



ESWATINI FOOTBALL ASSOCIATION

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TOP NEWS

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SIHLANGU'S JOURNEY AT THE HOLLYWOODBETS COSAFA 2025 TOURNAMENT

Sihlangu SeMnikati participated in the Hollywoodbets COSAFA 2025 Tournament, drawing inspiration from the country and showing determination in a tough Group C Campaign. Although the team missed out on progressing to the semifinals, there were notable highlights.



In our opening encounter, Eswatini held a fast-paced Madagascar side to a 1-1 draw. Midfielder Junior Magagula opened Eswatini's tournament goal tally with a well-placed finish from a dead ball situation just outside the box -

-while left footed defender, Kwakhe Thwala was deservedly named Man of the Match for this match. He was unlucky not to score when his thunderous shot hit the crossbar.



In the decisive second match, Eswatini suffered a narrow 2-1 defeat at the expense of Tanzania; but once again, it was Junior Magagula who found the back of the net registering his second goal of the tournament, and for Eswatini.



These results were not enough for Eswatini to advance to the semi-finals of the tournament as the national team was leapfrogged by Tanzania for the second position and Madagascar qualified for the knock-out phase after finishing the group stages at the summit of Group C.

RISING STARS STEP INTO THE SPOTLIGHT

As the senior national team geared up for the Hollywoodbets COSAFA Cup 2025 in South Africa, two of Eswatini's brightest young prospects, Alakhe Mdluli and Thomas Morgan, received their first-ever senior national team call-ups, a proud and defining moment in their budding careers.

Plying their trade in South Africa and England, respectively, both players stood out as among the youngest members of the squad, adding youthful energy, international experience, and fresh potential to the national team setup. Their selection reflects the growing reach and caliber of Eswatini football talent across borders.



To mark the occasion, the EFA engaged the two in a short Q&A, capturing their thoughts, emotions, and ambitions as they took their first steps into the senior national team football.

HERE IS WHAT THEY HAD TO SAY:

Q1. How did you feel when you first found out you were called up to represent Eswatini?

Thomas Morgan (T.M): It was an incredible feeling. I felt proud and grateful. Representing my country is something I've dreamed of since I was a kid, and I'm still so young to finally get that call was emotional and inspiring. It reminded me why I've worked so hard.

Alakhe Mdluli (A.M) : I was excited, at first I couldn't believe it

Q2. Where were you when you first got the news and what was your reaction?

T.M : I was in England when I found out. At first I just sat there in silence trying to take it in. Then I smiled and felt this huge wave of motivation. It felt like everything was starting to come together.

A.M : I was in the house on my bed, I was screaming and I started jumping around

Q3. Can you share a bit about your football journey so far where it started and where you are now?

T.M : I started playing football in Eswatini at Mbabane swallows and represented Eswatini at youth level, and from there my path took me to Europe where I joined Málaga. While at Málaga I played against some massive clubs which helped me gain recognition on the European stage. After that I moved to Kidderminster Harriers in England. During my time there I went on trial at Bradford City and Colchester City, and there was interest from Chelsea as well. Right now I'm playing men's football to build experience and mature my game. In the upcoming season my agent and I will be looking to move to a Premier League club or possibly abroad to other European teams as there is interest all round. Time will tell but I'm staying ready for the next step.

A.M : From what I can recall, I started playing in Ludzelundze since I grew up there. I played for a team called Zero Boyz u13(Kwakhe & Tiger were part of that team, we played together) then moved on the Siyadlala Academy where I met Tommy Morgan. After Siyadlala I joined Amazulu fc in Durban and that where I am currently.

Q4. What has been the biggest lessons from playing in [England/South Africa] so far?

T.M : Playing in England has taught me a lot about professionalism and discipline. The level of detail in training and match preparation is very high and the game is fast and physical. I've learned how important it is to take care of every aspect of my game both on and off the pitch.

A.M : Hard work can take you Far in life.

Q5. How different is football there compared to back home in Eswatini?

