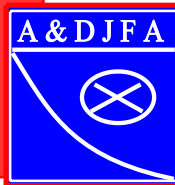




# Juvenile News



Issue Number 27

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## **SFA Commission Review of Youth Football**

The SFA have appointed PMP Consultancy to carry out a review of youth football in Scotland. The review will examine:

1. The existing mechanisms for the identification and development of football talent;
2. The respective roles of the SFA, professional leagues, clubs and other national and regional bodies;
3. Links to other SFA activities aimed at widening participation at school and community level.

David Taylor, SFA Chief Executive, said: "It is apparent that our current football structures are not producing sufficient players of a standard to compete at the highest levels of the game.

"Almost half of the professionals appearing in the SPL are of non-Scottish origin. This lack of exposure of Scottish players at the top level of the game may have serious long term consequences for the promotion of the game in Scotland, and may seriously diminish the future prospects of the Scottish national team.

"With the aid of independent consultants, we will examine the reasons for this and change our systems, processes and structures, if that is necessary, in the interests of the game. The consultants will complete their report within six months, and I expect them to come up with clear and comprehensive recommendations for the development of youth football in Scotland.

"I am heartened that this review has the support of all football authorities in Scotland. From this work, we expect to produce a Youth Football Plan for Scotland which will be the basis for major development projects to restore Scotland's fortunes as a football nation."

Richard Callicott, UK Sport's Chief Executive, said: "This type of project – looking to change and improve the way in which key sports agencies work together to a clear and common vision – is exactly what our governing body modernisation programme is all about. UK Sport is pleased to be able to play a part by supporting this review and looking forward to seeing the outcomes."

The review will be funded by UK Sport, the Scottish Executive and the SFA.

David Little the National Secretary of The Scottish Youth FA has had two interviews with PMP during which the fact that the SYFA receives no funding from the SFA or Government. PMP also attended matches played by the SYFA National Development Squads and were appraised of the various initiatives taken by

# Age Groups for Next Season

For next season there will be the following age groups for eleven a side competitive league games

13's for boys born in or after the year 1990

14's for boys born in or after the year 1989

15's for boys born in or after the year 1988

16's for boys born in or after the year 1987

17's for boys born in or after the year 1986

19's for boys born in or after the year 1984

The 12's age group for boys born in or after the year 1991 will continue to play seven-a-side football until the second half of the season when they can start the transition to the eleven a side game by playing friendlies if they so wish. There will be no trophies for the 12's age group and younger. This is in line with the directive from UEFA and was promulgated at the Scottish Youth FA AGM last year.

# Nothing but Bar Stewards

The North Region Development Squad coaches held an informal get together at Mannofield Cricket Club, The night of their meeting was the same evening as the monthly meeting for the Aberdeen and District Referee's Association.

As they arrived one of the Development Squad coaches was heard to say "I've never seen so many bar stewards in one club before." At least that's what it sounded like.

Another coach was heard to remark "It explains a lot when the football referees meet at a Cricket Club to discuss the laws of the game."

# Respect equals Fair Play

UEFA have launched the Seven Principles of Respect which they believe equate to Fair Play. They are :-

Respect for the Rules of the Game

Respect for the match officials

Respect for your own club

Respect for the opposing club

Respect for team mates

Respect for all fellow footballers

Respect for supporters of other teams

## Referee Recruitment

Who saw the article about the American teenager Travis Matthews who sat his referee's exam and is now hoping to referee when he returns to the States? He has set his goal on officiating at a World Cup.

Some of our clubs may wish to consider suggesting to their Under 18 players the benefits and rewards in taking up refereeing. Some of the players have been "advising" referees about the laws of the game for years.

## *Just a thought*

### Laws of the Game

When was the last time a team manager read the Laws of the Game of Football? When did he last explain the Laws of the Game to his players? Referee's are continually being assessed and supervised. They attend weekly training sessions, attend monthly meetings to discuss the Laws of the Game. Yet the team managers still think they know better!

# The Ball is not round!



In 1828 the German Mathematician Carl Gaus proved that it is impossible to make a perfect sphere out of anything flat. Using another mathematical formula, Euler's Formula, it is possible to show that the combination of 12 pentagons and 20 hexagons is needed to to create the simplest fully spherical solid. It is known as a truncated icosahedron and can be seen bouncing about the muddy football pitches at Inverdee and elsewhere.

## Berti Backs Scots Refs

Interviewed on the radio Berti Voigts didn't know why managers and players were so upset with the Scottish referees. In Berti's opinion Scottish referees had a good rapport with the players and managers and communication was good. He may see this from a German prospective. Germany's Bundesliga has seen a record number of red cards this season. The situation is so bad that the national federation (DFB) is to organise sessions for the referees from police psychologists in order that they can deal with conflict on the pitch.



