



# SIGWACA FORTNIGHTLY

*"Living the Football Spirit and Our Pride"*

ESWATINI FOOTBALL ASSOCIATION

## SIHLANGU PREPARES FOR DJIBOUTI



Sihlangu players celebrating a goal during the COSAFA Championship against Mauritius.

The Senior Men's National Team (Sihlangu's) Head coach Kostadin Papic named a twenty-seven (27) men squad for the preparations of the 2022 FIFA World Cup Qualifier match against Djibouti. The first match will be an away match for the nation's pride as they will face the "Shoremen of the Red Sea on the 4<sup>th</sup> September 2019 at the Stade Gouled in Djibouti. Kick-off for this match is at 1800 hrs (6:00 pm) which will be 1700 hrs (5:00 pm) Eswatini time.

**SIHLANGU'S HEAD COACH, KOSTADIN PAPIC NAMES A 27 MENS SQUAD FOR THE PREPARATIONS OF THE 2022 FIFA WORLD CUP QUALIFIERS MATCHES.**

The second leg for this encounter will be on Tuesday, 10<sup>th</sup> September 2019 at the Mavuso Sports Centre and kick-off is at 1500 hrs (3:00 pm). A majority of the players who got a call up did duty for the national team during the two Total CHAN Qualifier matches against Angola where the nation's pride was able to eliminate the Angolans to proceed to the final round of

the qualifications against Zambia. As the internationals are eligible to play in the FIFA World Cup, Papic was able to select the five (5) South African based players. These players are Felix Badernhost, Sabelo Ndzinisa, Justice Figureido, Njabulo Ndlovu (all from Mbombela United) and Banele Sikhondze from Polokwane City. These international players last played for Sihlangu in the COSAFA Championship match against Comoros in May 2019 and this tournament was held in Durban, South Africa.

The full squad is as follows: Msibi Phephisani, Dlamini Melusi, Tsabedze Fanelo, Matse Sifiso, Dlamini Machawe, Magagula Andy, (all from Royal Leopards), Mathabela Sandanezwe, Ndaba Ndumisi, Ndzabandzaba Siboniso, Dlamini Sibonginkhosi (all from Mbabane Swallows), Mkhonta Lindo, Mamba Siboniso, Shabangu Wandile, Matsenjwa Lindani, Mamba Fanelo, Gamedze Sandile, Ngwenya

## EFA ACKNOWLEDGED LOCAL CLUBS



**The EFA President, Mr Adam Mthethwa**

The Eswatini Football Association (EFA) acknowledged Young Buffaloes FC for their qualification to the next round of the Total CAF Confederation Cup after eliminating Buildcon FC from Zambia. "Their achievement portrays a positive image of the Eswatini football and the country at large", said EFA President Mr. Adam Mthethwa. The EFA also acknowledges Green Mamba FC for their competitiveness in Africa.

"Even though they didn't make it to the next round of the competition, the country will benefit from their participation as the players got valuable international experience. The country is pleased that our local teams play in Africa and it's good for football development", Mthethwa concluded.

Siboniso (all from Young Buffaloes), Sithole Menzi, Vilakati Vusi (all from Mbabane Highlanders), Makhanya Mlamuli from Tambuti, Dlamini Banele from Green Mamba, Mabuza Allen from Piggs Peak Black Swallows, Felix Badernhost, Sabelo Ndzinisa, Justice Figureido, Njabulo Ndlovu (all from Mbombela United) and Banele Sikhondze from Polokwane City.

### WE WANT TO WIN THIS MATCH- SIHLANGU'S CAPTAIN BANELE DLAMINI

The Sihlangu SeMnikati's Captain, Banele Dlamini has highlighted that the spirit is high in camp as the players are confident ahead of the 2022 FIFA World Cup Qualifiers match against Djibouti at the Stade Gouled on Wednesday, 4<sup>th</sup> September 2019. Kick-off for this international match is 1800 hrs (Djibouti time) which is 1700 hrs (Eswatini time). "On paper they may be underdogs in this match, but football is dynamic of which anything is possible but we want to win this match", Dlamini said.



