



Woodbridge SC Newsletter

May 6th, 2010.

Important Dates

SATURDAY 8th MAY

Junior

Under 6 Vs Margate Blue 10am @ Woodbridge

Under 9 Vs Kingborough Lions White 11am @ Woodbridge

Under 11 Vs Friends 10 am @ Woodbridge

Youth

Under 13 Vs New Town Eagles 12 pm @ Woodbridge

Under 16 Vs Taroonia 11 am @ [Kelvedon Park](#)

SUNDAY 9th MAY

Senior

Div 4 Men Vs Huon Valley 2:30 pm @ [Ranelagh](#)

Div 2 Women Vs Nelson Eastern Suburbs 10:30 am @ [North Warrane](#)

From the President

If last weekend was anything to go by the local residents of Woodbridge have an abundance of footballing styles served up in their very own village every weekend. No need to risk life and limb travelling to Africa, no need to risk severe financial hardship in signing up to the pay TV companies or fast speed internet. We had the highly competitive yet social rivalry with Cygnet Sea Dragons in the under 6's, this rivalry is starting to take on the atmosphere and intensity of an English derby. We had the fast paced and high scoring games of the under 9's, 11's and 13's. Last of all on the Saturday we were privileged to witness some high quality, fast paced football with the under 16's which culminated in a nail biting finish, easily matching what will be served up in 35 days from the World Cup.

To finish of Woodbridge's wonderful weekend of football at home we had the highly physical top of the ladder clash with the Div 4 men.

As can be seen from the table above we only have the four home games this weekend but as it is Mother's Day on the Sunday it gives us just a little bit more time to get organised. Check out our Mother's Day raffle in the canteen and on our website courtesy of our latest sponsors.

GRANDVEWE
CHEESES

Dalles Hayes.

Weekend Round-up

Under 6 Match Report 1st May 2010

On a beautiful Saturday morning eight excited Under 6's prepared to take on cross town rivals Cygnet Sea Dragons. On the line were bragging rights for a few weeks, so no pressure on the team. Once again we had enough for two teams. Derek, Ella, Noah and Ruby were in one team, with Amber, Caleb, Rory and Serafina in the other. Last week the score was gazillions to nil. This week it was gazillions to 1. Therefore, as a group we must be improving. Considering we have been playing against teams that have had at least one very determined player who scores most of the goals, I believe we have done well. It was really pleasing to see our players becoming more confident to try something a little different. Rory shouldering another player off the ball looked impressive as did a particular tackle from Amber. Both these players have developed more of a desire to get the ball. Caleb ran all day and had a few chances that I think he will take as the season goes on. Serafina did some good defence behind play and appeared as if she wants to make that position hers. It usually takes 5-6 year olds awhile to learn that you don't have to run with the swarm to get a kick. Derek was another prepared to chase all day. It was just unfortunate that cygnet provided us with so many opportunities to chase. Ella and Ruby are starting to be prepared to mix it with the opposition and I don't think it will be long before they are on the scorer's sheet. Noah found one of his goal-kicking boots from our first game and scored a goal in the second half to provide a bit of respectability. Overall I was really pleased with the team's enthusiasm and hope they enjoy the games as much as all the adults do (well at least as much as this one).

One quick note, would you all please ensure each player has something to drink. Water is preferable. See you on Saturday.

John the coach

Under 9 Match report 1st May

Woodbridge 6 - Kingborough Lions Green 0.

What a wonderful win for the under 9 side. All players were on board for a show of talent and determination. Lauren took a big hit what courage and recovery to play again, Jesse hard at the ball and working goals with George and both players strong on field with George scoring a lovely goal. Cadence was energetic and athletic with a lot of energy and scoring 2 brilliant goals, Finnian edging closer to the goals and refining his game. Sean is a pleasure and seems to love soccer following the pack looking for his perfect chance of a touch. Gemma has a solid powerful kick that will see a very good soccer future for her, she is a natural talent lucky girl as is Lauren, awesome soccer gals. Tennessee had a brilliant game scoring a hat trick, a perfect feeling on a perfect day at Woodbridge, well done guys, terrific playing, soccer rules o.k.

Under 11 Match report 1st May

Woodbridge 2 Mt Nelson 10.

Please don't let the score say anything other than a lot! of goals were kicked in this game. Woodbridge recovered well after each Mt Nelson goal and Cynthia and Samantha through hard work, determination and talent scored for Woodbridge, great stuff. Amy a natural runner and Lauren sporty spice have the bravery award; we saw them take blows and soldier on. George and Tennessee really did well in goals; the Mt Nelson team attacked however our goalies braved it and saved a few as well. Nick shows a lot of natural talent and ball handling skills, Kin is a great player in the middle forward and defence he is a great tag defence player on the wing, Callum had a brilliant shot at goal maybe he is a forward? I think so. Jessie was a treat as always so athletic great to watch. George and Tennessee both excellent on field, Ruby is an amazing player wonderful natural defender, smart player! It's a very smart talented team, I'm wondering why we haven't won a game so far hopefully you can think about it kids and we can work together for a good game plan to help us to a victory. Positions need to be formed ahead of games and we need to

work on passing. Thanks to Phineas Aldridge for refereeing for us this week, it was a great day and the team is a really good one, go Woodbridge!!!