## Evening Express campaigns for better pitch facilities

The Evening Express has taken up the cudgels on behalf of the minor footballers in Aberdeen City. It has highlighted the deteriorating condition of football venues throughout the city. Over the years the council have not recognised the sporting venues as a priority and as a result the playing surfaces have not had adequate maintenance carried out to them and the changing facilities have reached a deplorable condition. All the factors highlighted in the Express campaign have been raised by the various minor football associations including the Aberdeen and District Juvenile FA at the Annual Pitch Users Meetings with the council. Nothing ever appeared to be done about the various complaints raised. Maybe now there is a press campaign councillors will start addressing the issues.

## Loss of Pitches

It has been highlighted in previous editions of the Juvenile News that football pitches are being lost. Nelson Street, Kaimhill and Pitches 1 and 2 at Inverdee are cases in point. With Linksfield Academy closed the pitch at Linksfield is vulnerable. Albion's ground, Grandholm is under threat. A pitch will be lost at the RGU Kepplestone Premises when it is sold. Aberdeen University are considering selling off the College of Education Hilton site. There is even talk of them selling off Balgownie. Whatever happened to healthy body healthy mind? If these pitches are lost then council pitches will be under even more pressure from being over used.



# Great Northern Trophy

## UNDER 18 LEAGUE

	P	W	D	L	Pt
ALC Rangers	9	9	0	0	27
Cove BC United	10	7	1	2	22
Lewis United Juniviles	8	7	0	1	21
East End United	10	7	0	3	21
Ellon Meadows	10	6	0	4	18
Glentamar	10	6	0	4	18
Colony Locos	6	5	0	1	15
Bridge of Don SC	7	5	0	2	15
Stonehaven YFC	11	4	2	5	14
ALC Spurs	10	4	1	5	13
Glendale BC	6	3	0	3	9
Westdyke BC	10	3	0	7	9
Cove BC	6	2	0	4	6
Cowie Colts	9	1	2	6	5
St Machar FC 18's	8	1	1	6	4
KBC Milan	11	1	0	10	3
Cornhill FC	9	0	1	8	1

## UNDER 16 LEAGUE A

	P	W	D	L	Pt
Albion BC	7	6	1	0	19
Hilton BC	11	5	3	3	18
Banchory St Ternan Youth	8	3	4	1	13
East End Thistle	6	3	2	1	11
Colony Park	7	2	3	2	9
Middlefield Wasps	4	2	2	0	8
Parkvale BC	8	2	2	4	8
Westhill Boys	7	2	1	4	7
Glendale BC	9	2	1	6	7
ALC Thistle	7	0	1	6	1

## UNDER 16 LEAGUE B

	P	W	D	L	Pt
Bridge of Don SC	9	7	1	1	22
Mugiemoss Youth	8	6	1	1	19
Formartine United	10	6	0	4	18
Ellon Meadows	9	5	2	2	17
Peterhead BC	9	5	2	2	17
Culter BC	8	3	1	4	10
Donside Juvenile FC	9	3	0	6	9
Deveronvale	8	2	1	5	7
Kemnay BC	8	1	0	7	3
Westdyke BC	6	0	0	6	0

## UNDER 15 LEAGUE A

	P	W	D	L	Pt
Middlefield Wasps	8	8	0	0	24
Cove BC	6	5	1	0	16
East End Villa	6	4	0	2	12
Stonehaven Youth	5	3	0	2	9
Albion BC	6	2	2	2	8
ALC Pumas	9	2	1	6	7
Deveronvale	5	2	0	3	6
Westhill Boys	7	2	0	5	6
Cornhill FC	6	1	0	5	3
Donside Juvenile FC	6	1	0	5	3

## UNDER 15 LEAGUE B

	P	W	D	L	Pt
Bridge of Don SC	8	7	0	1	21
Ellon Meadows	7	5	2	0	17
Glentamar	10	5	2	3	17
Cove BC United	10	5	1	4	16
Glendale BC	6	3	3	0	12
Fraserburgh Link-Up FC	8	4	0	4	12
King Street SC	8	3	3	2	12
Kintore Boys	9	3	2	4	11
Banchory BC	8	3	0	5	9
Culter BC	8	3	0	5	9
Newmachar Colts	5	2	1	2	7
Formartine United	8	2	1	5	7
Colony Colts	9	1	2	6	5
KBC Milan	8	1	1	6	4

