



Last month at IBB Polonia Football club was very intense, 9 training sessions 12 hours of exercise and 8 matches. All coaches and players are happy with the individual and team improvements.

At IBB Polonia we have five different age groups in three different locations Shepard's Bush, Streatham and Hanwell. All managers and coaches at our club use one system, which we have created

to deliver age-appropriate training sessions to support long-term player development. We promote a holistic approach based upon the FA's four-corner model (Technical, Physical, Psychological and Social) for long-term player development, with age appropriate coaching support for players aged 4-6 and 7-11. Our trainings sessions are also based on 'Coerver coachin'g system, which is Dutch World leading technique program. At least 25 minutes of training is based on technical aspects such as dribbling or skills.

Parents and Guardians are delighted with the club Philosophy and coaching system. The feedback we received is very positive. In December IBB Polonia

football Club will take part in Christmas Tournament organised by London Eagles at Wembley Stadium Powerleague, this will be a great opportunity for our players and coaches to challenge strong teams just before the start of the league in January.

As a Club to promote Physical Activity and Fitness we have organised and Football match between coaches and parents to show that anyone can play football at any age. The game will take place in Shepard's bush 11 of December. Everyone is more than welcome to join.

From January we will register another two teams to Harrow Youth League under 8 and under 11.

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REVIEW OF RECENT FOOTBALL MATCHES

IBB Polonia FC U10 20/11/2016**ST. Josephs Yoth FC 3:3 IBB Polonia FC****Goal scorers IBB Polonia FC:**

David Kryszak x2

Aleksander Niski x1

Team IBB Polonia London FC:

goalkeeper Oskar Zrzycki po przerwie Adrian Mes, Aleksander Niski (kapitan), Adrian Stefański, Alan Pakuła, Kacper Choina, David Kryszak, Alex Krusiński, Colin Ostrowski, Fabian Kapusta

Another game of struggle and another match in which we lose goals at the beginning of the meeting. Individual errors and lack of communication between line of defense and the goalkeeper. Until halftime the score was 3:0 for St. Josephs. In the second half IBB Polonia once again shows how football should be played. The advantage from the very beginning, high pressing and tough game from our boys allowed to make up for the loss. Match ended with a draw 3:3. In the second part of the meeting we created a lot of situations for scoring a goal. We hit the post twice, the bar once and the good attitude of the goalkeeper from St. Josephs leaves us a little unsatisfied. Considering the development of the meeting, the draw is a fair result. In today's match the players that stood out were Aleksander Niski, David Kryszak and Adrian Mes. I thank my players for their commitment and will to fight. Of course we do not forget about our faithful fans who support us regardless of the result. Thanks a lot!!!

Coach: PAWEŁ JURGIELEWICZ**IBB Polonia FC U7 13/11/2016****IBB Polonia FC 16-0 St Joseph's****Goal scorers:**

Alan Kapusta (x1)

Norbert Stefanski (x2)

Konrad Paliwoda (x5)

Adrian Laskowski (x3)

Kevin Kozik (x2)

Olivier Kryszak (x3)

Kamil Grodzki

Another very good match of my team. It was a real festival of goals for the guys. Even though the opponent was fighting bravely, the boys have perfectly fulfilled my commands and tasks which I had assigned to them before the game. On that day the player that stood out was Kevin Kozik. In the first half he saved our team from losing a goal, and in the second part of the game he was able to score two beautiful goals by himself. Another player that deserves to be distinguished is Kamil Grodzki that stood out on the field with his fight and dedication and made 3 assists. I would like to thank all the parents present on Sunday for exemplary behaviour during the match.

Coach: MARCIN WANOT**IBB Polonia FC U10 13/11/2016****IBB Polonia FC 1:2 Spartans Youth****Goal scorers IBB Polonia FC:**

David Kryszak x1

Team IBB Polonia FC:

goalkeeper Oskar Zrzycki po przerwie Adrian Mes, Aleksander Niski, Adrian Stefański, Alan Pakuła, Kacper Choina, David Kryszak, Alex Krusiński, Colin Ostrowski, Fabian Kapusta

Today we had an encounter with a challenging opponent. The Spartans team put up a harsh fight. In the first half we lost two goals after our errors. Throughout the second half of the team IBB Polonia controlled the game and tried to attack but as a result we were able to score only one goal. In conclusion, the first part was dominated by the Spartans and the second part - by IBB Polonia. Another game and another experience collected.

