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Edition 006 - Wednesday April 30, 2025

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FAZ EASTERN AND VFA TEAM UP TO TRANSFORM FOOTBALL COACHING

By Lucky Chama



The Eastern Province Football Association of Zambia (FAZ) and Virtual Futbol Academy (VFA) have officially signed a transformative partnership aimed at strengthening football development by empowering both elite and amateur coaches across the region.

The partnership, established on April 25, 2025, will introduce a Diploma Level-I course in Football Coaching, focusing on both top-tier players and grassroots talent.

The agreement was signed by Eastern Province FAZ Chairperson Patrick Nyirenda and VFA President David Brown, initiating a significant partnership for football in the region.

Coaches who successfully complete each training period and meet the academic requirements will receive a diploma Level-I certificate accredited by VFA from a Spanish university.

Nyirenda said this milestone does not only acknowledge their achievement but also raises the standard of coaching in Eastern Province to an internationally recognised level.

“The partnership reflects our deep commitment to upgrading football coaching in Eastern Province.

Whether you're an elite coach managing top players or an amateur coach passionate about youth development, this programme is designed to elevate your skills. We urge all serious coaches to embrace this opportunity — the future of our football depends on the quality of our coaching.”

Nyirenda highlighted the initiative as a significant milestone that will advance football development in the province.

“This collaboration also aims to enhance our technical capacity by equipping our coaches with the latest methodologies in Spanish football training. Through this partnership, our coaches will undergo comprehensive training programmes designed to build their expertise and prepare them to lead our players with advanced skills and techniques,” Nyirenda said.

VFA President David Brown stated that the partnership will provide coaches with modern tools and insights aligned with international standards, enhancing their coaching capabilities.

“At VFA, we believe that every coach, regardless of their starting

point, deserves access to world-class education. Through this partnership, we are equipping coaches with modern tools and insights that align with international standards. Our goal is clear: to help coaches unlock their full potential and, in turn, nurture players who can shine locally and globally,” said Brown.

During the signing of the Memorandum of Understanding (MOU), it was revealed that the course will be delivered online over two weeks and covers critical topics such as planning effective training sessions, mastering pre-season preparation, applying offensive and defensive tactical principles, developing player mental strength, and managing team formations effectively.

Provincial FAZ technical director Ezekiel Siamalambo emphasized the importance of elevating coaching standards.

Applications for this training are currently open, but due to high demand and limited capacity, only a limited number of slots are available.

Interested coaches must apply early to secure a place.

BANDA SITS OUT TRAINING; ZAMBIA GEARS UP FOR CRUCIAL EGYPT ENCOUNTER

By Lucky Chama



Mathews Banda sat out of Tuesday evening's training at the Tolip Annex training facility due to a minor calf injury.

Boyd Mulwanda's side has commenced preparations for the upcoming match against Egypt scheduled for Saturday.

Mulwanda and the technical bench supervised the training session, during which Banda was sidelined, while midfielder Joseph Sabobo Banda engaged in light training.

Banda was substituted in the 40th minute of the game against Sierra Leone that ended 0-0 after suffering a minor calf injury, while Sabobo

played the entire match despite picking up a knock.

Zambia are hoping to make amends for their performance in the 2023 Africa Cup of Nations under-20 tournament, where they exited the group stage without a win and finished at the bottom of Group C with just one point.

In the opening match of Group A, hosts Egypt defeated South Africa 1-0 to take the lead, while Zambia and Sierra Leone are both on one point each.

Tanzania are at the bottom of the table as they have not yet played a match.

KONKOLA BLADES QUEENS AND AMAZING GRACE GIRLS WIN HISTORIC PROMOTION TO THE EDEN UNIVERSITY WOMEN SUPER LEAGUE

By Zambia Premier League



Konkola Blades Queens and Amazing Grace Girls have secured automatic promotion to the Eden University Women Super League for the 2025/26 season.

