



SIGWACA FORTNIGHTLY

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ESWATINI FOOTBALL ASSOCIATION

EARLY EXIT FOR SIHLANGU IN THE 2022 FIFA WORLD CUP



Sihlangu players posing during the FIFA World Cup Qualifier match against Djibouti at the Mavuso Sports Centre.

It was a shock to Eswatini nation after Sihlangu's short exit in the 2022 FIFA World Cup. This was after their second leg match played on Tuesday, 10th September 2019 at the Mavuso Sports Centre. Sihlangu played the first encounter against Djibouti away, where they were defeated by 2-1. Djibouti will now go through to the group stage which of the qualifiers to be played next year in March.

Sihlangu created numerous goal scoring chances more especially in the first half of the match but the Eswatini lads failed to put the ball in the back of the net. Seeing that the local side was piling pressure, Djibouti resorted to delaying tactics. The first half ended in a barren score line.

In the second, Djibouti introduced Yousof Ahmad for Doula while Sihlangu Coach took out Sisekelo Matsenjwa for Fanelo Mamba. The local side applied more pressure to the

opposition. Luck was not on Sihlangu as they missed a lot of scoring opportunities thus the match ended with a 2-1 aggregate score. It was a historic moment for Djibouti as their mission was accomplished and this was a huge achievement for the "Shoremen of the Red Sea". For the local side, pain was written on the faces, more especially the supporters who came to support the national team.

DJIBOUTI MAKES HISTORY AS THEY GAVE SIHLANGU A BITTER PILL TO SWALLOW IN THE 2022 FIFA WORLD CUP QUALIFIERS.

In reaction to the win against Eswatini, Djibouti's Coach Julien Mette highlighted that qualifying to the next stage of this tournament is a historic moment in their country. "I am proud of the players. They did well and lifted the flag of our country", he said. He further stated that Sihlangu players were physically strong hence; they had to work extra hard for this result. Djibouti will now proceed to the group stages of the competition which will involve other thirty nine (39) countries in the continent of Africa.

PRODUCE MORE REFEREES- EFA PRESIDENT



The EFA President, Mr Adam Mthethwa

The Eswatini Football Association (EFA) President through the Senior Vice President Dr. Comfort Shongwe has challenged the recently trained Refereeing Instructors to produce more referees in the country who will also excel on the international arena. The President made this remarks through the Senior Vice President of EFA Dr. Comfort Shongwe during the closing ceremony of the FIFA MA Refereeing Instructor Course.

As Instructors let us see what you are producing. Train referees and recruit young talented stars that can see our vision of seeing referees officiating in major international competitions", Shongwe said. He further highlighted that as the football association, they hope to see at least one Eswatini referee officiating in the FIFA World Cup which is the pinnacle of the international football. "We hope to see at least one of our products officiating during the FIFA World Cup which is the pinnacle of international football", he concluded.

WE HAD SO MANY CHANCES TO SCORE GOALS-MINISTER DAVID NGCAMPHALALA



Minister of Tinkhundla, Administration and Regional Development David Ngcamphalala shaking hands with Sihlangu's technical bench

"We had so many chances to score goals and win the 2022 FIFA World Cup Qualifier match against Djibouti", said the Minister of Tinkhundla, Administration and Regional Development David Ngcamphalala. He made his remarks when interviewed after the match at the Mavuso Sports Centre. He was speaking on behalf of Minister of Sports, Culture and Youth affairs Harris Bulunga. Ngcamphalala stated that the team played well but failed to score the needed goals. "We hope the team will do their level best in the next coming game against Zambia in the Total CHAN competition," he said. He further highlighted that the coach and the players did everything on the day and they were just unlucky not to win the match. "There is no one to blame here. I just think it was not our day", he added.

Over and above, the Eswatini Football Association's (EFA'S) CEO Frederick Mngomezulu highlighted that the team played very well but they failed to score goals despite the numerous opportunities they created. He further stated that the team still have two more competitions where they could redeem themselves. "We still have a chance to qualify for the CHAN finals. It's not easy but we hope we will do better in the remaining competitions", Mngomezulu said.

AMBITION OF PLAYERS IS NOT COMING TRUE- PAPIC

The Senior Men's National Team Head Coach, Kostadin Papic has shared his feelings about Sihlangu's elimination in the 2022 FIFA World Cup to be held in Qatar. "It is extremely painful that we were eliminated in the 2022 FIFA World cup. My heart is bleeding and I'm in tears", Papic said. He made his remarks during the post-match press conference after the match against Djibouti at the Mavuso Sports Centre. He stated that they had a chance to come into group stages but they failed.



The Senior Men's National Team Head Coach, Kostadin Papic during the post-match press conference at the Mavuso Sports Centre.

