



SIGWACA FORTNIGHTLY

"Nurturing nation's maturity and unison through football spirit"

ESWATINI FOOTBALL ASSOCIATION

EFA EMPOWERS FOOTBALL TEAMS' MEDICAL PERSONNELS



CONCENTRATION: Participants of the medicine workshop in class

Football is a contact sport thus having qualified medical personnel is of an essence in the football industry. With an increase in sponsorships; the game is becoming more competitive so are the risks of getting injuries for the players. It is a fact; these injuries are becoming more complex and dynamic just like the beautiful game itself.

Prevention is indeed better than cure; thus the Football Association of Eswatini (EFA) facilitated the first aid course for all the football team's medical personnel for teams affiliated under the Premier League of Eswatini (EFA). Having qualified or trained medical personnel for these football clubs is one of the requirements of club licensing.

"THIS WAS AN IMPORTANT WORKSHOP AS IT WILL ENHANCE THE FOOTBALL TEAM'S FIRST AIDERS UNDERSTANDING OF THE ROLES AND RESPONSIBILITIES OF A TEAM'S PHYSICIAN; PRE-SEASON, IN-SEASON, AND POST-SEASON GOALS AND RESPONSIBILITIES AND THE RETURN-TO PLAY ISSUES FOR THE TEAM PHYSICIAN."- DR. COMFORT SHONGWE.

"This was an important workshop as it enhanced the football team's first aiders understanding of the roles and responsibilities of a team's physician; pre-season, in-season, and post-season goals and responsibilities and the return-to play issues for the team physician"; said Dr. Comfort Shongwe who is the Vice President of the EFA and Chairman of the football association's Medical Committee.

"We benefited a lot from this workshop, and thumps up to the EFA for facilitating this workshop as it will enhance our efficiency while executing our duties in football"; said Charles Mbuyisa who is Sihlangu SeMnikati team doctor.

EFA PRESIDENT EMBRACES THE IMPORTANCE OF HEALTH & SAFETY OF PLAYERS



The EFA President; Mr. Adam Mthethwa

The Eswatini Football Association (EFA) President, Mr. Adam Mthethwa has highlighted the vitality of having qualified medical personnel in the game of football as it is a contact sport. This makes the health and safety of players in particular to be very crucial. With more lucrative sponsorships, the game becomes more competitive which is very good for the growth of our football; however, the injuries that are sustained by the players also become complex.

It is for this reason that the EFA President is in full support of such courses/workshops as they play a formidable role in the development of football. "As football association, our main mandate is to develop the game of football in the country of which the medical aspect of it is very vital as we have to ensure that our players are always safe all the time when they play football"; Mthethwa said.

FIFA INSTRUCTOR EULOGIZES SIHLANGU

The FIFA Goalkeeping Instructor, Alejandro Heredia was very much impressed by the Senior Men's National team also known as Sihlangu SeMnikati during the TOTAL AFCON Qualifier match against Tunisia. This match was played at the Mavuso Sports Centre on Sunday 9th September 2018 of which the local side lost by 2-0.



FIFA instructor, Alejandro Heredia.

"Even though the local side didn't start well during the match, there was some great improvement from the local side as the game progressed more especially in the second half", Heredia said. The former Bafana Bafana Goalkeeper Coach noted that Sihlangu SeMnikati lost the match due to two first half mistakes that were committed by the local side in the first half. "The Eswatini side committed two mistakes in the first half and playing against a professional side of Tunisia's caliber, you will definitely be punished; and if it wasn't for those errors, the match would have ended in a no goal stalemate"; the FIFA Instructor said. He also urged the local technical bench to help the current team to improve from where it left at the end of the game as it looks promising.



Sihlangu SeMnikati that played against Tunisia.

Sihlangu Semnikati also played the most successful national team in Africa in a back-to-back clash on Friday, 12th October 2018 in Cairo with the home fixture played on Tuesday, 16th October 2018.

THE FIFA MA GOALKEEPING COURSE PARTICIPANTS URGED TO WORK HARD

"A dream doesn't become a reality through magic; it takes sweat, determination and hard work; said former American Statesman, Colin Powell. This were exactly the same words communicated to the participants of the FIFA MA Goalkeeping Course during the official closing ceremony at the Technical Centre in Lobamba. This course was attended by 25 goalkeeping coaches.



CEO of EFA Frederick Mngomezulu, FIFA Instructor Alejandro Heredia, EFA Vice President Comfort Shongwe, TD of EFA Bhekisisa Mkhonta and the participant of the FIFA MA Goalkeeping Course

When closing the course, the Vice President of the Eswatini Football Association (EFA); Dr. Comfort Shongwe urged the participants to keep on studying as football is a dynamic sport. "Keep on studying very hard as football is a dynamic sport"; Shongwe said. The Vice president also urged these coaches to use the knowledge that they got from this course by training more people.