## UNDER 14 LEAGUE A

	P	W	D	L	Pt
Sheddocksley Rovers	7	4	2	1	14
Albion BC	5	4	1	0	13
Colony Park	5	4	1	0	13
Dyce BC	5	4	1	0	13
Peterhead BC	7	2	3	2	9
Hall Russell Lazio	5	2	2	1	8
Stonehaven YFC	7	2	2	3	8
Colony Colts	5	2	0	3	6
Bridge of Don SC	6	0	0	6	0
Sheddocksley Ajax	8	0	0	8	0

## UNDER 14 LEAGUE B SECTION ONE

	P	W	D	L	Pt
Banchory BC	7	7	0	0	21
Cove BC	5	5	0	0	15
Portlethen BC	7	4	0	3	12
Newmachar Colts	6	3	0	3	9
Culter BC	6	2	1	3	7
Westdyke BC	7	2	1	4	7
Turriff BC	6	1	1	4	4
Ellon Meadows	6	1	0	5	3
West Garioch BC	4	0	1	3	1

## UNDER 14 LEAGUE B SECTION TWO

	P	W	D	L	Pt
Fraserburgh Link-Up FC	8	7	0	1	21
Great Northern Ajax	6	6	0	0	18
Middlefield Wasps	6	3	2	1	11
King Street SC	6	2	2	2	8
Glendale BC	10	2	2	6	8
Westhill Boys	5	1	3	1	6
Stonehaven Swifts	8	2	0	6	6
Kintore Boys	6	1	2	3	5
Upper Deeside BC	7	1	1	5	4

# Chies League Tables



## UNDER 13 LEAGUE A

	P	W	D	L	Pt
Colony Park	7	6	1	0	19
Dyce BC	6	5	1	0	16
Ellon Meadows	9	2	3	4	9
Albion BC	6	2	1	3	7
Westhill Boys	4	2	0	2	6
Broomhill BC	5	2	0	3	6
Stonehaven YFC	5	2	0	3	6
Cove BC	6	1	3	2	6
Wilson's XI	6	1	3	2	6
Sheddocksley Hearts	6	1	0	5	3

## UNDER 13 LEAGUE B SECTION ONE

	P	W	D	L	Pt
Turriff BC	11	11	0	0	33
Formartine United	10	7	2	1	23
KBC Milan	8	6	1	1	19
Northfield FC	10	6	0	4	18
Fraserburgh Link-Up FC	9	4	2	3	14
King Street SC	9	4	0	5	12
Stoneywood BC	9	3	2	4	11
ALC Dons	7	2	1	4	7
Colony Colts	6	2	0	4	6
Banchory BC	8	1	2	5	5
Deveronvale	10	1	2	7	5
Stonehaven United	9	0	0	9	0

## UNDER 13 LEAGUE B SECTION TWO

	P	W	D	L	Pt
Peterhead BC	6	6	0	0	18
Donside Juvenile FC	8	5	2	1	17
Culter BC	9	5	1	3	16
Bridge of Don SC	5	5	0	0	15
Newmachar Colts	6	4	2	0	14
Walker Road BC	6	4	2	0	14
Glendale BC	5	2	1	2	7
Westdyke BC	5	2	0	3	6
St Cyrus/Mearns YFC	6	1	0	5	3
Cove BC United	7	1	0	6	3
Bridge of Don SC A	7	0	0	7	0
Peterhead BC Athletic	8	0	0	8	0

## UNDER 12 LEAGUE A

	P	W	D	L	Pt
Dyce BC	5	5	0	0	15
Albion BC	5	4	1	0	13
Colony Park	6	4	0	2	12
Bridge of Don SC	6	3	1	2	10
Stonehaven YFC	6	3	0	3	9
Culter BC	5	2	1	2	7
Formartine United	5	2	0	3	6
Westhill Boys	6	1	1	4	4
KBC Milan	7	1	0	6	3
Albion Thistle	5	0	2	3	2

## UNDER 12 LEAGUE B SECTION ONE

	P	W	D	L	Pt
Peterhead BC	8	8	0	0	24
Garthdee BC	8	7	0	1	21
Stoneywood BC	8	5	2	1	17
Westdyke BC	9	4	3	2	15
Stonehaven Athletic	6	3	2	1	11
Upper Deeside BC	7	2	1	4	7
Culter BC Colts	7	2	0	5	6
Walker Road BC	6	1	2	3	5
Glendale BC	8	1	0	7	3
Middlefield Wasps	9	0	0	9	0