T.M : It's a big difference in terms of structure and intensity. In England everything is planned out from diet to recovery to analysis. In Eswatini there is so much raw talent but the systems and facilities aren't always the same. I carry that hunger from home with me wherever I play.

A.M : It's just the playing styles and tactical .

Q6. What's one challenge you've faced in your football career and how did you overcome it?

T. M : Leaving home at a young age was a huge challenge. Being away from my family and comfort zone forced me to grow up fast. I stayed focused on my goals kept a strong routine and leaned on my support system to get through the lonely moments.

A.M : I lacked confidence when playing, started doing more individual sessions.

Q7. Are there any senior players in the squad who've been like mentors to you already?

T.M : Yes a few of the senior players have taken me under their wing. Felix was the main person who I was with a lot learning from and if I was feeling pressure or anything I would speak to him about it, also Philani Mkhonto, Justice figareido, Pupu and also Junior Magagula were helping me out they give me advice during training and talk to me about the mental side of the game. Having them around has helped me feel more confident and settled in the squad.

Q8. What keeps you focused or motivated on difficult days?

T.M : My family my goals and my faith keep me going. I think about how far I've come and how much further I want to and can go. I also use tough days as fuel to keep improving. I know every challenge is part of the process.

A.M : I catch up with school work since I miss out on a alot of work due to football, that keeps me forced.

Q9. Do you have any pre-game rituals or habits before a match?

T.M : I usually listen to music and take a few quiet minutes to visualise the game. I also say a short prayer just to clear my mind and lock in mentally.

A.M : I just pray before every game.

Q10. What's one thing fans might not know about you?

T.M : What most people do not see is the emotional side of the journey. There have been moments where I genuinely felt like giving up. I have had trials that did not go my way and days where I was alone in a new country asking myself if all the sacrifices were worth it. I have felt the pressure of carrying expectations while silently battling doubt. But through every setback I kept going. What pushes me is not just the dream but the people behind me. My family has given up so much for me to chase this path. Every time I step on the pitch I am carrying their hopes and their sacrifices. Football is not just a game to me. It is everything. It is my purpose and my promise to those who believed in me when no one else did.

A.M : I love God.

Q11. What does it mean to you to wear the national team jersey?

T.M : It means everything to me. I don't take it for granted. Wearing the jersey is about representing my family my country and everyone who has supported me. It's something I carry with pride and responsibility and I would give everything on the pitch for this jersey.

A.M : Means alot and it feel like a dream came true cause I'm been dreaming about this since I started playing football.

Q12. Any message you'd like to send to young footballers in Eswatini who dream of reaching where you are now?

T.M : Believe in yourself and trust the process. No dream is too big if you're willing to work for it. Stay humble stay hungry and remember where you come from. I'm proof that even from a small country you can aim for the top while im not there yet I soon will.

A.M : Anything is possible, you just have to believe and work towards it.



CELEBRATING BRILLIANCE: MTN PREMIER LEAGUE AWARDS 2025



The Eswatini Football Association (EFA) extends its deepest appreciation to MTN Eswatini, the proud Title Sponsor of the MTN Premier League and the MTN National First Division, for their unwavering support of the local football ecosystem. Through their partnerships, MTN has remained an integral force in elevating the quality and competitiveness of the domestic football, while creating unforgettable moments for players, clubs, and fans.



This year's award ceremony served not only as a platform to honor excellence on the field, but also as a formal gesture of recognition to all the hardworking players, coaches, match officials, administrators, and support staff who make the beautiful game thrive across the nation.



While individual and club awards were presented, this occasion was more than just a football event; as the celebration of collective progress was also in place. It marked a moment where football community came together to reflect, appreciate and look ahead to even greater milestones. The EFA salutes all the winners, nominees, and contributors, whose commitment and performance continue to shape the future of the country's football.

As we look ahead to another thrilling season, we remain grateful to MTN and the Premier League of Eswatini for their leadership, and for executing a well-coordinated 2024/2025 football season.



The EFA looks forward to working hand in hand with all stakeholders to ensure continued growth, professionalism, and celebration in our domestic game.



