

[Grass roots news]

iCoaching

Former Socceroo and NSL star Con Boutsianis has produced a coaching app for the iPhone, *Learn Football*.

Boutsianis said the app taps into the need for flexibility in training times and locations for players, coaches and parents.

It features a 'Wall of Excellence' system and 36 instructional videos which allows between 1000 and 3000 touches of the ball every hour. Get more info at <http://learnfootball.tv>

Gold-en Opportunity

The Gold Coast-based Australian Football College (AFC) is offering a unique three-year football and education program for Year 10, 11 and 12 students commencing in January 2011. Students will also get the opportunity to gain a Queensland Certificate of Education (QCE). Visit www.afc.edu.au for more info.



MAKING 2012

Good humour aids national paralympic side

Think of disabled sport and the ultra-intense wheelchair basketball or rugby come to mind.

However, as the London 2012 Olympics approach, the Australian National Paralympic football team are aiming to raise the profile of disabled football by representing their country at the pinnacle of world sport. For those not in the know, the game is seven-a-side for players with Cerebral Palsy or Acquired

Brain Injury, played on an outdoor synthetic hockey pitch.

The players are classified into four classes, C5 to C8, depending on their functional ability, and each team must always have at least one C5 and C6 on the field with a maximum of two C8s, the most mobile players.

The team has just returned from the CPISRA (Cerebral Palsy International Sports & Recreation Association) Seven-

a-side Football European Championships in Glasgow as a guest nation and battled hard against some impressive teams including the Netherlands, Spain, England and eventual winners Ukraine. The highlight was a 4-1 win over Finland.

The challenge served as a prelude to the 2011 CPISRA Seven-a-side Football World Championships in the Netherlands, where a top eight finish will ensure a place at London 2012.

Assistant coach Kai Lammert, a former Werder Bremen junior who now lives in Sydney, spoke of his pride at the team's performance: "It was an honour to be able to show Europe what we could do and ultimately this was a priceless experience against the world's best."

Lammert said his work with the team had thrown up a number of surprises. After a particularly intense game, the physio entered the dressing room and asked the players if anyone was injured. One player's hand shot up. "Yeah, I've got Cerebral Palsy," he said. Cue laughter all around.

"The first training session was absolutely nerve-wracking. You think so much about being politically correct, but all I saw was a very disciplined, committed and hard working group of young lads," added Lammert.

KATE GILL
 With the modern player asked to do everything and more, aspiring starlets need to spend more time working on their weaknesses

The days of players being good at just one thing have gone. You can't be just skilful or athletic – you have to be both. You must be able to defend and attack. Players today are more complete.

As such each and every position on the field has a specific role and responsibilities for the team's ultimate success.

Different systems affect how each role is performed, but these are my general outlines for what you need to be able to do in your role.

Full-backs need to be running machines who contribute just as much in attack as they do in defence; wide midfielders have to be quick and able to go past people; centre-backs need to be tall and quick with decent distribution; central midfielders must be technically gifted and hard-working (or if they are in the Alonso and Van Brommel mould, be more physical with

the ability to win possession of the ball); while strikers are generally big, tall target players who are good in the air and can keep possession of the ball, bringing others into the game.

So what does that mean to a player's training regime?

It means that you have to work extremely hard in all areas of your training to make sure you are at your peak in each and every area required to become a complete player.

I go to the gym two to three times a week to make sure I am as powerful as I can be. As mentioned I am not a striker that is blessed with pace, so it is imperative that I work on my speed and agility every week.

Training sessions are also where I need to show my strength and aggression, along with the killer instinct that is needed to ensure I score as many goals as possible. Extra tempo or speed endurance sessions are done when I can

From 'too small' to the world's best



to make sure I am at my peak fitness

So depending on your position, do you have the assets required to play the position you have targetted and are you at your absolute best to give yourself the greatest opportunity of playing over your teammates?

The key I guess is to work on your weaknesses and make them as strong as you possibly can get them. Lionel Messi, for example, was too slight and easily

pushed off the ball at a young age as well as being too short to be an aerial threat. He went away worked hard and came back a bigger, faster, stronger athlete. I dare say he has done a pretty good job of it and you can do the same.

 *Kate's boot of choice is adidas Predator*