Papic also highlighted that players created so many chances to score goals and win the match but they failed. He further stated that the ambition of players is not coming true as they were working very hard to qualify to the group stages of the world cup and he is working on the progress of the players. "Playing in the 2022 FIFA World Cup Qualifiers was good for the team as they got the experience and international exposure", he said.

SIHLANGU PREPARES FOR ZAMBIA

The Senior Men's National Team Head Coach, Kostadin Papic has named a twenty-four (24) men squad for the training camp that commenced on Sunday 15th September 2019 at the Technical Centre in Lobamba. The national team is preparing for the upcoming Total CHAN Qualifier match against Zambia on Sunday, 22nd September 2019 at the

Mavuso Sports Centre at 1530hrs (3:30 pm).



Eddie Marcos of Angola and Menzi Sithole of Sihlangu in action during the 2020 Total CHAN Qualifiers at the Mavuso Sports Centre

This is the first leg of this encounter and the second leg will be played on the 19th October 2019 in Zambia. This is a crucial match as only 180 minutes is left in as far as the qualification of Sihlangu to the 2020 Total CHAN Finals to be held in Cameroon early next year.

U-17 NATIONAL TEAM TO COMPETE IN THE U17 COSAFA CHAMPIONSHIP

The U17 Men's National Team will be competing in the 2019 U17 COSAFA Championship, which will be played in Blantyre in Malawi starting from 11th to 20th October 2019. Eswatini will be competing with three countries namely: Zambia, Malawi and the Republic of South Africa in the group stage of the competition.



EFA'S President Mr. Adam Mthethwa and Executive Committee Members posing with U17 National Team.

Eswatini will play against Zambia for the second consecutive time in an official competition as they played with them last year and they were able to defeat them. In competing in this tournament, the players are getting experience and international exposure.

FOCUS ON EFA'S FOOTBALL DEVELOPMENT PROGRAMMES

FIFA HOSTS FIFA MA REFEREEING INSTRUCTORS COURSE

The FIFA MA Refereeing Instructors Course started on Monday 16th September 2019 at Thokoza Church Centre in Mbabane and there are thirty (30) participants. The FIFA Instructor for this course is Mr. Carlos Henriques from the Republic of South Africa. This course was officially opened by the President of Eswatini Football Association (EFA) Mr. Adam Mthethwa.



EFA'S CEO Mr. Frederick Mngomezulu, EFA'S President Mr. Adam Mthethwa and FIFA's Instructor Mr. Carlos Henriques with the participants.

The main objective of this course is to equip local refereeing instructors with the relevant knowledge and skills as they have to educate the referees in the country.

WE WANT TO SEE THE DEVELOPMENT OF FOOTBALL IN ALL AREAS-EFA'S PRESIDENT ADAM MTHETHWA

The Eswatini Football Association (EFA) has acknowledged the Federation of International Football Association (FIFA) for assigning Instructor Carlos Henriques to facilitate in the FIFA MA Refereeing Instructors course that was held at Thokoza Church Centre in Mbabane. This was disclosed by the EFA'S President Mr. Adam Mthethwa during the official opening of this course.

When addressing the audience the EFA'S President welcomed the instructor and wished him a good stay in the country. On behalf of the football association and football family; he also acknowledged FIFA for empowering referees and expressed his appreciation to all participants for their commitment in developing referees in the country. He highlighted that they can't only focus on developing players but they need referees as well to conduct the matches. "We want to see the development of the sport in all areas. We expect the instructors to add refereeing talent and develop it to a level of having top referees in the country, Mthethwa said.



EFA'S President Mr. Adam Mthethwa during the opening ceremony of the FIFA MA Refereeing Instructor Course

Moreover, the instructor Mr. Carlos Henriques acknowledged FIFA for assigning him to facilitate this course. "I am very much honoured and privileged to be the facilitator of this course. I am looking forward in working with the referees", Henriques said. He highlighted that in this course they are going to work hard and ensure that they add refereeing talent.

HLATHIKHULU MASTERS CHAMPS OF THE NHALGANO U-13 BUILD IT CHAMPIONSHIP

On Saturday, 7th September 2019 the Eswatini Football Association (EFA) in collaboration with Build it hosted the 2019 U-13 Nhlango Build it Championship at the King Sobhuza Stadium. Eight (8) football clubs that were competing for the championship. These teams were Home Affairs, Rangers, Ngwabi, Mathendele,

Hlathikhulu Masters, Shiselweni Roses, Jojo and Multi Bombers. Hlathikhulu Masters were crowned champions after defeating Jojo by 4-3. To reach the finals, Masters defeated Mathendele by 2-1 whilst Jojo were the finalists after winning against Ngwabi by 2-1.