THE 2025 WOMEN'S PREMIER LEAGUE CAME TO A THRILLING CONCLUSION WITH YOUNG BUFFALOES FC LIFTING THE TROPHY

The final match day proved decisive and a clear indicator of just how competitive and intense this season has been in as far as the EFA Women Football League is concerned.



Reflecting on this historic season, Ntandoyenkhozi Hlatshwayo, General Secretary of the Eswatini Women's Football Association (EWFA), expressed pride in the growth and competitive edge that defined this year's league. "This was a drilling season, one of the most engaging and unpredictable we've had. It went down to the wire and that speaks volumes about the improvement, cooperation, and determination of the teams involved."



She further highlighted a positive shift in match attendance by teams, noting that unlike past seasons, only a few teams missed their fixtures. "It's not that the financial challenges are gone some teams still struggle but the commitment has been overwhelming. Team directors continue to dig deep into their personal finances, sacrificing for the love of the game and the growth of the sport, without expecting anything in return. Their passion keeps this league alive."

One of the key milestones this season has been addressing the shortage of players. Through new zonal competitions held during the offseason, team coaches are now able to scout and recruit fresh talent, expanding the pool of players and raising the quality of the league.



The Women's Football Association also extended its sincere gratitude to the (EFA) for its vital support, from financial assistance to the consistent marketing of the league across digital platforms. These also includes the members of the media. "The visibility the league has received this season has been unprecedented. Seeing women's football included in competitions like the Ingwenyama Cup further shows that our game is gaining the respect and attention it deserves," said Hlatshwayo.

She concluded with a heartfelt call to the corporate world, encouraging more businesses and sponsors to come on board. "Running a football league is far from easy. More resources are needed. We truly believe with more investment, women's football in Eswatini can reach even greater heights."

As the curtains close on an exciting season, the Women's Football League stands not only as a competition but as a symbol of progress, perseverance, and potential. Congratulations to all participating teams, and to Young Buffaloes FC the 2025 champions.



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EMPOWERING THE FUTURE OF WOMEN'S FOOTBALL

The EFA/PC Systems U-19 School Girls' Football Development Programme continues to shine as a powerful platform for nurturing young female talent across Eswatini. Still ongoing, the initiative has not only promoted the growth of girls' football but has also transformed lives.

EFA/PC SYSTEMS U19 School Girls' Football Development Programme								
	P	W	D	L	GF	GA	GD	PTS
1 Ngwane Park H.S.	9	8	0	1	42	9	33	24
2 Lozitha H.S.	9	7	2	0	28	9	19	23
3 Mjingo H.S.	9	6	2	1	29	8	21	20
4 Moyeni H.S.	8	6	1	1	21	7	14	19
5 St Mary's H.S.	9	5	3	1	51	11	40	18
6 Woodlands H.S.	8	5	2	1	23	8	15	17
7 Mbabane Central H.S.	8	4	2	2	14	14	0	14
8 Swazi National H.S.	9	4	1	4	33	13	20	13
9 Somnjalose H.S.	9	4	1	4	16	8	8	13
10 St Paul's H.S.	9	3	2	4	8	17	-9	11
11 Lobamba National H.S.	8	3	1	4	20	17	3	10
12 Elangeni H.S.	8	3	0	5	14	18	-4	9
13 Lobamba Lomdzala H.S.	8	1	3	4	15	18	-3	6
14 St Francis H.S.	8	1	1	6	6	17	-11	4
15 John Wesley H.S.	8	1	0	7	3	52	-49	3
16 St Christopher's H.S.	8	0	1	7	4	27	-23	1
17 Kobe H.S.	9	0	0	9	2	76	-74	0



Several students expressed gratitude for the opportunity, which one proudly sharing how the program led to her selection for the junior national team. Others highlighted how they've learned key aspects of the game, team work, discipline, and proper technique that they never knew before.



Coaches/Teachers echoed the sentiment, thanking PC Systems and the EFA for investing in girls' football. Many Noted the impressive growth in talent and unity among the players, with some calling it a "game changer" for women's football in the country.