## UNDER 12 LEAGUE B SECTION TWO

	P	W	D	L	Pt
Ellon Meadows	9	6	1	2	19
Fraserburgh Link-Up FC	8	6	0	2	18
Colony Colts	9	6	0	3	18
Stoneywood SC	10	6	0	4	18
Portlethen BC	8	5	1	2	16
King Street SC	7	3	1	3	10
King Street Colts	4	3	0	1	9
Banchory BC	7	2	1	4	7
Cove BC	8	0	1	7	1
Banchory BC Deeside	10	0	1	9	1

## UNDER 11 LEAGUE A

	P	W	D	L	Pt
Portlethen BC	8	8	0	0	24
Dyce BC	5	5	0	0	15
Albion BC	4	3	0	1	9
Westdyke BC	3	1	1	1	4
Westhill Boys	4	1	1	2	4
Colony Park	3	1	0	2	3
Ellon Meadows	4	1	0	3	3
Bridge of Don SC	5	1	0	4	3
Stoneywood United	4	0	1	3	1
St Machar FC	6	0	1	5	1

## UNDER 11 LEAGUE B SECTION ONE

	P	W	D	L	Pt
Formartine United	6	4	0	2	12
Banchory BC	3	3	0	0	9
Midstocket SC	3	3	0	0	9
East End BC	7	3	0	4	9
Gleantarn	6	2	1	3	7
Kemnay Colts	3	2	0	1	6
Colony Colts	4	2	0	2	6
Stonehaven YFC	2	1	1	0	4
ALC United	5	1	1	3	4
Stoneywood BC	7	0	1	6	1

## UNDER 11 LEAGUE B SECTION TWO

	P	W	D	L	Pt
Middlefield Wasps	8	8	0	0	24
Northfield FC	8	4	2	2	14
Fraserburgh Link-Up FC	6	3	2	1	11
Glendale BC	5	3	1	1	10
Culter BC	7	1	3	3	6
Albion 2000	5	1	1	3	4
Cove BC	5	1	1	3	4
Stonehaven Astros	6	0	2	4	2
Cornhill FC	4	0	0	4	0

# Why Warm Down?

We have experienced stiffness and soreness in the muscles after a day in the garden or after a days golf. Surprisingly the cure for this is to stop it happening by exercising and stretching for fifteen minutes or so after stopping the activity. It is exactly the same with footballers. If a player stops moving completely after a game or training session he could feel faint or possibly see stars. This is due to the fact that during exercise blood vessels taking blood to the working tissues expand along with the increase in heart rate and blood flow. During exercise the blood flow is 4-6 times higher than at rest. Muscle contraction aids in returning the blood to the heart so when a player stops suddenly blood gets stranded in the lower body and not enough reaches the brain. This causes light headedness and sometimes fainting can occur.

Lactic acid levels can increase by five times during exercise. Slow removal of the excess lactic acid can cause post exercise soreness. To avoid discomfort lactic acid levels should be lowered as soon as possible. Some lactic acid will go to the liver and is made into glucose most of it will revert to pyruvate and enter the mitochondria and broken down through the aerobic system to provide energy for low intensity work.

Inactivity after exercise lowers the need for energy and lactic acid clearance will be slowed considerably. If a Warm Down consists of moderate light exercise and some stretching the energy from the lactic acid will be used more rapidly and the post exercise soreness will be considerably reduced if not completely eliminated.

# Fluid

What does water do for you?

Water is an important nutrient for an athlete. Water makes up to 60% of total body weight. It is 70% of muscles.

Without water you can't work at the top level of performance. You may even harm yourself.

Water cools the body down. As sweat evaporates from your skin so the temperature falls cooling the body.

If the body can become dehydrated by losing too much water or by starting exercise without sufficient water.

Dehydration can occur by losing just a couple of pounds through sweat. Once dehydrated you can no longer sweat and get rid of the heat the body generates through exercise.

Dehydration can be dangerous. Symptoms include thirst, chills, clammy skin, throbbing heart beat and nausea. Suffers may experience headache, cramps, shortness of breath, dizziness and or dryness in the mouth.

To avoid this players should drink plenty of cool fluids before during and after training or a game. They should

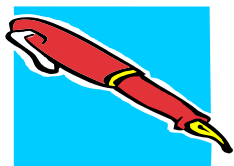
Drink 1 to 1 1/2 cups of fluid 15 minutes before a a game ore training.

Drink 1/2 cup every 15-20 minutes during game or training.

After training or a match they should weigh themselves and for every pound lost as sweat drink two cups of fluid.

Salt tablets should be avoided as too much salt increases the body's water needs. Salt tablets can cause stomach irritation and lead to nausea,

Carbonated fizzy drinks should be avoided as they fill the stomach and reduce capacity for fluids. Cafienated drinks such as Coca Cola and Coffee or tea should also be avoided as they diuretic effect drawing fluid away from the stomach.



