



Established 2002

FLUFC NEWSLETTER

SATURDAY 11th FEBRUARY 2017

GAME WEEK 20

Welcome to another weekly newsletter. There will be limited football action this week due to half term so we hope those not playing enjoy their rest. There is a lot of hard work going on behind the scenes in preparation for this summer's tournament and if you would like to be involved by helping out on the day we would love to hear from you.

As ever, if you wish to get in contact or get involved with helping to support and run the club then please contact us on the e-mail address below or speak to your coach.

EnquireFLUFC@gmail.com

Year 4 Training Report:

The Year 4's played away at Russell Lower School, although with the temperature hitting zero you would have thought we were playing near the North Pole. With only Charlie missing, the boys got stuck in and were unlucky to go 1-0 down at the first quarter. In the second quarter, Flitwick Lower pounded the Russell Lower goal, creating countless chances, only to be stopped by some heroic goalkeeping from the number 1.

As the game went on the lads started to struggle and it wasn't long until the flood gates opened with Russell Lower putting another 4 goals into the net. There was some nice link up play once again from the ever hardworking Jack and Dylan in midfield, and Finlay who saved our blushes a number of times with some fantastic defending.

This week the boys can enjoy the half term and have a rest – we will be back next week with hopefully another match

Coach: Neil Hannam Players(s) of Match: n/a

NEXT FIXTURE/TRAINING: Rest Week - Relax

YEAR 1 COACH REQUIRED 2017-2018 SEASON

For the 2017 – 2018 season onwards, we require a coach to take over the current Foundation year as they become year 1 and incorporate the new Foundation year. In return, you will receive fully club funded training, including the FA approved level one coaching badge should you wish to progress this far, and also get to work with a new intake of players.

You do not need to be a parent/guardian but must be interested in coaching fun and inclusive sessions and working with the team through the year groups. We are looking to get a coach on board and trained by the end of the current season, ready for the 2017/18 season.

If you are considering joining us, we would love to hear from you. If you fancy a trial session with one of our current coaches then please get in touch on the email address above.

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Year 3 Training Report: THANKS TO STEVE HEADLAND

All of the players trained exceptionally hard this week in cold and sleety conditions. We started off with a dribble and passing drill in a rectangular area. A player would dribble and pass to the next player, wait at his cone and then the next player would set off, doing the same drill until he got the next player. Some players had short or long distances to dribble, depending on which cone they ended up on. This worked quite well. Then using the same area, the players were then kicking the ball in the air and catching it, until they got to the next player. The object being for the ball not to touch the ground. They could learn ball control and catching it for goalkeeping skills, at the same time. We then tried a possession drill, which involved the same rectangular area, with 1 player in the middle being the opposition player and the remaining players, trying to keep possession of the ball by passing to each other. This worked well, keeping the players moving about and keeping warm in the cold. If the opposition player got a touch of the ball, then the player who lost possession went into the middle and became the opposition player. The players enjoyed this and all done really well with 2 - 3 touch passes. The coach lost possession, when he joined in for a few minutes, so he became the opposition player as well.

We moved on to a turning drill, which involved a player dribbling with the ball, passing to the Coach, then turning to receive the ball, through the cones. When they received the ball, they ran towards the goal, with some step overs included in the same movement.

Headers and keep me ups were next. The challenge was to see how many a player could achieve. All players enjoyed this. Oscar and Oliver loved heading the ball, on their own and in a pair, achieving to get 6 in a row. James, Will and Jamie doing some great keep me ups. James getting a well controlled 7 in a row. Then we finished for the last 10 minutes with some long distance shooting, with Harry, James and Jamie having a turn in goal. Great shooting by all players.

Coach: Russell Hilton Players(s) of Match: n/a

NEXT FIXTURE/TRAINING: Rest week, enjoy the break.

Year 2 Training Report:

We played Wootton lower on Saturday and performed well winning 4-2. Lucas took the match ball home after scoring a really impressive powerful hat trick. Aren scored a good goal and had assisted in Lucas's goals, with a good solid performance from Joel at the back.

Max Medcraft, Jack, Adam and Amber put in much improved performances and tackled much better and were confident on the ball. Bailey is settling in and beginning to show good potential, man of the match was Max Van Der Merwe for his all round performance and effort, really impressive, a good match played in a great spirit and nice coaches and parents from Wootton.

Max please bring the MOM award with you on Saturday.

As always thanks to Jon, Steve and Sonya for the roles and congratulations for getting all subs paid.

Coach: Steve Tavinor and Peter Nemeth Players(s) of Match: Lucas

NEXT FIXTURE / TRAINING: Vs Clophill – Redbounre 3g – 9.15am KO, arrive 9am.

Foundation/Year 1 Training Report:

Cold air and a bit of slight snow didn't put off a good turn out from my Year one and foundations. This week we wanted to focus on 'keeping the ball'. We started the first practice by having half the players with the balls and the other half without in a big circular area. We challenged them to keep the ball for 30 seconds while those without tried to tackle them. We ran this for around 10 minutes.

We then proceeded to progress from the practice and set up squares, two players inside and 2 on the outside, the player in the middle would keep the ball for as long as possible and could pass the ball to a team mate on the outside if they felt under too much pressure who would then take over in the middle. We then progressed and once a player passes a ball it becomes a 2 v 1 situation.

Due to the weather, we decided to run straight into a game. Good performances and great demonstrations of keeping the ball. We finished early. The man of the matches went to Amira, Harrison & Oliver. All showed great work throughout!

Coach: Dene Walsh and Jose Sanchez **Players(s) of Week:** Amira, Harrison & Oliver

NEXT MATCH/TRAINING: Rest week due to Coach Training and Half Term break.

WE WOULD LIKE TO EXTEND OUR THANKS TO:



IF YOU WOULD LIKE TO RECEIVE AN EMAIL COPY OF THIS NEWSLETTER PLEASE EMAIL US AT

ENQUIREFLUFC@GMAIL.COM AND ASK TO BE ADDED TO OUR NEWS LETTER MAILING LIST.

THANK YOU FOR TAKING THE TIME TO READ THIS NEWSLETTER AND WE LOOK FORWARD TO SEEING YOU AT A FORTHCOMING MATCH SOON.

THE COACHES, CHAIRMAN & SECRETARY AT FLUFC.