Sihlangu's Captain Banele Dlamini during training session for the upcoming match in Djibouti.

The Sihlangu skipper's words were echoed by Machawe Dlamini who stated that they are ready for the match in Djibouti. He highlighted that they will go to Djibouti to fight for a win. "We may have defeated them before but football is evolving. We will go to Djibouti to fight for a win", he said. Over and above, he stated that the pressure will be there as fans expect them to win this match easier considering the

previous score when they played against them and won 6-0 away from home.

### WE ARE EXPECTING A WIN IN DJIBOUTI-KOSTADIN PAPIC

"We are expecting to win in Djibouti however, football is improving and we have to be careful", Sihlangu Head Coach, Kostadin Papic said during the media day of national team held at the Somhlolo National Stadium on Wednesday, 28<sup>th</sup> August 2019. He also highlighted that the upcoming match is very much important to them as they want to be in the group stages of the 2022 FIFA World Cup. "The players need to work hard in order to win the match", he said.



Sihlangu's Head Coach, Kostadin Papic during training session at the Somhlolo National Stadium.

Papic also stated that its advantageous to play the first leg away as they will try to finish the job in Djibouti. When asked about the availability of the international players, the Serbian born Coach stated that there is a possibility of having one of them as they are still with their football clubs and unfortunately they will be having club commitments on the day that the national team will be leaving the country, which makes their travelling logistics to be a challenge. The National team is leaving on Sunday, 31<sup>st</sup> August 2019 and they are expected to be back on Saturday, 7<sup>th</sup> September 2019 for the home match. "The travelling logistics are a disadvantage but there is nothing we can do", he concluded.



### U20/U17 MEN'S NATIONAL TEAMS IN ACTION IN BOTSWANA

The U20/U17 Men's National Teams left the country on Friday, 23<sup>rd</sup> August 2019 to play international friendly matches against Botswana's U20 and U17 Men's National Teams respectively. Two international friendly matches were played in Botswana. On Saturday, 24<sup>th</sup> August 2019, the U20s played a draw 0-0 whilst U17s defeated Botswana by 2-1. From their second match, the U20s defeated Botswana by 2-1 whilst the U17s defeated Botswana by 1-0. The U20 national team is preparing for the U20 COSAFA Championship to be held in Lusaka, Zambia. The U17 national team is a stand-by in the U17 COSAFA Championship that will be held in Blantyre, Malawi.



U20 Men's National team posing for a group photo before kick-off of the international friendly match against Botswana.

According to the Assistant Coach of the U20 Men's national team, Sindiso Gama, who was an acting Head Coach for the national team in the absence of Dominic Kunene, the team played very well and there is progress however, they have to work on covers -ups in all positions. Gama stated that since the players have been together from the U17 squad it is an advantage as they now have international exposure. "Since the COSAFA Championships are in December, we have to increase the frequency of our training sessions", Gama said. This will improve the performance of the players. The Head coach of the U17 national team Gcina Dlamini highlighted that the players are improving and they know that they have to compete amongst themselves. "I see growth in the team and players are improving their football skills", Dlamini said.

## FOCUS ON EFA'S FOOTBALL DEVELOPMENT PROGRAMMES

## EFA EULOGIZES THE COMMITMENT OF COACHES

The Eswatini Football Association (EFA) has acknowledged the Federation of International Football Association (FIFA) for the perfectly implemented FIFA MA Instructors Coaching Course that took place at the Technical Centre in Lobamba on the 19<sup>th</sup> – 23<sup>rd</sup> August 2019. This was disclosed by the President of EFA Mr. Adam Mthethwa during the opening ceremony of the FIFA MA Instructors Course.



EFA'S President Mr. Adam Mthethwa during the FIFA MA Instructors Coaching Course.

He also acknowledged the commitment of the coaches towards football development in the country. "You being here proves that you are fully committed in helping the football association in football development in the country", the President of EFA Mr. Adam Mthethwa said.

