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# FRANKSTON CITY SOCCER CLUB

(DIRECTORY)



1974

The Management and Staff of Dalgety Real Estate, Frankston, wish the Players, Members and Supporters of Frankston City Soccer Club the best of success and enjoyment in the coming Season.

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E. BARDSLEY  
CHAIRMAN

CHAIRMANS INTRODUCTION

Ladies and Gentlemen,

The publication once again of our popular Year Book will go a long way in helping you our supporters and friends to enjoy another season with Frankston City Soccer Club.

This year we have a very good working committee with a blend of youth and experience, all with the one driving ambition to reach State League in 1975.

The Club possibly had its best ever season last year, but in my opinion the future looks even brighter, and this is not only directed to the ladies and gents on the respective committees, but also to the donors, and most of all, "You" the supporting public who gave the club great support.

You the club members have a part to play in our growth, for without you our club ceases to exist. Support your Social Club, there is something for everyone.

May we enjoy your continued support in 1974.

*E. Bardsley.*

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\* GOOD LUCK FRANKSTON SOCCER CLUB FOR 1974

## KNOW YOUR LAWS

### LAW No. 11

#### Offside

A player is offside if he is nearer his opponent's goal line than the ball AT THE MOMENT IT IS PLAYED, unless:

- He is in his own half of the field of play.
- There are two opponents NEARER to their own goal than he is.
- The ball last touched an opponent or was last played by him.
- He receives the ball direct from a goal kick, a corner kick, a throw-in or when it is dropped by the Referee.

For an infringement of this Law an indirect free kick will be given to the opposing side from the point where the infringement occurred. A player in an offside position shall not be penalised unless IN THE OPINION OF THE REFEREE he is interfering with play or an opponent or is seeking to gain an advantage by being in an offside position.

Offside is not judged from the moment a player receives the ball but from the moment the ball is passed to a player by a member of his own side.

#### Advice

This Law is often regarded as controversial but its provisions are simple and straightforward. Its correct application depends on players understanding all the provisions of this Law, and acceptance of the Referee's immediate decision whether a player is interfering with the pattern of play or seeking to gain any kind of advantage. The interpretation of this Law is left to the Referee's discretion and players should take note of how the Referee interprets this Law from the start and play accordingly.

### LAW No. 12

#### Fouls and Misconduct

A Player who INTENTIONALLY commits any of the following offences:—

- Kicks or attempts to kick an opponent.
- Trips an opponent, i.e., throwing or attempting to throw him by the use of the legs or by stooping in front of or behind his opponent.
- Jumps at an opponent.
- Charges an opponent in a violent or dangerous manner.
- Charges an opponent from behind unless the opponent is obstructing.
- Strikes or attempts to strike an opponent.
- Holds an opponent with his hand or any part of his arm.
- Pushes an opponent with his hand or any part of his arm.
- Handles the ball, i.e., carries, strikes, or propels the ball with his hand or arm (this does not apply to the goal keeper in his own penalty area).

shall be penalized by the award of a direct free kick to be taken by an opponent from the place where the offence occurred. If a defender commits any one of these nine offences within his own penalty area the PENALTY KICK shall be awarded to his opponent. The penalty kick can be awarded IRRESPECTIVE OF THE POSITION OF THE BALL, if in play, as long as the offence occurs within the penalty area.

A player committing any of the five following offences:—

- Playing in a dangerous manner.
- Charging, i.e., with the shoulder when the ball is not within playing distance.
- When not playing the ball he intentionally obstructs an opponent, i.e., running between the opponent and the ball or interposing the body so as to form an obstacle to an opponent.
- Charging the goal keeper except when he is —
  - Holding the ball.
  - Is obstructing an opponent.
  - Has passed outside his goal area.
- A goal keeper may take no more than four steps whilst holding, bouncing or throwing the ball in the penalty area and catching it again without releasing it to be played by another player. A goal keeper may also not indulge in tactics which, in the opinion of the Referee, are designed to hold up the game and to give an unfair advantage to his own team.