Woodbridge U13, 1st May 2010

Kingborough 5 - Woodbridge 1

This team is in a really awkward stage in their football development, for some of them the change from the small sided format has been extreme. Suddenly they are on the big pitch, with the big goals and ... **offside??**

However despite this a 5-1 loss against any Kingborough team is a respectable result, they are a professional club and produce teams that play a professional style of football. There was plenty for us to take away from this game to work on. The most important being playing and holding positions, the older version of 'seagull soccer' will not work in this competition.

Both Blake and Jacob performed well in goals, both making successful saves in 1v1 situations. Defensively we performed well, our back line is lacking a little structure but our entire team defended well on the day. We struggled in attack as the mid field was congested and it was hard to get the ball wide, quickly to our wingers. The sheer persistence of our attack created several goal scoring opportunities in both halves and much to everyone's relief Thomas managed to put one of them away.

It will be quite exciting watching this team come together over the course of this season.

Next match - New Town Eagles @ Woodbridge @ 12pm.

Woodbridge U16, 1st May 2010

This team has only just come together to combine their strengths. The under 13's team from last year along with some under 15's and a few first time players make up this years under 16's.

The first real test came this weekend from the Glenorchy Knights who fielded a strong and committed opposition. The game started at a furious pace and it was the determination of both defensive lines that held strong and kept it nil all for a long duration into the first half.

It must be mentioned that our regular goalkeeper, Aiden was a great strength and managed to keep the ball out of the net on many occasions.

The deadlock was finally broken by Bolan with a strike that buried itself deep in the back of the net. The tussle continued with some great attacking raids from the Knights and the relentless nature of the attack found a lapse in our concentration to allow a goal in (1 -1)

Jack and Rainen repelled the attacks for a long time which gave our mid fielders the chance to secure a second goal, this one went to Vinnie.

Just before half time the score was 2-1 our way.

Phin made some strategic decisions and put a full strength team on the field in the second half. The ball was being battered along with some of our players, Rainen had to leave the field and soon after Bolan injured his back, luckily we had some valiant reserves to take their place.

A change in the defensive line gave the opposition a break and a deflected ball went in the net, now 2 -2. Nadirah showed how quick she was in defence and kept pushing the opposition winger over the sideline. Then some great footwork from Jye sent the ball forward and eventually Vinnie found the back of the net again (3 - 2)

It was looking like a win for us until a set of unfortunate events led to a Glenorchy player running into Kye in the box and a penalty was given. A 3 -3 draw was then inevitable. Even though Phin did more than most humans could do and, aptly supported by Nick, we almost scored twice but it wasn't meant to be.

The final whistle left us with a 3 all draw and even the opposition coach said this was one of the best games he had ever seen.

I can't wait to see how this team grows together and where we will be by mid season. I can see some natural talent and some deadly determination that will propel this team, it's really going to go a long way.

Best of luck for next weekend team, Jafar.

Senior teams

Having travelled to the cold and windy summit of Mount Nelson to take on Uni at Olinda Grove, the WSC div 2 Women's team had another close game. The score-line was ultimately a very respectable 2 - 1 against, with Laura scoring the 'bridges solo goal.

The men's team played in a rather brisk and chilly wind at home. In a game that seemed to be all about the points, a very good performance by our lads was not adequately rewarded, and despite a fairly even looking game they went down 2 -0.

Courtesy Alio Stringer

For unbiased and detailed senior match reports see the latest edition of the Cygnet Classifieds and the Kingborough Chronicle.

Sporting Injuries

We have had quite a few strained and sore quadriceps (thigh muscles) predominantly with the senior women this week. Hence the following:

The rectus femoris (quadriceps) is mostly commonly injured in the acceleration phase of sprinting, explosive jumping (eg, long jump), kicking (especially long kicking), or when contracting and meeting a resistance (such as two players kicking a ball at the same time). Unlike other muscle pathologies such as the hamstrings, it is possible for an athlete to 'mask' a rectus femoris (quadriceps) injury. Minor grade tears/strains tend only to become functionally limiting when at close to top-end speed sprinting (implications of this will be highlighted in rehabilitation) and when attempting to kick on the run or to kick for distance. Any activity below this, and athletes may be able to continue to compete.

The athlete will usually remember the specific incident because it usually involves explosive muscle contraction, and all grades of strain are initially functionally limiting while attempting to perform maximal speed efforts or generate force with kicking. The athlete may be able to continue playing/training usually at submaximal speed. The injury will most definitely be more noticeable following cooling down.
(www.sportsinjurybulletin.com/.../quadriceps-injuries.html)

Most strains and minor tears to the quads can be dealt with by basic rehabilitation techniques, rest, gentle massage, hot and cold packs and a gradual return to exercise. An interesting article can be found on the benefits of downhill running for quad muscles here www.sportsinjurybulletin.com/archive/quadriceps.html

However I am no expert, serious injuries or strains and tears that are not healing should be seen by a professional. All Woodbridge SC coaches and players receive a small discount at Tasmanian Sports and Physiotherapy Clinic, 176 Macquarie St, Hobart, Contact no. 6224 4900.

Volunteers

A big thanks to all of our wonderful volunteers, however and wherever they may be helping out. Our greatest need for help is on match days, nets need to go up **and** come down, flags and cones to go out and come in, rubbish to be removed etc. Offers for help on match days will be much appreciated.

Anyone interested in learning to run the line for our youth games please see Dalles either at training or on match days.

Dalles Hayes

Woodbridge SC

Contact details - email wbridgesc@yahoo.com.au , Woodbridge SC mobile no. 0427 890236
and Facebook group 'Woodbridge Soccer Club & Friends of.'

