



Keynsham Town
Juniors Football Club
Established 1985

Keynsham Town JFC

Club Newsletter January 2016

As we kick off another year of grass roots junior football, we take a look at what's going on around the club, including plenty of views from our most important voices – our players!



CHARTER STANDARD
CLUB

Chairman's Welcome



A focus on long term player development...

On behalf of everyone at Keynsham Town I would like to wish all our players and their families a Happy New Year.

Welcome to our latest Club Newsletter, I hope you will find the articles inside interesting and informative.

With 17 junior sides it has been a busy first half to the season both on and off the pitch and the growth in the size of the Club has presented us with a few challenges. Whilst 2015 was a successful year for the majority of our sides, for some players the experience at Keynsham Town fell below the standards we expect.

During 2016 we will be working hard to raise the standards for all teams up to those of the best. Underpinning this will be the ongoing development of our Club Philosophy which will provide the framework for ensuring we are able to offer both excellent coaching and player development, as well as encouraging children of all abilities to build a life-long love

of the game. The Philosophy places a strong emphasis on the long term development of all players at the Club and will provide a framework for how all Teams operate in the future.

During the next few months we will be committing time and resources to adopting a more consistent training framework across the Club and supporting the development of all of our coaches.

All parents have an important role to play in helping us make every players time at Keynsham Town as enjoyable as possible. The two key ways in which you can do this are by supporting the FA Respect campaign at all times and by helping out in any ways you can to support the smooth running of the club.

With very best wishes for 2016.

Richard Smale

Richard Smale
Chairman

News and Updates

Get Well Soon Mark

As some of you may be aware, our U6s coach Mark Sewell has been unwell recently. Everyone at the club wishes him a speedy recovery.

Volunteers Needed

Like all grass roots clubs, Keynsham Town is a voluntary organisation. With around 300 children now playing for us every week, there are many roles beyond coaching that are essential to keep the club ticking over.

One such role we're looking to currently fill is for a Charter Standard secretary. This key administrative role involves ensuring the club fulfills all the criteria necessary to maintain our FA Charter Standard Club status.

If you are well organized and can spare a couple of hours a month to help out with this role please get in touch with Richard Smale, Martin Coles, Dave Sainsbury or James Lynden.

Spanish connections

On a Saturday in November the U15s were coached by Daniel Aparicio Rodriguez, a young Spanish Coach. Dani works at the excellent Moratalaz Club in Madrid which has over 700 players.

Dani is coming to England in January for six months and we are planning for him to work with the coaches and players at Keynsham Town to help us implement our Club Philosophy across all teams. It is also an opportunity for us to establish a link with a Club overseas that will enable us to take teams on tour to Spain in the future.

We are really looking forward to Dani's arrival and ask that everyone gives him a warm welcome when you meet him at the Club.

Dani (far right) pictured with the U15s.



“Put It In The Box!”

Keynsham Kids Dig Deep for Charity this Xmas

Whilst Christmas is a time of celebration for most, for the homeless it can be one of the hardest times of the year.

So this year U11s coach Jamie Jones helped coordinate a collection of charity boxes for homeless people in Bristol.

Children from the U9 to U11 squads leapt at the challenge, filling 21 boxes with a selection of essential goods and treats to raise the spirits of those in need.

The boxes were handed out by a voluntary group in the days before Christmas and will no doubt have made a huge difference.

Well done to all, another great example of the club working in the community and being about more than just football.



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U9s – Update

This season has been one of much change for both the players and the coaches.

Firstly we've moved to playing 7 v 7 for the first time, a big change from the 5 a side of the U6 – U8 seasons. Literally, with bigger goals, pitches and more players to work with, and against.

The boys and girls have adapted brilliantly, and are now learning the fundamentals of positions, roles and team play to build on individual skills and technique.

It's also our first season in the Hanham Minor League. The kids have stepped up to the keener level of competition brilliantly, arguably handling it better than us coaches have the admin of the league!

But despite regular Sunday matches, our

focus remains on developing skills, technique and confidence both as individuals and a group.

By concentrating on these attributes over 'winning at all costs', results should follow (and recent results have backed this up with a competition final to come)!

Thanks to all our players for their ongoing enthusiasm and determination, to our parents for their support in every aspect of running the team, and our great group of coaches who put in many hours of their own time to run this fantastic group.

Here's to learning and developing in 2016!

James Lynden
(Coach)



U13s – Champiooneeys!