FIFA/EFA UNDER 15 FOOTBALL FOR SCHOOLS PROGRAM

The FIFA/EFA Under-15 Football for schools initiative continues to uncover exciting raw talent from both girls and boys across Eswatini. As part of FIFA's Global Push to make football more accessible in schools, this ongoing program has already seen some students selected for the Youth National Teams and the Technical Development Scheme (TDS).

FIFA FOOTBALL FOR SCHOOLS UNDER 15 BOYS LOG STANDING								
	P	W	D	L	GF	GA	GD	Pts
1. Lobamba National H.S.	6	6	0	0	25	6	19	18
2. Elangeni Primary	5	5	0	0	22	3	19	15
3. Kobe H.S.	5	5	0	0	15	4	11	15
4. Swazi National H.S.	5	5	0	0	11	1	10	15
5. Lozitha H.S.	7	4	1	2	19	16	3	13
6. Elangeni H.S.	7	3	3	1	11	7	4	12
7. Hillside H.S.	7	3	2	2	14	13	1	11
8. St Mary's H.S.	7	3	0	4	23	20	3	9
9. Ngwane Park H.S.	7	3	0	4	18	17	1	9
10. John Wesley H.S.	6	2	1	3	4	6	-2	7
11. Ntuthukweni Primary	5	2	0	3	4	6	-2	6
12. Woodlands H.S.	7	0	4	3	3	11	-8	4
13. Lobamba Lomdzala H.S.	4	1	0	3	6	13	-7	3
14. Zombodze H.S.	4	1	0	3	6	19	-13	3
15. Moyeni H.S.	5	0	1	4	6	18	-12	1
16. Mbabane Central H.S.	5	0	1	4	3	15	-12	1
17. St Paul's H.S.	6	0	1	5	2	14	-12	1
18. John Wesley Primary	2	0	0	2	0	3	-3	0

FIFA FOOTBALL FOR SCHOOLS UNDER 15 GIRLS LOG STANDING								
	P	W	D	L	GF	GA	GD	Pts
1. Mjinga H.S.	6	4	2	0	28	5	23	14
2. St Mary's H.S.	7	4	2	1	16	9	7	14
3. Mbabane Central H.S.	5	4	0	1	8	5	3	12
4. Ngwane Park H.S.	6	3	2	1	17	3	14	11
5. Zombodze H.S.	5	3	0	2	7	13	-6	9
6. Lozitha H.S.	5	2	1	2	10	8	2	7
7. Hillside H.S.	5	2	1	2	8	10	-2	7
8. Lobamba Lomdzala H.S.	4	1	3	0	6	3	3	6
9. St Paul's H.S.	5	2	0	3	6	6	0	6
10. Elangeni H.S.	5	2	0	3	7	13	-6	6
11. Swazi National H.S.	4	1	0	3	3	7	-4	3
12. John Wesley H.S.	3	1	0	2	4	13	-9	3
13. Lobamba National H.S.	5	0	1	4	4	14	-10	1
14. John Wesley Primary	0	0	0	0	0	0	0	0
15. Woodlands H.S.	5	0	0	5	0	15	-15	0



With its focus on both sport and education, the program is not only sharpening football skills but also building discipline, teamwork, and confidence in young learners, laying a strong foundation for the future of Eswatini Football.

GRASSROOTS FOOTBALL DEVELOPMENT PROGRAMME SPREADING ITS WINGS

As part of a global initiative powered by FIFA, the Grassroots Football Development Program has taken firm root in Eswatini with EFA leading efforts to bring the game to the most remote and rural parts of the country.



This initiative is grounded in a simple but powerful mission which is to give every child, regardless of background or location, the opportunity to dream big through football. Since the rollout began, the EFA has been actively traveling across Eswatini, hosting training sessions and football festivals aimed at introducing the game to young boys and girls in underserved communities.