Moreover, the Instructor Mr. Enrich Ruterumular had some few words to share in as far as this course was concerned. He highlighted that he was very much honoured for the invite and to be the facilitator of this course. "I am very much honoured and privileged to be here. I am very proud to be part of this course", Ruterumular said. He also highlighted that a coach is very key for football development, success and good performance which is why coaches need to work hard to fulfil that.

## ISHIBOBO CHAMPS OF THE MANZINI U-13 BUILD IT CHAMPIONSHIP



Ishibobo Academy posing after being crowned the champions of the Manzini U-13 Build it Championship

On Saturday, 17<sup>th</sup> August 2019 the Eswatini Football Association (EFA) in collaboration with Build it hosted the 2019 U-13 Manzini Build it Championship at the Manzini Club. Eight (8) teams were competing for the championship. These teams were Ishibobo Academy, Moneni Pirates FC, Zakhele, FV Sporting, Ngwazini, School of Excellence, Bad Boys and Road blocks. Ishibobo Academy was crowned champions after defeating the School of Excellence by 3-2 after penalties. This was after the two sides played to a 1-1 draw. To reach the finals, Ishibobo defeated Road blocks by 5-0 whilst the School of Excellence were the finalists after winning against Moneni Pirates by 15-0.

For their achievement, the youngsters were awarded a trophy, a new Build-it branded soccer kit; Build it branded bags, water bottles and individual trophies whilst School of Excellence got individual trophies, water bottles and soccer bags. The best player was Philani Ndzimandze who won himself a trophy. When interviewed after the event Ndzimandze expressed his delight of being crowned the best player. "I am very much excited to be the best player of this tournament. I thank my coaches for the work that they have done during training", Ndzimandze said. He further stated that he was ready for this tournament and also thanked the support that he got from his

parents and the opportunity that Build it is giving them as youngsters to showcase their football artistry.

## NKOMANZI CHAMPS OF THE PIGGS'PEAK U-13 BUILD IT CHAMPIONSHIP

Nkomanzi defeated Lomshiyo by 4-3 to win the Pigg's Peak Build it U13 Cchampionship at the Killarney Stadium in an event that was implemented on Saturday, 24<sup>th</sup> August 2019. Eight (8) teams were competing for the championship. These teams were Ntfontjeni Stars, Hotspurs, Peak City, Nkomanzi United, Lomshiyo Express, Mhlatane United, Mangwaneni United and Black Swallows. Nkomanzi was crowned champions after defeating Mangwaneni by 1-0.



Mahle Vilakati the best player of the Pigg's Peak U13 Build it Championship.

For their achievement, the youngsters were awarded a trophy, a new Build-it branded soccer kit; Build it branded bags, water bottles and individual trophies whilst Mangwaneni got individual trophies, water bottles and soccer bags. The best player was Mahle Vilakati who won himself a trophy. When interviewed after the event Vilakati expressed his happiness of being crowned the best player. "I am very happy for being chosen as the best player of this tournament. I thank my coaches for this achievement", Vilakati said. He also highlighted that they played very well and they were ready to fight. "I thank Build it and the EFA for providing us with this platform where we display our football skills", he added.

## GROIN INJURIES

Players need to be encouraged to do proper warm up before game and proper warm down after game regardless of the result to reduce injuries. Today we are looking at groin injuries. Groin injuries are among the three most common and time-consuming injuries in football. Groin injuries may be acute but often become chronic in nature. The most common location is adductor muscle tendon region with more 50% of groin pain reported in athletes.