Cup Final Match Report – 17th May 2015

The day had finally arrived. The training session went well the day before and the plan was altered so not have any heading practice as we never score with headers. Both teams looked smart in their cup final attire and with the pitch markings accurately set out with a theodolite the scene was set. Could the lads put in a performance against a side that they had never beaten?

KTJFC Under 12A v Mangotsfield Utd

The League winners enjoyed the early possession but came up against the defence of Sam Cray, Nick Jones and Ben Whitson who all held firm, ably supported by Chris Ransome who swept well behind. The midfield battle was key and both Archie Harding and Henry Shortridge worked exceptionally hard to win possession. Rory Jones and Joe Porton linked up well and the first chance of the game fell to Leo Eglin whose shot went just wide following good work. The lads won the first corner of the game which we didn't get excited about as we don't normally score from corners. Rory Jones delivered the corner superbly and Sam Cray rose salmon-like to score an excellent header (21) and the crowd went wild. The lads kept the intensity high and with half time approaching Joe

Porton used his skill to beat two players and deliver an excellent cross which Connor Westerside (29) finished well with a downward header.

Connor Morgan and Joe Douglas entered the fray and these changes made no difference to how the lads played. Sam Cray controlled the defence well and coped well with Mangotsfield United's star centre forward, ably assisted by Archie Harding. The first chance of the second half fell to Henry Shortridge who fired a free kick just over and Connor Morgan put another chance just wide. The lads kept the effort levels high and scored a deserved third when Joe Porton cut in from the right and his shot was saved by the keeper but Connor Westerside (36) was on hand to dispatch the rebound into the net from close range 32 yards out. The opponents lifted their game in the last 20 minutes but could not find a way through as Chris Ransome pulled off an excellent save from a free kick who was then replaced by Harry Dixon for his final appearance. When the final whistle was blown the boys celebrated and the crowd went wild with a mixture of cheers and tears followed by a few beers.

This was a performance out of the top drawer. All of the players gave everything and thoroughly deserved the win. They all received high praise from the coaching staff, chairman and the opposition parents and all of the boys should be very proud of their performance.

All that was left to do was celebrate with lashings of sausages, chips and condiments as well as homemade cake kindly provided by Mrs Shortie. This was followed by several alcoholic beverages and the town was painted the same colour as Paul Morgan's complexion and the writer managed to prove, yet again, of his inability to handle his drink.

Many thanks to the boys for their attitude and commitment this season as well as the support from the parents who religiously bring their son's to training and matches each week.

Thanks to the Gaffer (Peter Ebdon) for his management skills on a Sunday and support at training. The delivery



of his team talks is excellent and always gets the best effort out of the boys and never gives any criticism or negativity to the boys, which is a refreshing change in junior football.

Also thanks to Coach Shortie for his excellent training sessions and support to the team and we will forgive him for his strange obsession with cones.

As for me its been a pleasure to be involved with this team and am grateful for the feedback on the match reports as that is what keeps me going.

Final Score – KTJFC U12A 3 Mangotsfield Utd 0 – **AYL CUP WINNERS 2015**

Scorers – Sam Cray (21mins) Connor Westerside (29 & 36 mins)

Assists – Rory Jones, Joe Porton (2)

Total number of corners – KTJFC U12A 5 Mangotsfield Utd 4

Total number of offsides - KTJFC U12A 2 Mangotsfield Utd 1

Number of coaches – KTJFC U12A 3 Mangotsfield Utd 4

Number of cones used in warm up - KTJFC U12A 16 (including large cone bonus) Mangotsfield Utd 22

Attendance – 170, thirty three of which was sat down.

Referee look-a-like – A young Magnum PI

By – Mark Porton Age 45 who is immensely proud to been involved which such a great group of players and parents.



U15s Round Up

Here are some headlines from the U15 camp...

- The U15s made a great start to the season winning their first 7 games. Since then things have become a bit tougher, but the boys are still playing some great football.
- Elliot Dugan, one of our former strikers, has just been signed for Swindon
- We've been enjoying plenty of football wisdom courtesy of the Sporting Futures blog. Definitely worth a read...

<https://sportingfutures.wordpress.com/?blogsub=confirming#subscribe-blog>



U16s Round Up

After a close end to last season in division 3, KTFC under 16s have made good progress after being promoted.

The beginning to our new season has been extremely strong in the league starting with goals from Alfie, Sam S and Dom in a 3-1 home victory over a physical Peasdown side. Man of the Match for this game was given to Sam A, who thoroughly deserved it, for an excellent performance at right back.

