



SIGWACA FORTNIGHTLY

NATIONAL FOOTBALL ASSOCIATION OF SWAZILAND

SIHLANGU SEMNIKATI'S TRAINING CAMP



SPEED: SIHLANGU PLAYERS IN FULL SPRINT

On Monday 10th April to Friday 14th April 2017, the Senior Men's National Team (Sihlangu SeMnikati) went to its first training camp this year. This was the maiden training camp for

the national team under Pieter De John, the current head coach with his technical staff. A total of eighteen (18) players plus three (3) goalkeepers sweated it out during this one week training camp. "The major focus of this training camp, was on the technical and tactical awareness of the players", said Pieter De John. This included shooting, ball control, one touch football and physical test just to mention a few.

"THE MAJOR FOCUS OF THIS TRAINING CAMP WAS ON THE TECHNICAL AND TECTICAL AWARENESS OF THE PLAYERS".

the players were released from camp in the afternoon.

As a final observation of the head coach in as far as the players are concerned, he noted that more work needs to be done in collaboration with the clubs' coaches in improving some of the players' physique. He is also looking forward to the upcoming training camp in a few weeks' time.

The national team trained twice a day (in the morning and afternoon). It was only on the last day of the training camp, that only one training session was held before

BUSY SCHEDULE FOR SIHLANGU SEMNIKATI



SIHLANGU PLAYERS AFTER AN INTERNATIONAL MATCH

The national team has commenced its training programme in preparation for upcoming international fixtures in three (3) different competitions. These competitions are the TOTAL CAF Africa Cup of Nations (AFCON) Qualifiers, TOTAL CAF Champions of African Nations (CHAN) Qualifiers, and the COSAFA Castle Cup.

In the AFCON Qualifiers, the Nation's Pride will play against Niger on the 13th June 2017 and then participate in the COSAFA Castle Cup competition that is scheduled to start on the 26th June to the 9th July 2017. Immediately after this competition, the national team is scheduled to play against Zambia on the weekends of the 14th, 15th, 16th; 21st, 22nd and 23rd July 2017.

If the national team is able to eliminate Zambia in the CHAN competition, South Africa or Botswana will be the next opponent. This fixture could be on the weekend of the 11th, 12th, 13; 18th, 19th and 20th July 2017.

**TOTAL CAF CONFEDERATION CUP
GROUP B**



MBABANE SWALLOWS FC

Mbabane Swallows FC is a Swazi football club based in Mbabane. This club was formed in 1948. The nickname of Mbabane Swallows is Umkhonto kaSkaka, the spear for King Shaka. The home ground for this club is Somhlolo National Stadium which has a capacity of 7 000. This club has never won a CAF interclub competition however; it has made history by being the first club from Swaziland to qualify for the group stages of the CAF competitions. This is the biggest achievement for the Swazi football brand as the local game is being well marketed in the international community. This

opportunity will also present an opportunity for Swazi players to invade the international transfer market as they will be closely monitored by international football scouts. Also, the national team will benefit as this players will get more international experience which will enhance their performance at national team level.

CS SFAXIEN FC

This is a multi-sport club from Sfax in Tunisia. It was founded in 1928 as Club Tinsien. This club's nickname is Juventus of the Arabs. The home ground of CS Sfaxien is Stade Teieb Mhiri, which has a capacity of 11 000. CS Sfaxien has won the CAF Confederation Cup 3 times. They won it in 2007, 2008 and 2013. They were runner's up of the CAF Confederation Cup in 2006, runner's up of the CAF Super Cup in 2008, 2009, 2014; and runners up of CAF Champions League in 2006.

MC ALGER FC

Mouloudia Club d'Alger (MC Alger) is an Algerian football club based in Algiers, Algeria. It was founded in 1921. The home ground of MC Alger is the Stade Omar Hamadi. They are one of the successful clubs in Algeria, however they have never won a CAF interclub competition

PLATINUM STARS FC

Platinum Stars FC is a South African football club based in Phokeng near Rustenburg in the North West Province. This club was founded in 1991. The nickname of Platinum Stars is Dikwena, the Tswana name for crocodile. The home ground for this club is the Royal Bafokeng Stadium which has a capacity of 44 530. This club has never won a CAF interclub competition.