The penalty applying to any of these five offences shall be an indirect free kick to the opposing team from the place where the infringement occurred. A player shall be CAUTIONED if:—

- He enters the field of play to join or rejoin his team after the match has begun without first having received a signal of approval from the Referee. (If the game is stopped to administer a caution such game shall be restarted by the Referee dropping the ball where the infringement occurred and not where the ball is at the time of the stoppage — in this regard the implications of Law 12 do not oblige the Referee to stop the game to administer the caution but the Referee can also apply the advantage clause).

### LAW No. 12 (Cont'd)

- He persistently infringes the Laws of the game.
- He shows by word or action dissent of any decision given by the Referee.
- He is guilty of ungentlemanly conduct.

#### Advice

For any of the last three offences, in addition to the caution AN INDIRECT FREE KICK shall be awarded to the opposing side from the place where the offence occurred. A player shall be sent OFF if —

- In the opinion of the Referee he is guilty of violent conduct or serious foul play.
- He uses foul or abusive language.
- He persists in misconduct after having received a caution.

The International Board has decided that if a goal keeper intentionally strikes an opponent by throwing the ball vigorously at him or pushes an opponent with a ball whilst holding it, that the Referee must award a penalty kick if the offence occurred in the penalty area. In the case of body contact between the goal keeper and an opponent rushing into the goal area and the goal keeper having possession of the ball, the Referee, as sole judge of intent shall stop the game and award an indirect free kick to the goal keeper, if he is satisfied that the action was intentional or dangerous. If a player leans on the shoulders of another player when endeavouring to head the ball, the Referee shall stop the game, caution such player for ungentlemanly conduct and award the opponent an indirect free kick.

If a player covers the ball without touching it in an endeavour not to let an opponent play it he obstructs but does not INFRINGE Law 12, Section 3, because he is, in fact, playing the ball. A player intentionally stretching his arms to obstruct an opponent or step from one side to another, moving his arms up and down to delay an opponent, should be cautioned for ungentlemanly conduct and an indirect free kick given against him. If a player strikes an opponent or behaves in an ungentlemanly manner to the Referee during the half time interval he should be barred from taking further part in the match and shall NOT be replaced. If two players of an opposing side should be outside the boundaries of the field of play and one intentionally trips or strikes the other, the ball still being in play, the Referee shall stop the game and caution or send off the player at fault. The game shall restart by dropping the ball at the place where the game was stopped. If in the opinion of the Referee, a goal keeper lies on the ball for an unnecessarily long period he shall be penalized for ungentlemanly conduct and —

- Be cautioned and an indirect free kick awarded against him.
- In case of repetition of the offence, be sent off the field.

#### Advice

It is imperative that all players familiarize themselves with Law 12 in particular, the following additional advice is offered by the International Board.

- NEVER RETALIATE when fouled, for a retaliating player at once becomes liable for punishment and may be ordered off and subsequently suspended.
- Realize that there is no such thing as accidental jumping "at an opponent."
- Refrain from claiming for "hands". The Referees act on their own initiative and if a "hands" is considered accidental your action will put yourself and your team at a disadvantage.
- KEEP YOUR TEMPER and do not appear annoyed when you are fairly charged. There is no disgrace to be bowled over by a fair charge.
- Accept the Referee's decision without question, it is an offence to show dissent.
- When playing as goal keeper remember that upon leaving the goal area any opponent may charge you. Goal keepers are advised to get rid of the ball quickly.

Except through accident, no player may LEAVE the field without the Referee's permission.