He also urged all stakeholders of football to play their respective roles in order to enhance the development of football. "By implementing such courses, the football association is playing her role which is an indication that the organization is working for the country as it is empowering the nation" Shongwe said.



Diving: Some of the participants during the FIFA MA Goalkeeping Course.

A GOOD GOALKEEPER IS KEY FOR THE SUCCESS OF A FOOTBALL TEAM

In football terms; the last line of defense is the goalkeeper. This is so because if you are able to go past the goalkeeper of a football team; it becomes very easy to score a goal. The FIFA Instructor, Alejandro Heredia highlighted the importance of having a good goalkeeper in a football team during the FIFA MA Goalkeeping Course. "A good goalkeeper is a vital member of a football team as his performance has a huge impact to the success of a football team"; Heredia said.



Sandanezwe Mathabela being congratulated by Sihlangu Interim Head Coach Anthony Mdluli.

When quizzed about the performance of the Sihlangu SeMnikati goalkeeper, Sandanezwe Mathabela during the TOTAL AFCON qualifier match against the top African nation ranked Tunisian national team; the Argentinian born technician highlighted that the national team shot stopper did very well whereby he also decorated his subliming performance by saving a penalty in the last minutes of the match. "He did very well more especially during the penalty where he demonstrated top class maturity as he was calm and very much concentrated on the ball during that moment"; Heredia said.

SIHLANGU ATTEMPTS TO DETHRON THE PHAROAHS

The month of October become one of the toughest months in the history Sihlangu SeMnikati as the nation's pride had back-to-back clash with the Egyptian senior men's national team popularly known as the Pharaohs. This were acidic tests for the national team as they face the most successful national team on the African soil, parading one of the world's top three players by the name of Mohamed Salah who plays his club football in the English Premiership.



Mohamed Salah of Egypt and Sihlangu skipper, Tony Tsabedze in action at the Al Salam Stadium in Egypt.

The first leg was played at the Al Salam Stadium in Egypt on Friday, 12th October 2018 with the second leg on the 16th October 2018. These fixtures brought back the memories of 2013 where the national team lost to Egypt by 10-0. The technical staff and the players were under severe pressure more especially before the first match that was played in Cairo.

During the training camp which started two weeks before the away match, the technical staff of Sihlangu SeMnikati had a lot of work in preparing the team as it was clear that the national team was going to invade the den of the Pharaohs with most of the players playing their club football in top European leagues. Before they left for Cairo, the national team skipper, Tony "TT" Tsabedze described the Egyptians as a very strong team which was an indication that life won't be easy for the local lads when they step on the Al Salam Stadium. This was understandable as they were to face the most successful national team in Africa.

which is fresh from the FIFA World Cup in Russia.



Sihlangu in action during one of the training sessions before they left for Egypt

"Even though Egypt is a very strong opposition, we will do our level best in the field of play"; Tsabedze said. His words were echoed by the national team interim head coach Anthony Mdluli who highlighted about the toughness of the Egyptians. "It is true that Egypt is a strong opposition; but we will do everything possible to get good results in this match"; Mdluli said. The local side lost the match 4-1.

With the second leg played in a 4-days' time, there was no time to recover for the national team as they endured the very long trip back home in commercial flights and a bus. They arrived back home on Sunday morning and they had no choice but to soldier on with their preparations for the second leg match.



The Pharaohs in training before the match against Sihlangu SeMnikati.

With a 4-1 win in Cairo, the Egyptians were oozing with confidence. The national team interim head coach Anthony Mdluli acknowledged the professionalism and athleticism of the Egyptian national team which gave them a competitive edge against the

nation's pride. "This will be a tough match for us; however, as a team, we wish to get positive results considering the level that the Egyptians are at vis-à-vis us"; said Mdluli.

This statement proved to be true as the national team lost by 2-0; however, the Egyptian coach acknowledged the play by the local side as they learnt something from Sihlangu SeMnikati. "It was a good match for both sides whereby we also learnt something from the Eswatini National team and credit to the local coach as this team has a lot of potential to win against tough oppositions in future", said Javier Aguirre, a Mexican born coach.



Mohamed Elneny controls the ball in front of Siboniso Mamba during the 2019 TOTAL AFCON Match played at the Mavuso Sports Centre.



WHAT'S ON THE NEXT ISSUE

- EFA's Youth Development Officer talks about the Grassroots Football Development Programme.
- Bob Midas and Mandla Mahewu shape up the country's youth through football.
- Sihlangu and the U23s Men's National Teams shape up for international competition.

He once endorsed the power of football as follows "I learned all about life with a ball at my feet"-Ronaldinho.



UPCOMING FOOTBALL EVENTS

- TOTAL AFCON 2019 Qualifier match Eswatini Vs Niger.
- TOTAL AFCON U23 Qualifiers matches between Eswatini and Mozambique.
- MTN Premier League continues.