Hlathikhulu Masters posing after being crowned the champions of the Nhlango U-13 Build it Championship.

For their championship, the youngsters were awarded a trophy, a new Build-it branded soccer kit; Build it branded bags, water bottles and individual trophies whilst Jojo got individual trophies, water bottles and soccer bags. The best player was Nkosephayo Kunene who won himself a trophy. When interviewed after the event Kunene expressed his delight of being crowned the best player. "I am very much excited to be the best player of this tournament. I played very well and enjoyed playing football today", Kunene said. He further stated that his favourite player is Raheem Sterling from Manchester City in England.

Over and above, the Chairman of Shiselweni Football Association Mr. Bhekani Khumalo acknowledged the relationship of football association and Build it for identifying and nurturing the football players at grassroots level. He also acknowledged parents for supporting these youngsters. "I am very much honoured and privileged to see youngsters playing football like this. I thank Build it and the football association for this football development programme as we saw talents in these youngsters", Khumalo said.

REFEREES MEDICAL NEEDS

By: Samkeliso Mdluli



U20 national team's doctor Mr Samkeliso Mdluli.

This week referee instructors were in course that started on Monday till Friday at Thokoza church centre which looked at improving technical know-how on local referees. Thank's to Mr Carlos Henriques who was the facilitator from South Africa. Today we are looking at Referees Medical needs. The football referee, also considered the 23rd player in a football match, is supported by two assistant referees. Together, the three officials play a crucial role in officiating a match by ensuring that players follow the laws of the game.



Sifiso Nxumalo, Thulani Sibandze, Zamani Simelane and Thembinkosi Dlamini

Like the players, the referees show a mixed walking and running profile low, medium, and high intensity. Therefore, high demands are put on the cardiovascular and musculoskeletal system of the referees, who are on average ten to fifteen years older than the players. But, in addition to being older than the players, the referee exhibits further unique characteristics: he is rarely a full-time professional, he does not play the ball and he normally cannot be

substituted during the match exception if an acute injury occurs.

During a match, a referee may cover a mean distance of 11.5km which is comparable to the distance covered by a midfielder. 16-17% of this distance is run at high intensity, while up to 12% of the total match distance is covered in a sprinting manner. Referee needs to be prepared to perform at high intensity throughout the match. Elite referees may perform up to 1,270 activity changes and make more than 130 decisions during a match: this indicates the high level of physiological and cognitive demands experienced by the referee.

INJURIES AND MUSCULOSKELETAL COMPLAINTS

While contact injuries are not a major consideration, non-contact injuries and overuse injuries may be a concern. The most common acute injuries are hamstring strains, calf strains, and ankle sprains, knee lesions meniscus and cartilage injuries, and quadricep muscle strains. In general, more injuries occur during training than during matches, which might be explained by the greater exposure time in training than in matches.



Siphiwayinkhosi Nxumalo, Letticia Viana and Buyisile Mkhaliphi

Problems in the thigh and lower leg muscles are common in referees, while problems in the groin/adductors and calf muscle are more common in assistant referees. Possible explanations for these is related to the different movement patterns that are typical of

the two positions: the referee's job involves a considerable amount of changing direction, sprinting and backwards running often with rotated trunk and head neck, during which the dorsal muscle chains lower back, hamstring must control the eccentric load, and the knee and ankle joints have to master the rotational movements. The movements of the assistant referee are, in contrast, characterised by rapid lateral shuttle runs often on their toes, which stress in particular the groin area, the calf and the knees.

NUTRITION AND HYDRATION

Without an appropriate training programme and good nutritional preparation, the referee may become fatigued and may not be able to exert proper control over a match. The referees should tailor their intake prior to and during a match to the demands of the game.

PRE-COMPETITION MEDICAL ASSESSMENT

As many referees are "older" athletes, an exercise ECG is often recommended. The leading cause of sudden cardiac death in people over the age of 35 years is related to coronary artery disease. An exercise test should be conducted for all athletes with an increased cardiovascular risk profile, and for individuals above the age of 35, or both. Finally let's treat referees as professionals thus love and respect them. They are humans they do have mistakes like everyone. Till next week, God bless you all.



ESWATINI VS DJIBOUTI UNDER CAMERA



Sihlangu before the match against Djibouti



Justice Figareido attempts to win the ball from the Djibouti player.



Warm –up. Sihlangu warming up before the match.



Djibouti before kick-off



Take 5: The Honourable Minister of Tinkhundla Administration & Development David Ngcamphalala greeting the the technical staff and some of Sihlangu players.



Lindo Mkhonta making a cross whilst a Djibouti player attempts to close him down.



Sihlangu Head Coach, Kostadin Pasic in full concentration during the match.



Sihlangu fans in full support of the national team during the match.