### EVERY SUCCESS TO THE FRANKSTON SOCCER CLUB

# CHARLES

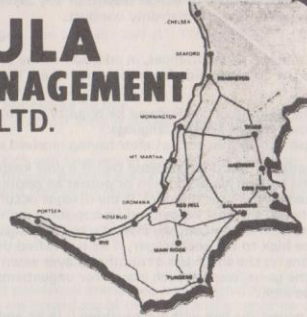
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Ph: 786 4639  
**TREASURER:** L. SMITH  
**COMMITTEE:** J. BARCLAY: TEAMS DIRECTOR  
R. CUMMINGS: SPECIAL EFFORTS  
P. GOSS: GROUND MANAGER  
R. SINCLAIR: SOCIAL  
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**LIFE MEMBERS:** A. PRIOR — L. GUSSENHOVEN —  
H. GUSSENHOVEN — N. STANLEY —  
J. DALE  
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## WORLD CUP EDITORIAL

The bid for a berth in the final 16 countries in the World Cup started in 1965 when history was made by Australia who had never before entered this top soccer competition. Australia was drawn against North Korea and this set a pattern for the future as the Australian Government did not have formal relations with North Korea.

By **JOHN BARCLAY**  
Manager of the  
Australian World Cup Team.



FIFA, which is the world organising committee of soccer, ordered the game to be played in Cambodia. History shows that Australia lost, but North Korea did very well in subsequent matches beating Italy 1-0 and losing narrowly to Portugal.

In 1968, the Australian Soccer Federation again decided to enter the World Cup and Australia was drawn in a section with South Korea, Japan and Rhodesia. Again politics reared its ugly head and Rhodesia were not permitted to enter, South Korea, the host nation.

The resultant tournament was won by Australia, however after returning home triumphant, ten days later Australia were ordered to play Rhodesia in Africa and eventually won and then travelled to Israel where the team went down 1-0, thus eliminating Australia from the World Cup.

It was decided to again try to qualify in 1973 and with the help of better sponsorship and greater professionalism, Australia finally defeated Korea 1-0 in Hong Kong after having eliminated Indonesia, Iran, New Zealand and Irak.

So history has been made by Australia and the future has yet to be decided.

THE MANAGEMENT AND STAFF WISH THE FRANKSTON CITY SOCCER CLUB EVERY SUCCESS FOR THE 1974 SEASON.

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In Order of Playing

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### Yallourn

Recreation Reserve, Parkside,  
YALLOURN

### Preston

J.A. Cochran Reserve, Collier Street,  
PRESTON

### St. Albans

Churchill Reserve, Grace Street,  
off Fox Street, ST. ALBANS

### Keilor City

Churchill Reserve, Grace Street,  
off Fox Street, ST. ALBANS

### Albion Rovers

Selwyn Park, Selwyn Street, SUNSHINE

### Essendon Lions

Montgomery Park, Albion Street,  
ESSENDON

### Box Hill

Wembley Park, Cnr Middleborough and  
Canterbury Roads, BOX HILL

### Sunshine City

Gardens Reserve, Anderson Road,  
SUNSHINE

### Altona City

Kim Reserve, Millers Road,  
ALTONA

### Green Gully

Green Gully Reserve, St. Albans/  
Keilor Road, ST. ALBANS

### FIRST TEAM SQUAD FOR 1974

Bill Papoutsakis	Norrie Campbell
Robin Knott	Peter Avent
Mick Benton	Keith Grainger
Billy Lewis (Vice-Captain)	David High
Rayko Bjelica	David Johnstone
John O'Neill	Les Smith
Jim McMinimee	Trevor Parry
Tony McKay (Captain)	Sam Murray
Bobby Adams	

### RESERVE SQUAD FOR 1974

M. Bevis (Coach)	N. Skelton
M. O'Grady	J. Monty
M. Rees	N. Burgess
W. Chadwick	W. Mcalany
R. Parry	R. De John
C. Sweeney	J. Gleeson
R. Goodman	G. Clamp
J. Skelly	R. Murray
B. Skelly	B. Boulton (Manager)

Both squads are subject to interchange on ability.