MBABANE SWALLOWS FC



CS Sfaxien FC



MC ALGER



PLATINUM STARS

FUTSAL SCHOOLS LEAGUE



Futsal is a 5 aside indoor football game that plays a fundamental role in the development of football players. This is one of the cost-efficient football development programmes that can develop a football player and it is one of the football development programmes of the National Football Association of Swaziland. International world players like Lionel Messi are a product of futsal. As this game is played in a small pitch and at a fast pace, this enhances the tactical and technical development of a player which makes it much easier for that particular player to play the 11 v 11 football matches.

This year's Futsal Schools' League matches are played in two zones as this sport is at the introductory stage in Swaziland. These zones are Lobamba and Manzini, and the National Football Association of Swaziland (NFAS) is looking forward in implementing this football development programme to the other parts of the country. In both zones, primary and high schools are involved, and this includes both boys and girls.

This year's futsal schools' league under the Lobamba zone kicked off on Friday 7th April 2017 at the OlypiAfrica Courts with some of the matches being played on Wednesday 12th April 2017. These matches involved high schools which were Elangeni and Lobamba National High Schools. Still under the Lobamba zone, the

primary schools matches kicked off on Tuesday 11th April 2017. The participating schools were Ezulwini Catholic and Lobamba National Primary Schools.

The futsal matches under the Manzini Zone also kicked off on Friday 7th April 2017 at the LaMvelase Courts and the Bosco Skills Centre Halls. The schools that played on the day were Mjingo, Ngwane, Apex, St Michael's and Masundwini High. Under the primary schools category, the schools that played on the day were Sydney Williams and Kwaluseni Central Primary Schools.

The fixtures of the 2017 Futsal Schools' League matches will resume in the second term of the school calendar. Currently, these matches doesn't have a sponsorship and the NFAS is encouraging its stakeholders to invest in the future of this country through futsal as they can also play a great role in the development of football in the country while at the same time they can get some mileage in terms of brand exposure.

The scores for the opening fixtures were as follows:

Primary Schools (Girls)

Ezulwini Catholic 0: Lobamba National 4, Sydney Williams 2: Kwaluseni Central 0

Primary Schools (Boys)

Ezulwini Catholic 2: Lobamba National 7, Sydney Williams 4: Kwaluseni Central 3

High Schools (Girls)

Elangeni 5: Lobamba National 1, St Mary's 6: Lobamba National 2, Ezulwini Community 1: Somjalose 2, Somjalose 1: Lobamba National 4, St Mary's 6: Ezulwini Community 2, Ezulwini Catholic 0: Lobamba National 4, Mjingo 0: St Michael's 3, Ngwane Park 8: Apex 0, Apex 0: Mjingo 8, St Michael's 0: Ngwane Park 5, Hillside 6: Mjingo 1, St Michael's 0: Moyeni 2, Moyeni 9: Mjingo 2, St Michael's 0: Hillside 3.

High Schools (Boys)

Elangeni 4: Lobamba 3; Ezulwini Catholic 2: Lobamba National 7, Masundwini 4: Ngwane Park 3, Ngwane Park 6: Apex 8, Apex 6: Masundwini 2, Masundwini 1: Zombodze 4, Apex 4: Hillside 4, Hillside 5: Masundwini 5, Zombodze 7: Apex 3.



SCHOOL GIRLS PLAYING FUTSAL



SCHOOL BOYS PLAYING FUTSAL

UPCOMING FOOTBALL ATTRACTIONS

MTN Premier League Grand Closing

The 2016/2017 MTN Premier League season is scheduled to come to an end this month.

NFAS Women's Football Knockout Competition

The NFAS Women's Football Knockout competition will kick –off on Saturday 6th May 2017 with the Quarter Finals taking place a week later, at the Technical Centre in Lobamba.



VS



Manzini Wanderers Ladies-
Champions of the NFAS Women's
Football League

WHATS ON THE NEXT EDITION?

- Preview of the Swazi Bank “# Yelele” Competition.
- A glance on the NFAS Woman Football League.
- The Technical Director tells us about the recent CAF courses he attended.