerd for making sure the paper work for the VSF was organised. A special thanks to Jeff Gagliardi for his help on training noughts.

Last but not least the TEAM : Fred Barcos, Luke Bardsley, Chris Bowen, Daniel Clitnovici, Chri Condon, Matthew Forrester, Stewart Gagliardi, Andrew Godson, Mark Millerd (C), Warren Mur Marko Polic, Michael Simmons and Ben Swanson.

Hope to see you all next year.

Linda Mur - Manager

SOCIAL EVENTS

RED FACES NIGHT

8th October



\$5.00

PER

HEAD
PAY AT THE DOOR

SPOT PRIZES

7.30PM START

All people wishing to enter an act, please contact either
John Rowe 789-1302 Mike Webb 571-4241

As these nights tend to sell out very quickly, Anybody wishing
to book a table in advance, once again contact one of the
above.

AC Milan - the world's best Football Club.

ASF Director of Coaching Steve Darby recently visited the AC Milan 45 acre private estate "MILANELLO" which is now rated as setting the standard in soccer excellence. Situated 45 minutes from Milan near the town of Varese, the centre is equipped with 5 full size pitches, running track, a small pitch caged with high walls, gymnasium (retractable roof), handball court, cross country track, weight training gym, accommodation block and admin block. The centre is immaculately maintained and surrounded by high walls and pine trees. The players report on a daily basis and only go to the San Siro Stadium in Milan once a fortnight for home games.

The TEAMS - the Club has 3 teams, the "Professional" squad of 26 players and other players owned by the Club but loaned out to other Clubs from time to time, the "Primavera" Youth Team squad of 23 players aged 18/19 and the "Junior" elite squad of 21 hand picked players 16/18 years old.

The COACHING STAFF - a total of 13 full time staff look after the players. All three squads have full time Coaches, Assistant Coaches and Goalkeeping Coaches. The "Professional" squad also has a full time Trainer, Doctor, 2 Masseurs and a Gear Steward. The Head Youth Coach (Vidivichi) did not play soccer at a high level. He was selected as top of the Italian Coaching Course and is a trained Physical Education teacher.

The YOUTH SYSTEM - all the players Under 18 are paid \$200 per month - at 18 they are offered a comfortable 1 year contract with a wage. After this they are offered professional contracts. Twenty of the Youth Team players live at the complex, the others live with their parents in Milan and travel daily to the Club by bus. All players must go to school until age 18 as the future of the boys is considered in case of injury. The young players have an 11 month schedule from September to May - July is a holiday, September is pre-season and June is post-season. The Club has 50 official scouts around Italy and many honorary people identifying talent around the world. An annual Italian Under 15 Knockout Tournament is run by the Club and the last 4 teams play at Milanello where the best players are recruited for the Club. The Club considers it a success if one player every 2 years reaches the first team. The latest graduate is Albertini and others include Baresi and Maldini. A youth career at AC Milan is considered a passport to an Italian Professional career either at AC Milan or another Club.

The COACHING SESSIONS - all the players were out before the session began playing head tennis and circle ball. All the sessions were of very high intensity and the practices similar to those used for the Australian National team by Eddie Thomson. The leadership and example of the older players such as Baresi and Papin shone through. However the structure was different - each practice in the session lasted 20 minutes and the ball work was interspersed with fitness work, eg, 20 mins grid, 10 mins sprints, 20 mins shooting, 20 mins plyometrics, 20 mins game. There was a strong emphasis on "shadow" play (unopposed practice in a team formation to build up patterns of play) and aerobic fitness to suit Milan's "pressing" style of play.

A SAMPLE WEEK - Sunday match, Monday rest, Tuesday morning training, Wednesday/Thursday all day training, Friday morning training and Saturday in camp team meeting, match videos and quality meals. The Youth players train every afternoon Monday to Friday, play matches on Saturday and watch the First team on Sunday.



PROUDLY SPONSOR JUNIOR SOCCER

START THE DAY RIGHT

WITH A McDONALDS HOT

BREAKFAST

BACON, EGGS, ENGLISH MUFFIN, JAM, ORANGE JUICE,
UNLIMITED TEA OR COFFEE + MORNING PAPERS TO
READ



TOOHEYS BREWERS



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FRANKSTON SOCCER CLUB**



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