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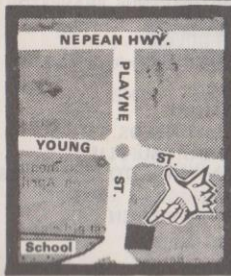


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## VICTORIAN SOCCER FEDERATION Metropolitan League Fixtures - 1974 - DIVISION I (see note at end of Fixtures re Sunday games)

### ROUND 1

Saturday 6th April  
PRESTON v BOX HILL  
ALTONA CITY v WESTERN SUBURBS  
FRANKSTON CITY v ESSENDON LIONS

### Sunday 7th April

GREEN GULLY v ST. ALBANS  
SUNSHINE CITY v YALLOURN  
KEILOR CITY v ALBION ROVERS

### ROUND 2

Saturday 13th April  
ALBION ROVERS v GREEN GULLY  
WEST'N SUBURBS v FRANKSTON CITY  
BOX HILL v ALTONA CITY  
ST. ALBANS v SUNSHINE CITY

### Sunday 14th April

ESSENDON LIONS v KEILOR CITY  
YALLOURN v PRESTON

### ROUND 3

Saturday 20th April (no Sunday games)  
PRESTON v SUNSHINE CITY  
ALTONA CITY v YALLOURN  
FRANKSTON CITY v BOX HILL  
GREEN GULLY v ESSENDON LIONS  
ALBION ROVERS v ST. ALBANS  
KEILOR CITY v WESTERN SUBURBS

### ROUND 4

Saturday 27th April  
WESTERN SUBURBS v GREEN GULLY  
BOX HILL v KEILOR CITY  
ST. ALBANS v PRESTON  
YALLOURN v FRANKSTON CITY

### Sunday 28th April

ESSENDON LIONS v ALBION ROVERS  
SUNSHINE CITY v ALTONA CITY

### ROUND 5

Saturday 4th May  
FRANKSTON CITY v SUNSHINE CITY  
KEILOR CITY v YALLOURN  
GREEN GULLY v BOX HILL  
ALBION ROVERS v WEST'N SUBURBS  
ESSENDON LIONS v ST. ALBANS

### Sunday 5th May

ALTONA CITY v PRESTON

### ROUND 6

Saturday 11th May  
WEST'N SUBURBS v ESSENDON LIONS  
ALBION ROVERS v BOX HILL  
ST. ALBANS v ALTONA CITY  
YALLOURN v GREEN GULLY  
SUNSHINE CITY v KEILOR CITY

### Sunday 12th May

PRESTON v FRANKSTON CITY

### ROUND 7

Saturday 18th May (no Sunday games)  
KEILOR CITY v PRESTON  
GREEN GULLY v SUNSHINE CITY  
ALBION ROVERS v YALLOURN  
ESSENDON LIONS v BOX HILL  
WESTERN SUBURBS v ST. ALBANS  
FRANKSTON CITY v ALTONA CITY

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Metropolitan League Fixtures — 1974 — DIVISION I (Cont'd)

**ROUND 8**

**Saturday 25th May**  
ST. ALBANS v FRANKSTON CITY  
YALLOURN v ESSENDON LIONS  
SUNSHINE CITY v ALBION ROVERS  
PRESTON v GREEN GULLY  
ALTONA CITY v KEILOR CITY

**Sunday 26th May**  
BOX HILL v WESTERN SUBURBS

**ROUND 9**

**Saturday 1st June**  
KEILOR CITY v FRANKSTON CITY  
YALLOURN v ALTONA CITY  
WESTERN SUBURBS v GREEN GULLY  
BOX HILL v ST. ALBANS  
ESSENDON LIONS v SUNSHINE CITY

**Sunday 2nd June**  
ALBION ROVERS v PRESTON

\* See note at end of Fixtures.

**ROUND 10 (no Sunday games)**

**Saturday 8th June**  
ST. ALBANS v KEILOR CITY  
YALLOURN v BOX HILL  
PRESTON v ESSENDON LIONS  
ALTONA CITY v ALBION ROVERS  
FRANKSTON CITY v GREEN GULLY  
SUNSHINE CITY v WESTERN SUBURBS

**ROUND 11**

**Saturday 15th June**  
GREEN GULLY v KEILOR CITY  
ESSENDON LIONS v ALTONA CITY  
PRESTON v WESTERN SUBURBS  
BOX HILL v SUNSHINE CITY  
ST. ALBANS v YALLOURN