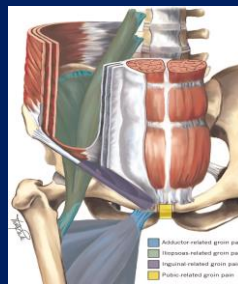
### CLASSIFICATION

1. Defined clinical entities for groin pain:
  - Adductor-related- Adductor tenderness and pain on resisted adduction testing.
  - Iliopsoas-related-pain on resisted hip flexion and pain on stretching the hip flexors.
  - Inguinal-related-Pain location in the inguinal canal region and tenderness of the inguinal canal. No palpable inguinal hernia is present. The pain is aggravated with resistance testing of the abdominal muscles or on Valsalva /cough/sneeze.
  - Pubic-related groin pain-local tenderness of the pubic symphysis and the immediately adjacent bone.
2. Hip-related groin pain-
3. Other causes of groin pain in athletes

### CAUSES AND MECHANISMS

According to the U20 National Team's doctor Samkeliso Mdluli, an acute strain usually involves one or more muscles and it happens

during forceful action. In most cases, the lesion lies within the musculotendinous junction, but in some cases the site of the injury is the tendon itself or the enthuses where the tendon inserts into the bone. "Adductor muscles are often acutely strained during an eccentric contraction. When this muscle is at its weakest and as such more prone to injury", Mdluli said. This could be the sudden resistance of an opponent's foot to reach a ball or a sliding tackle. In many cases, some degree of hip joint rotation is involved. Another mechanism is forceful concentric adduction, for instance during a kick for a ball in the air, or after direct blunt trauma by an opponent.



Mdluli also highlighted that the iliopsoas muscle, being a very important and strong hip flexor, can be acutely strained if forceful hip flexion is suddenly interrupted, when the player is tackled during running, skating, jumping or kicking, or when he accidentally kicks into the ground instead of the ball. The iliopsoas can also be injured when the thigh is suddenly forced into extension and the iliopsoas tries to decelerate the movement by instantaneous eccentric contraction.

### SYMPTOMS AND SIGNS

"They feel pain and the function of the limb is affected. In most cases, the player will have to stop training or playing and leave the pitch. In some cases, the player describes a snapping feeling in the groin/hip, occasionally even accompanied by a sound", he said. He further stated that local signs are usually present such as swelling or discoloration of the skin in the case of a haematoma, a palpable gap in the tendon in the case of a partial or total rupture, or provoked pain when testing the various

muscle groups, nerves or the hip joint. The typical overuse pattern of groin injury is initially indicated by pain after activity, stiffness of the respective muscle group and a decreased range of motion of the hip joint, later progressing to pain with specific movements. "If the player does not receive appropriate treatment and continues to play, the pain-free periods will become shorter until finally all football activity will cause pain, and even everyday activities might become a problem", he added.

### TREATMENT

Over and above, Mdluli also highlighted that groin pain can be difficult to treat and it is important to ask the player to reduce his or her training volumes, and in many cases stop playing football completely for a period. "Acute injuries to the muscles and tendons in the groin can, in general, be treated following the same guidelines used for other muscles: rest, ice, compression and elevation (RICE) followed by early mobilization and progressive rehabilitation", said Mdluli. Partial ruptures can be treated non-surgically but, in some instances, total ruptures can be reinserted surgically. The time to return to play after acute groin injuries varies between two weeks and six months.



U20 national team 's doctor Mr Samkeliso Mdluli.

"Finally let's avoid using injured and limping players during games. Players need to be treated, given enough time to heal, to give optimal performance during game. **Note:** players are human beings not objects or tools, so they need to be treated with care. God bless you all", he concluded.



SIHLANGU PREPARES FOR DJIBOUTI



Sihlangu warming up during their training session.



Mlamuli Makhanya, Sandanezwe Mathabela and Phephisani Msibi during a training session.



Sihlangu players passing the ball to each other.



Sihlangu doing one of the drills as part of the training.



Sihlangu's goalkeepers in action.



Lindo Mkhonta and Fanelo Mamba fighting for possession while Fanelo Tsabedze look on.



Sihlangu doing one of their training exercises.



Sihlangu's Head Coach Kostadin Papic and Assistant Coach Velekhaya Mthethwa in full concentration.



Allen Mabuza looks on while Wandile Shabangu attempts to win the ball from Fanelo Tsabedze.