Although we were defeated 3-0 in the cup by 1st division Nicholas Wanderers, the game was generally quite even, discarding the first 10 minutes of the game where we started too slowly. However, we were unlucky in the last 15 minutes with many chances coming close to the back of the net. Unfortunately, we could not find a deserved goal but a good overall performance left the players frustrated.

This did not show in our next match (our third game in eight days) as we travelled to Roman Glass, a tough place to take a result from. But we performed brilliantly on the day to take a well deserved point in a match where both managers would have been disappointed not to take all three. After a good passage of play across the midfield, the ball was played out wide to the right hand side and swiftly moved onto the on-running James who calmly finished the chance to put us in the lead.

But we couldn't hold on and conceded with about 30 minutes to play. We then partially wanted to defend but mostly wanted to take a victory and were unlucky as we could have won the game



twice in the last minute but the goalkeeper pulled off a good save to scramble a 1-1 draw for Roman Glass.

In the most recent game, we travelled to Yate Colts. Our game plan was to put them on the back foot from the off, which is what we did, leading by two goals (scored by Gareth and Peter) inside 15 minutes.

We looked as if we could have scored a couple more as we came close a few more times throughout the match. Unfortunately, the game tightened up when Yate were awarded a penalty, which was converted, with 10 minutes to play. Because we managed to hold on, it

gave us a 2-1 win, which put us top of the table after we had played three games.

We deserved to be top after an improvement in performance as the league games went by. 7 points from 3 league games would have made any manager happy, but none of our opposition would have expected newly promoted Keynsham Town to be flying high.

By Sam Sharp (Captain)

Goal Keeper Masterclass

A goalkeeper has the ability to dictate the pace of the game. If your team are losing and you need to hurry the game along, think about quickly playing the ball. Long kicks in behind the defence are effective, or throwing the ball to a fast winger or full back gives them the chance to move the ball up the pitch quickly.

However, there is a difference from panicking. If you panic, from personal experience, mistakes are easily made, and can result in a mis-hit kick or an inaccurate throw, losing possession quickly. As a goalkeeper you must never panic or lose mental control. Even after making mistakes, panicking will only make things worse.

Command your box; you must be the commanding force in the penalty area, by catching crosses or coming out to take the ball from a striker. Using your voice to 'claim' the ball is important, as not only does this prevent your defenders from putting you off by jumping with you, it will intimidate opposition strikers and they will be less likely to challenge you, or take you on.

Organise your defence; as a goalkeeper, you are the eyes of the defence. You can see everything from unmarked players, to players out of position and you will need to be the commanding force, not only in open play but free kicks, corners and throw-ins. Make sure your defenders are exactly where they need to be and are marking who they should be.

Practice is one of the most important tips I would give. There are tons of skills to practice and perfect, penalties, throwing and kicking accuracy, commanding your box, reactions, crosses, technique when diving and catching, agility and flexibility are all important to improve. Not only physical, but mental attributes are important to improve: for example knowing when to come off



your line, knowing when to leave your line for crosses or knowing where to put your wall for free kicks.

If you feel you do not get enough of this practice in training, set up some drills with cones or footballs at home, or get a friend to put some crosses in, take some penalties or just have some shots at you. The more you practice, the better your skills set becomes and you will be more able to apply these skills in matches.

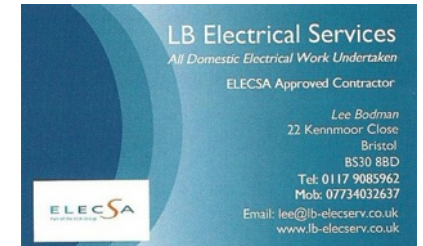
Last, but certainly not least, is diet. Eating right is a vital part of anybody's general health, and especially for sportspeople. A goalkeeper especially, has to be strong or one-on-ones and have the energy to focus for the full match. One mistake from a goalkeeper is likely to cost a goal, so focus is crucial. Hydration will keep you focused and eating a balanced diet of carbohydrates for energy,

protein for good muscle mass and strength and maintaining a good body shape is important. Being lean is a huge help for goalkeepers, as it keeps you more flexible and quick and agile. Meals high in carbohydrates are good before a game, pasta is the best example, as it gives you long lasting energy. After a game, protein is important to give your body the ability to repair the muscles after effectively being worn down while playing.

Stay focused, keep practicing and eat right and you will be one of the most important players in the team. Finally, have fun; remember why you play the game in the first place.

Joe Jackson (U16s GK)

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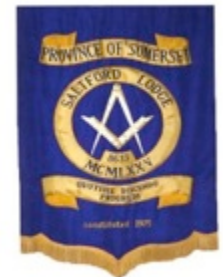
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