**Sunday 16th June**  
ALBION ROVERS v FRANKSTON CITY

**ROUND 12**

**Saturday 22nd June (no Sunday games)**  
BOX HILL v PRESTON  
WESTERN SUBURBS v ALTONA CITY  
ESSENDON LIONS v FRANKSTON CITY  
ALBION ROVERS v KEILOR CITY  
ST. ALBANS v GREEN GULLY  
YALLOURN v SUNSHINE CITY

**ROUND 13**

**Saturday 29th June**  
GREEN GULLY v ALBION ROVERS  
KEILOR CITY v ESSENDON LIONS  
FRANKSTON CITY v WEST'N SUBURBS  
ALTONA CITY v BOX HILL  
SUNSHINE CITY v ST. ALBANS

**Sunday 30th June**  
PRESTON v YALLOURN

**ROUND 14**

**Saturday 6th July (no Sunday games)**  
SUNSHINE CITY v PRESTON  
YALLOURN v ALTONA CITY  
BOX HILL v FRANKSTON CITY  
ESSENDON LIONS v GREEN GULLY  
ST. ALBANS v ALBION ROVERS  
WESTERN SUBURBS v KEILOR CITY

**ROUND 15**

**Saturday 13th July**  
ALBION ROVERS v ESSENDON LIONS  
GREEN GULLY v WESTERN SUBURBS  
KEILOR CITY v BOX HILL  
PRESTON v ST. ALBANS  
FRANKSTON CITY v YALLOURN

Metropolitan League Fixtures — 1974 — DIVISION I (Cont'd)

**Sunday 14th July**  
ALTONA CITY v SUNSHINE CITY

**ROUND 16**

**Saturday 20th July**  
PRESTON v ALTONA CITY  
SUNSHINE CITY v FRANKSTON CITY  
ST. ALBANS v ESSENDON LIONS  
BOX HILL v GREEN GULLY  
WESTERN SUBURBS v ALBION ROVERS

**Sunday 21st July**  
YALLOURN v KEILOR CITY

**ROUND 17**

**Sunday 28th July**  
ESSENDON LIONS v WEST'N SUBURBS  
ALTONA CITY v ST. ALBANS  
GREEN GULLY v YALLOURN  
KEILOR CITY v SUNSHINE CITY  
FRANKSTON CITY v PRESTON  
BOX HILL v ALBION ROVERS

**ROUND 18**

**Saturday 3rd August**  
ALTONA CITY v FRANKSTON CITY  
PRESTON v KEILOR CITY  
SUNSHINE CITY v GREEN GULLY  
YALLOURN v ALBION ROVERS  
BOX HILL v ESSENDON LIONS

**Sunday 4th August**  
ST. ALBANS v WESTERN SUBURBS

**ROUND 19**

**Saturday 10th August**  
WESTERN SUBURBS v BOX HILL  
ESSENDON LIONS v YALLOURN  
ALBION ROVERS v SUNSHINE CITY  
GREEN GULLY v PRESTON  
KEILOR CITY v ALTONA CITY

**Sunday 11th August**  
FRANKSTON CITY v ST. ALBANS

**ROUND 20**

**Saturday 17th August**  
FRANKSTON CITY v KEILOR CITY  
ALTONA CITY v GREEN GULLY  
PRESTON v ALBION ROVERS  
SUNSHINE CITY v ESSENDON LIONS  
YALLOURN v WESTERN SUBURBS

**Sunday 18th August**  
ST. ALBANS v BOX HILL

**ROUND 21**

**Saturday 24th August**  
KEILOR CITY v ST. ALBANS  
BOX HILL v YALLOURN  
ESSENDON LIONS v PRESTON  
ALBION ROVERS v ALTONA CITY

**Sunday 25th August**  
GREEN GULLY v FRANKSTON CITY  
WEST'N SUBURBS v SUNSHINE CITY

**ROUND 22**

**Saturday 31st August**  
FRANKSTON CITY v ALBION ROVERS  
ALTONA CITY v ESSENDON LIONS  
SUNSHINE CITY v BOX HILL  
YALLOURN v ST. ALBANS

**Sunday 1st September**  
KEILOR CITY v GREEN GULLY  
WESTERN SUBURBS v PRESTON

**NOTE:**

\* The match ALBION ROVERS v PRESTON scheduled for 2nd June will have to be re-allocated if the match VICTORIA v NAPOLI is played on this date.