# Senior



## Registration Forms

A number of clubs are confused over the proliferation of registration forms that senior clubs can sign young players on.

Firstly there is the S Form or "Schoolboy Form". This was originally introduced to try and stem the flow of talent across the English border. The player must be 13 years of age. A senior club should not have more than 30 associate schoolboys. The purpose of the form is to allow the boys to attend coaching and training sessions. The S Form is completed in sextuplicate with the player, parent or guardian and head teacher all signing the form and receiving a copy. The club retains a copy with a copy going to the Scottish Schools FA accompanied by a fee of £ 10.00. The SFA must receive the S Form from the club within 14 days of the date of signing. The player can only be released by the club or by the SFA.

A player registered on an S form can continue to play for the youth club he is currently registered with on a Y Form. He can only change clubs with written permission of the senior club, head teacher and parent or guardian.

The X Form is for players who have left school but have not yet reached the age of 18 to be associated with a senior club to further their development and get experience without giving up playing for their youth club. Senior clubs can sign 20 players on X Forms. Players can only be released by club or SFA.

Again the X Form should be completed in sextuplicate. The Youth club in membership of the SYFA should attest the form and they should receive a copy of the X Form. Copy will also be sent to the SYFA together with a fee of £ 25.00. Up to December 2002 there was a total sum of £850 received by the SYFA. This equates to just 34 players on X Forms! Again the senior club have 14 days after the date of signing to register the form with the SFA. It is only the senior club or the SFA that can release the player.

The D Form was recently introduced for the SPL and SFL clubs to sign players between the ages of 12 and 16 to play in their Development Teams. A player registered on a D Form cannot also be signed on a Y Form. A player registered on a D Form can only play for the club for which he is registered.

If any full or associate club in membership of the SFA or a club in membership of the Scottish Junior FA plays a Y Form registered player without his club's written permission, the said club should be reported to the National Secretary of the SYFA. Schools affiliated to the Scottish Schools FA do not have first call on any player who is registered on a Y Form. In practice the SYFA and the Schools FA will attempt to reach a mutual understanding regarding fixtures so that players are not caught with a conflict of interest.

Currently the Highland League Development match programme is not approved by the SFA.

# Dons Manager No 13

Steve Paterson will be the thirteenth Dons Manager that the editor of this journal will have known in his time in the Juvenile Association. The first manager 32 years ago was Eddie Turnbull who was followed by Jimmy Bonethrone. Ally Mcleod took over before he to left for the Scotland job. Billy McNeill then spent a year at Pittodrie before the lure of Parkhead was too much. Then there was the halcyon years of the Fergie era. After this the list reads Porterfield, Scott and Smith jointly then Smith on his own, Willie Miller, Aitken, Alex Miller, Hergarty and Skovdahl. Since the time of McNeill the Dons Manager has been elected as Patron of either the Aberdeen Youth Service FA or latterly The Aberdeen and District Juvenile FA. In that time not one of the managers has attended a meeting or directly helped the association in any way. Perhaps with a name like Paterson this one may be different.

## Meeting With Dons

The Office bearers of the ADJFA and the Northern Region of the SYFA had a meeting at Pittodrie with General Manager David Johnston. Community Coaches Jim Crawford and Neil Simpson and Youth Coach Chic McLelland.

A wide range of topics was discussed not least of which was the necessity of Aberdeen FC officials to conduct all approaches for players through the Youth Club management and not go directly to the players.

Also discussed was the prospect of having an In Service Day at Pittodrie for Youth coaches in membership of the ADJFA. For the younger teams in the Seven a sides the prospect of holding an Indoor Futsal Festival in conjunction with the Dons was also discussed.

## Check it out

The United States of America Youth Soccer Association has a very professional website at <http://www.usyouthsoccer.org>.

There are sections for coaches giving tips on training. Players can access a resource library which will give them hints on injuries and how to avoid them. They can also get nutritional advice.

You can also see what is on the agenda of their Coaches Convention which is to be held in February. This convention is for coaches administrators and referees.

## Stanley Matthews

In his autobiography Stanley Matthews states: " Some youngsters haven't learned the principle that the game and society have rules and it is a far better life if you stick by them."

Matthews was convinced of the benefit of youngsters playing football. It gives them a focus, a purpose, discipline and in many respects an escape.

## Corn Corner

Have you heard that Ebbe Skovdahl has been approached by OXO to launch a new cube?

It's called Laughing Stock.

Report in Dundee papers:

Tannadice was broken into last night and the thieves emptied the entire contents of the club's trophy room. Police are believed to be looking for a man with a tangerine carpet.