The response has been nothing short of inspiring. Not only has the programme empowered and oriented the participants; but it has also sparked a renewed energy in terms of football, in areas previously without access to such platforms. Importantly, systems have been put in place to nurture and support the talents identified, ensuring that potential is not only discovered but developed.

This grassroots movement stands as a vital pillar in the long-term vision of building a stronger, more inclusive football culture in Eswatini. The uniqueness of this football development programme is that; it immensely contributes towards the development of life skills of the Eswatini Child. The EFA extends its gratitude to FIFA and other football stakeholders who are making the implementation of this football development programme a reality, and more stakeholders are urged to partner with the EFA in as far as the Grassroots Football Development Programme is concerned as it can be a perfect vehicle towards developing the future of the country. The EFA is working tirelessly to ensure that no talent goes unseen and no dream is out of reach.



REGION 5 YOUTH GAMES, ESWATINI GEARS UP

Eswatini is proudly sending Her U18 Boys and Girls squads to the upcoming Region 5 Youth Games. These talented young players ready to represent the nation with pride and passion.

We are also proud to announce that Jabulile Mgabhi has been selected to officiate at the tournament a major milestone for Eswatini refereeing on the international stage.

**REGION 5
YOUTH
GAMES**



**EFA UNDER 18 GIRLS
NATIONAL SQUAD**

GOALKEEPERS
Mbuyisa Lindokuhle • Mashaba Nobuhle

DEFENDERS
Mamba Simsile • Ngwenya Siphesihle •
Moyane Cassandra • Gamedze
Malwande • Zikalala Cebisa • Dlodlu
Nonhle • Gama Kwanda

MIDFIELDERS
Mabila Amandla • Dlamini Setsabile •
Mpanza Angel • Dlamini Ngcebo •
Matsebula Tibuyile • Gama Sakhile •
Dlamini Lindokuhle

STRIKERS
Maseko Siphesihle • Magagula Mahle •
Dlamini Zwakele • Ngcamphalala
Siphokazi

HEADCOACH
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**ESWATINI NATIONAL UNDER 20
BOYS TEAM 2025**



GOALKEEPERS
Sonkhe Nsibandze
Colani Sithole

DEFENDERS
Muhle Maseko
Senele Mhlabane
Mancoba Thwala
Kwanele Mabuza
Mnelisi Mbingo
Nkhosenhle Tsela
Khetselo Ginindza
Bandzile Ndzimandze

MIDFIELDERS
Mzwandile Vilakati
Colani Nhlabatsi
Sandziso Sibandze
Banele Maziya
Phiwayinkhosi Dube
Siviwe Mdzinane
Andiswa Malaza
Khayaletu Maseko

STRIKERS
Njabulo Gama
Anele Dlamini

HEAD COACH
Mduduzi Nxumalo



REGION 5 YOUTH GAMES

And a big congratulations to Letticia Vianna, who has been appointed as one of the video officials for the upcoming TotalEnergies CAF Women's Africa Cup of Nations in Morocco, another huge step forward for Eswatini Refereeing in continental football.



EFA Congratulates
Jabulile Mgabhi on her
appointment to
officiate at the
upcoming Region 5
Youth Games

**We Are Proud
OF YOU**





WOMEN'S AFRICA CUP OF NATIONS MOROCCO 24

We are proud to announce
that Eswatini Referee
Letticia Vianna has been
appointed as one of the
video Match Officials for the
**TotalEnergies CAF Women's
Africa Cup of Nations**, to be
held in Morocco from 5 to
26 July 2025



LIVING THE FOOTBALL SPIRIT AND OUR PRIDE



**THANK YOU FOR STAYING UPDATED WITH THE LATEST FROM
THE ESWATINI FOOTBALL ASSOCIATION
WE REMAIN COMMITTED TO THE DEVELOPMENT AND
GROWTH OF FOOTBALL IN THE KINGDOM OF ESWATINI
FROM GRASSROOTS TO THE GLOBAL STAGE**

Until next time, Stay passionate, Stay proud, Stay Eswatini.

Follow us on our official platforms for daily updates, results, and stories behind the scenes.

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