SHOULD ANY OTHER SUNDAY BE REQUIRED FOR AN INTERNATIONAL MATCH then the Division 1 match or matches scheduled for the appropriate Sunday will have to be re-allocated.

MALCOLM PRITCHARD

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## TROPHY WINNERS 1973 SEASON

	1st TEAM	RESERVE TEAM	3rd TEAM
<u>Best Player:</u>	A. Parrott	L. Smith	B. Skelly
<u>2nd</u>	G. Clamp	R. Parry	—
<u>3rd</u>	W. Lewis	M. O'Grady	—

**Best Colt:** M. Rees

**Most Improved:** S. Murray

**Colar Trophy for Most Determined Player:** W. Lewis

## TACKLING

The best and only place to gain tackling experience is in a match.

Possession of the ball is essential for the success of any soccer team and in order to gain possession, quite often a tackle is required.

Do not think for one minute that the job of tackling is solely for defenders. A defender is usually favoured to win the ball in a tackle because he is generally coming to meet the ball. But forwards do get chances and if they have tackling ability, this can often make the difference between a match being won or lost.

After all, if a defender is allowed to take his time when he is in possession of the ball, his chance of making a good pass is better than if a tackle on him by a forward is attempted.

A defender will always treat with respect a forward who he knows is determined in his tackle to get the ball. Many players, including stars, are upset by heavy tackling and are easily put off their game, but they must remember that correct tackling is within the laws of the game. Good, fair and heavy tackling also puts more spirit into the game for spectators.

Vicious and unlawful tackling, in our opinion, is the sign of lack of skill.

The best place to gain tackling experience is a match and even in training and practice matches players should tackle as they would do in a game.

ONCE AGAIN, IS THE IMPORTANCE OF DOING THINGS IN PRACTICE AS YOU WOULD IN A MATCH.

What a player does in practice conditions the mind for the big game. However, coaches can get players, particularly schoolboys, used to body contact and put them on the right track towards good tackling.

Determination is the predominant factor in good tackling.

Before we describe the different types of tackling, we would like to give a simple exercise to help schoolboys overcome their natural fear of body contact.

Take a group of players in the centre circle of the field, standing on one leg. Players are instructed to shoulder charge each other and the winner is left in the circle.

There are numerous types of tackles, but we only intend to deal with the three which we consider to be the most important. They are the block tackle, sliding tackle and the pivot tackle.

### BLOCK TACKLE

When two players are going for the ball, they are, naturally, trying to beat each other to the ball. But in many instances they will arrive at the ball at approximately the same time and this leads to a block tackle.

This tackle is made with the players facing each other.

The tackler must get his weight over the ball so he can resist any shoulder charge and body impact from the opposing player. The foot used in making the tackle must, as near as possible, be fully behind the ball and the knee bent.

Often, with two determined players challenging, a stalemate is the result. It is then up to the player to try and roll the ball over his opponent's foot.

Usually it is the player with the greater determination who wins the ball.

The reason for adopting a crouching stance for tackling is that it is easier to retain balance. If a player tackles with his leg outstretched he is usually leaning away from the tackle and is easily knocked off balance.

## TACKLING (Cont'd)

If a player's body is compact and fully behind the ball there is also greater resistance against strains and other injuries.

In a match the block tackle is the one most frequently used.

A good player becomes even better if he can win possession with tackling.

Incidentally, he also gains greater respect from his opponents.

The successful tackler wins a mental, as well as a physical, battle over the opposition.

After all, football is a battle of wits, as well as a battle of strength.

### PIVOT TACKLE

This term may not be well known in Australia, but we feel sure you have seen the tackle executed many times in matches. Quite often a player has to chase an opponent, pass him and pivot around to make a tackle.

