



Eat well



MACCABI HAKOAH FEDS F.C.



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Welcome back and happy New Year to all.

With only a month to go till Round 1 of the season, all teams are heavily involved in the painful process of pre season training. As any player knows, there is no worse time of the year than pre season trainings after a long and relaxing off-season. But as the old saying goes, 'there are no short cuts in football'!

Last weekend the entire Feds club, from under 13s to Opens, played their first trial game against Camden Tigers out in Camden. With the hottest week on record leading up to the matches, this was always going to be a tough test for both the fitness and mental strength of the players.

The Hakoah First Grade opened their campaign against the Division 1 Camden Tigers with a 1-3 loss.

The game was only 15 minutes old when marquee signing Neil Jablonski showed his class by trapping the ball on the edge of the box, before taking one touch and slotting home in the far corner of the net. It was a deserved goal for Hakoah who had been dominating play.

However, a mix up at the back gifted Camden an equalizer, taking the game into half time level at 1-1.

Two individual mistakes in the second half proved to be costly, as the team failed to convert their own chances, finishing the game 1-3 down.

Coach Mark Robertson was not too disappointed though, as the boys put in a strong performance for their first hit out after a long layoff.

As Robertson said, "the result flattered the opposition to be honest".

The Reserve Grade fell to a 2-4 loss in a tough first outing. Two goals from Justin Wendemuth, including a 25 yard strike that chipped the Camden keeper, were not enough as the fitness levels of Camden played havoc with a depleted Reserve side.

The youth teams were thrown into the deep end, after completing only 2-3 training sessions prior to their trials matches. However, Coaching Director Barry Walker was very pleased with the performances of all the teams, as were the individual coaches.

“Each team is probably only at 60-70% fitness and we are still working on team shape, formations, etc so I am extremely happy at this point”, says Walker. “By the time we play our first game each team should be flying”.

An excellent performance from the Under 15s earned them a 2-1 win. One and two touch football typified a dominant first half, where Anton Loutas and Dael Palte both put the ball into the back of the net. Camden pulled one back with ten minutes to go to ensure a nervous finish, but some fine saves from keeper Max Nightingale and strong defending gave the boys a well-earned 2-1 victory.

The Under 18s already began to show their fighting spirit as they went down 1-2 in a tough workout. Down 0-2 at half time, the boys piled on the pressure in the second half and were rewarded with a penalty; converted by Dion Markovic. However, despite dominating the play, they were unable to find the equalizer.

Last year’s minor premiers, the Under 16s, showed great flair and potential in their opening hit out. Although plenty of chances were created, they were unable to convert and were punished in the dying minutes of the match, conceding a penalty that saw them lose 0-1.

The Under 14s fell to a 1-2 loss, despite scoring first. The game was only 4 minutes old when Dandan Seeff intercepted the ball in his own half, before playing a quick ball to Josh Goodman out wide. A curling cross found Greg Ellerine at the back post, who finished comfortably. But despite dominating long periods of the first half, a lapse in defence toward the end of the first half saw the scores leveled. Fitness concerns typified the second half, and two penalties were conceded. Despite keeper David Booth saving one, the other turned out to be the match winner.

The Under 13s, playing their first trial game for Hakoah, were held to a 2-2 draw in the early game. Two goals within the first 12 minutes, first by Harry Buch followed by a wonder strike from 25 yards from Alfie Jones saw the boys leading comfortably. However fitness again reigned supreme, with two breakaway goals at the end of both halves, the second in the final minute of the game, sealing the 2-2 scoreline.



Jonathan Solomon (right) for the U14s.

In Focus – Marc Kacen

After playing Hakoah Opens for years, Marc Kacen has been given the captaincy of the Feds First Grade for the 2011 season.

At the age of 26, Kacen is the epitome of the new, youth orientated approach to the Hakoah Feds Opens. He grew up playing Maccabi football, and represented Australia at the Maccabiah games last year in Israel.

We caught up with Kacen to see how pre season has been going, his thoughts on last year and why this year will be different.

Q: You have been a Hakoah stalwart for many years. How does it feel to finally captain the First Grade?

MK: It's a great honour to be given the captaincy at the club after many years playing through the ranks. It shows that the Club believes I have the skills necessary to lead the club into the future. I have played under many captains, the last being Johnny [Pillemer], who has become a great friend and role model. He has left big shoes (well small ones!) to fill but has given me the necessary support and guidance over the years to be successful with this role.

Q: How is the team shaping up this season?

MK: This season is brand new. We are putting last season behind us and moving forward. We have a brand new team and new coaching staff. This season we want nothing but the premiership and to move up in division. I believe we have the backing from the club and professionalism to succeed. Pre-season has been very good, the team is starting to develop together. We have had one trial match under our belt which although we did not get the result, we showed we can play very good football together and look forward to the season. We have a mix of experienced players and youth coming through like young [Moshe] Wakil, which gives great balance to the team. We have two keepers this season Sonny [Adam Sonnabend] and Alex [Gutwirth] who have both represented Australia at Maccabiah in the past, which again gives the team confidence at the back.

Q: Last year was a very disappointing season for the Opens. Why do you think this year will be different?

MK: Last season was a tough season to forget, although we can learn by it. This year pre-season is strong with a great turn out. It is leading to a fight for positions pushing the intensity up at every training. We know what we want this season, that is, to win and move up. The club is backing us and the players are excited for the season ahead.

Q: What are your thoughts on Mark Robertson as coach after playing with him last year? How has his pre season sessions compared to past years?

MK: Mark is a very experienced player, and is well respected by the team and myself. Each training session has been well thought out and planned. Intensity is very high even through our friendly games. Spots are not certain and this makes each player step up. Each session we are getting sharper and fitter and we live by 12 minutes. 12 minute runs, 12 minute workouts, 12 minute games, and repeat the cycles. Everyone is enjoying themselves and this shows great team morale.



Marc Kacen representing Australia at the 2009 Maccabiah Games

Marc will be leading the First Grade in another trial match on Sunday against Division 1 side Schofield Scorpions at 81 South St, Schofield. First Grade kicks off at 7.00pm.

That is this weeks edition of the Hakoah Feds Newsletter. Until next time, let your passes find the man, your shots find the goal, and your skills find the girls.

For any comments, please email me at mark.jamison00@gmail.com.