Thank you to all the players and our wonderful parents for cheering.

Coach: PAWEŁ JURGIELEWICZ

IBB Polonia FC U10 06/11/2016
TFA Bushey 3:6 IBB Polonia FC

Goal scorers IBB Polonia FC:

David Kryszak x5, Oliver Michalik x1

Team IBB Polonia London FC: goalkeeper Oskar Zrzycki po przerwie Adrian Mes, Aleksander Niski (kapitan), Adrian Stefański, Alan Pakuła, Kacper Choina, David Kryszak, Alex Krusiński, Colin Ostrowski, Fabian Kapusta

Today we played the second leg encounter with TFA Bushey team. From the first whistle the players of IBB Polonia were in full swing. As early as in the 25th second of the game David Kryszak scored the first goal after an individual action. Apparently, that was his day. Teamwork, good defensive and midfield allowed us to control the match from the start until the end. Without a doubt, a David Kryszak's performance deserves a big praise - today he has scored as many as 5 goals. I would like to thank my boys for their commitment and their parents for mannerly cheering.

Coach: PAWEŁ JURGIELEWICZ

IBB Polonia FC U10 06/11/2016
Princess Park 4-6 IBB Polonia FC

Goal scorers:

Alan Kapusta (Kapitan)
Norbert Stefanski (1x)
Kamil Grodzki
Jakub Moskwa
Konrad Paliwoda (3x)
Olivier Kryszak
Adrian Laskowski (2x)

Another very good match of my team. In this game the boys were able to create the actions from the goalkeeper, performed 7-8 passes and gave the shot on target. Due to lack of concentration in the end, we lost 3 goals in the last 7 minutes. It is worth to mention the performance of Konrad Paliwoda who helped the team well in attack and in defense. All the boys presented themselves very well and have contributed to the victory. Heavy and regular workouts are showing effects in the form of a very good game.

Coach: MARCIN WANOT

IBB Polonia FC U10 30/10/2016
IBB Polonia FC 4:1 TFA Bushey

Goal scorers IBB Polonia FC:

Aleksander Niski x2, David Kryszak x2

Team Polonia London: goalkeeper Oskar Zrzycki po przerwie Adrian Mes, Aleksander Niski, Adrian Stefański, Alan Pakuła, Kacper Choina, David Kryszak, Alex Krusiński, Colin Ostrowski, Fabian Kapusta

Another match in which we showed that we know how to play football. I am very pleased that despite the small mistakes that really are factored in the game, the boys can fight and create actions with up to 8-10 passes without losing the ball. I always tell my players that the aptitude may be lacking, but ambition and the will to fight should never be lacking. Another victorious game for IBB Polonia FC. The game looks better with each match.

Coach: PAWEŁ JURGIELEWICZ



IBB Polonia FC U7 30/10/2016
IBB Polonia FC 12-3 Parkfield Youth

Goal scorers:

Alan Kapusta (Kapitan)

BRAMKI:

Kevin Kozik (x3)
Olivier Kryszak (x4)
Konrad Paliwoda (x2)
Kamil Grodzki
Jakub Moskwa
Norbert Stefanski (x3)

This time the young players of IBB Polonia had to face a very strong rival, Parkfield Youth. The game of the entire team today was very good and most importantly the boys are slowly starting to create very well-rounded actions. It is worth to distinguish the hard work of our captain Alan Kapusta and great performance protecting the goal by Olivier Kryszak. The most important part is not the result but the joy of the game and the smile on the faces of young players, despite the victories we cannot forget the boys are still learning, and slowly, in small steps, they move forward.

Coach: MARCIN WANOT