He pivots on his standing foot, bringing the other foot around to meet the ball.

Emphasis should be placed on the crouching stance, as in the block tackle, otherwise the action of pivoting tends to make the player over-balance on contact.

### SLIDING TACKLE

This usually is used as a last resort when a player is unable to use a block tackle, or in cases of emergency.

It should not be used unless a player feels he has a strong chance of getting the ball. If he does not gain possession, he will be left lying on the ground and in a difficult position for recovery.

The sliding tackle is usually made from the side of the player in possession of the ball.

The tackler slides to the ground on the side of the non-tackling leg and buttock, then the outside foot swings across at the ball and plays it with the instep.

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**SEAFORD SOCCER CLUB'S 1973 REPORT**

Although the 1973 season was not as successful trophy wise as previous years, the club was more than happy with its progress.

Over 300 boys were coached and played in teams from under 7's to under 16's, with older players going to Frankston Thirds and Reserve.

The under 7's were the most successful team, winning their league, the Northern Region Cup and runners-up in the JLMC State Cup.

With the formation of new junior area leagues, this team is expected to go on to bigger and better things in the forthcoming season.

Most of the club's other teams won their leagues or finished near the top.

Four Seaford boys made State teams: - under 12's - Wilson Cleland and Brian Paulding; under 14's - Ross Murray; Under 15's - N. Burgess.

Three Seaford lads also made the Southern Region under 10 side - Craig Lamb, Ian Waugh, D. Gilbert. Unfortunately no under 10 State side was selected, but in regional games these players showed great promise for the future.

With a new committee and a new spirit of co-operation between Seaford and Frankston, Seaford Soccer Club must grow both in stature and experience.

Seaford wishes Frankston City success in its quest for State League promotion.



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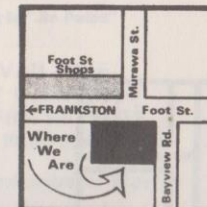
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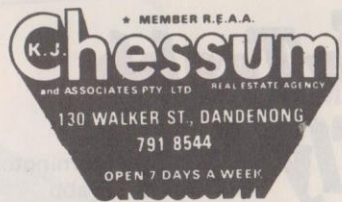
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### ABDOMINAL EXERCISES

Every player should do a period of abdominal exercises daily, except the day of and day before a match, to strengthen that part of the body.

Here are a few simple exercises:

1. The simplest one is to lie on your back, shoulders slightly raised and hands clasped behind the head. Keep legs straight and slowly raise and lower. This can be greatly built upon and many variations brought in. The legs can be opened and closed after they are raised, or can be used in a scissors movement while still in the air. A medicine ball can be used after a while, holding the ball between the feet and repeating the raising and lowering of legs.
2. Lie in a horizontal position on your back with the feet secured, the simplest way is to have another player holding them down, or under a bench. Hands should be behind the head and the upper part of the body raised and the head pressed down to touch the knees. Slowly return to the horizontal position and repeat. If players did this every morning for five minutes they would have no trouble keeping abdominal muscles firm. As in running, exercises should not be stopped when the going gets tough. If we do things well within ourselves we can hope to reach a standard of fitness necessary for a strenuous game.
3. Sit on a medicine ball. Raise arms and legs and try to balance on the ball in this position. This puts a great strain on the stomach muscles and, although it is a very simple exercise, it is beneficial.



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## PHYSICAL FITNESS

By a Special Correspondent

The best time to get fit is before the season even starts.

This article is primarily for senior players, schoolboys and juniors, naturally, get a lot of exercise and should not be overtaxed with excessive training.

While boys are learning the skills of soccer they are usually getting sufficient exercise.

The best time to get fit is before the season starts. When a player is not up to peak fitness a greater strain is placed on his body and he suffers more reaction.

Naturally, he takes much longer to recover his energy. If he attempts to get fit during the seasons he hasn't sufficient energy left for a match and consequently the training is defeating its purpose.

After all, the idea of training is to get a player at his peak for the match. It is important to do the right training at the right time. For instance, it is no use training hard on the day of a match. As the game is approaching, you should taper off your training and relax. Relaxation is an important factor to get a player into the right condition for a game.

Training during the season should be to keep a player physically fit, not to get him fit. The higher the grade of soccer, the fitter a player must be, both mentally and physically.

### QUICKER REACTIONS

If a player is mentally fit, it helps him physically. On the other hand, if he is physically fit, it helps him mentally. The fitter a player becomes, the quicker his reactions.

An athlete out of condition reacts a fraction of a second slower. If he is not in top condition, he is not doing what he is capable of. He knows what he wants to do, but his condition will not allow him to do it. "The heart is willing, but the legs won't go."

Obviously some players are naturally fitter than others, but there are no players who do not need to train. If a player is not fit in a team game, he is throwing extra work onto his team-mates.

Some players need to be pushed into hard training, but the responsibility of physical fitness really rests with the individual. Most top players realise this and work hard to keep fit. Yes, it is hard work, but it makes things easier on match day.

I am a very firm believer in physical fitness, as no doubt you have realised by now and the following ideas on the subject are my own.

Whatever sport you play, I believe in applying training to that sport.

For example: Football is played with a ball, so why not introduce it as much as practicable into training?

I realise a lot of fitness training can be done with the ball but, exercising and work without the ball is necessary. If a player is in poor condition, he is not getting the best out of his ball work.



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## PHYSICAL FITNESS (Cont'd)

### HARD RUNNING

To begin with, hard running is necessary in Soccer training.

Most players are not very keen on this. Naturally, they prefer to play with the ball, but I still believe that most training sessions should include a spell of running. There should be a warming-up period, but once this period is over, hard running should be introduced. Running well within yourself does not really get you into top condition. A player who is not really in top condition can lap an oval at his own pace, but if something more is demanded of him, his lack of condition shows.

It is much better to do a few minutes really hard running than to spread it out over a period, slow running.

Quickness off the mark and variation of pace and direction should be concentrated upon in training. These are what are needed in a match.

During a match, a player has to turn quickly and move off in different directions, so he must practise them during the week. Stopping and starting quickly improves a player's condition and smartens his reaction. Most of the running during training should, I feel, be of this type.

That is, after players' muscles are in condition for this type of training.

Many players get the false impression that they still should be fresh after a hard training session, but it stands to reason it must have some effect. They will find, however, that the recovery time will be quicker if they are fit. In other words, you should feel some tiredness after a training session, but the next day be fresh for another one.

### KEEP GOING

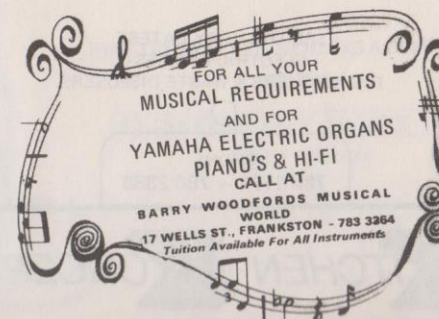
If a player feels tired during training, this is not a sign that he should stop. On the contrary, he should force himself further. When a player gets to the point of real effort during training this is when he should keep going. In this way he is educating his mind and body for a match.

It does not matter how fit you are, at some time during a match you will feel tired. But if you have become used to overcoming this at training, it makes it easier during the game. It does not follow that the more work a player does in training, the fitter he becomes. Indeed, he can be over-trained and not be in the best of condition for the match.

### BODY EXERCISE

The importance of body exercise is not stressed enough for Soccer players. To be completely fit, all parts of the body should be kept in condition. The legs and thighs are the parts of the body players use most, but if they do not keep the upper part of their body in condition, it adds unnecessary strain.

As with running, part of the training session should be devoted to body exercise. I have always felt that it is particularly important to keep the abdominal muscles firm and strong. A player derives a lot of his strength from these muscles. Body exercise keeps the body generally, firm. It helps to resist hard body contact.



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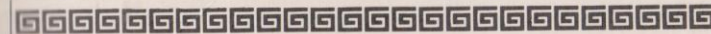
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