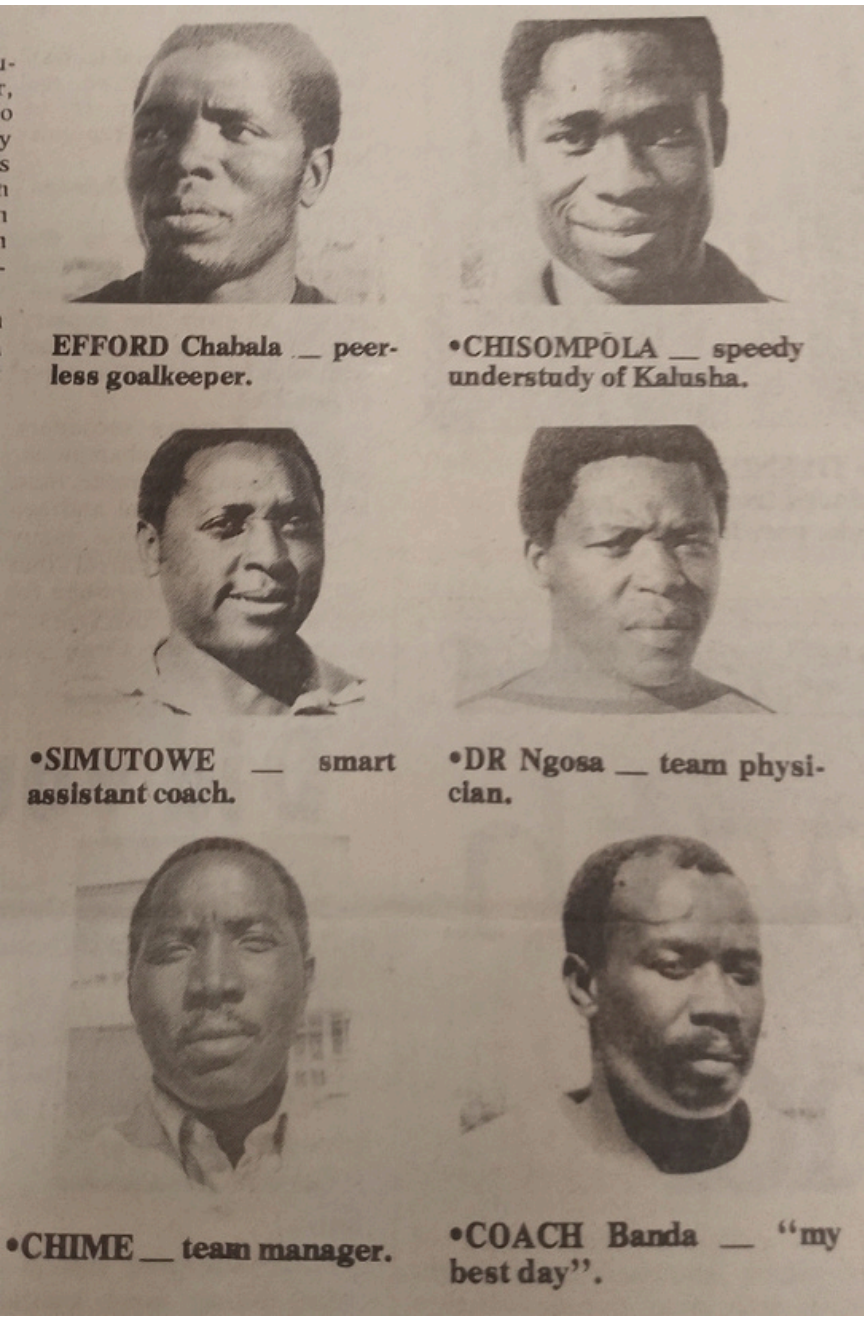
Konkola Blades Queens, based in Chililabombwe, and Amazing Grace Girls, from Kabwe, earned their places in the top flight after finishing first and second respectively in the Northern Zone of the Zambia Premier League Women National League.

Both teams have achieved

promotion to the Super League for the first time in their history, concluding a season characterized by consistent performances, determination, and hard work.

The Zambian Premier League Women’s National League is divided into two zones, the Northern and Southern Zones, with the top two teams from each zone earning automatic promotion to the Super League at the end of the season.

Congratulations to Konkola Blades Queens and Amazing Grace Girls on this historic achievement!



In the 80s ,people had huge responsibilities at a very young age. At 36 Boniface Simutowe was assistant coach at Senior National Team. A colonel in the army , Brightwell Banda was also head coach of the Zambia National Team at 38. He was the first Zambian to be given a full time contract to coach the KK Eleven.

Doctor Patrick Ngosa was equally a young medical doctor attached to the team. There was nothing like kit or equipment manager, everything had to be done by the team manager in this case Herbert Chime.

There was nothing like goalkeeper coach at the time, that had to be done by the assistant coach in this case Boniface Simutowe. The physiotherapist job was done by the team doctor in this case Dr Ngosa. They served the nation extremely well.

By Chiti Chitundu

DOWN MEMORY LANE

NOCZ APPLAUDS ZAMBIA ATHLETICS FOR TAPPING OLYMPIANS TO DRIVE SPORT DEVELOPMENT

By Lucky Chama



According to Alfred Foloko, president of the National Olympic Committee of Zambia (NOCZ), the leadership roles that Olympians Sydney Siame and Matete have been appointed to by Zambia Athletics will be crucial in fostering new talent and enhancing the sport's potential in Zambia.

Zambia Athletics (ZA) has appointed Olympian Sydney Siame as the athletes' chairperson, while Samuel Matete was appointed as the national team coach and Director National competitions, Athletes and Facility Development.

In a formal letter of congratulations sent to ZA president Major Bernard Bwalya and his executive committee, NOCZ president Alfred Foloko

described the move as both timely

and visionary, noting that bringing elite athletes into the fold of sports governance sets a strong precedent for athlete-centred development.

“I wish to commend the proactive and visionary steps you have already undertaken in the early days of your leadership, particularly the integration of distinguished Olympians such as Samuel Matete and Sydney Siame into the association’s structures,” Foloko wrote. “Their experience will be instrumental in inspiring emerging talent and strengthening the overall capacity of Zambia Athletics.”

Foloko also congratulated Major Bwalya on being elected as the

President of Zambia Athletics, stating that it shows the athletics community's confidence in his leadership and vision for the sport.

“On behalf of the National Olympic Committee of Zambia, I extend heartfelt congratulations to you and all the newly elected members of your Executive Committee,” he said. “We are confident that, under your leadership, Zambia Athletics will continue to grow and reach new heights.”

He also emphasized the strong partnership between NOCZ and Zambia Athletics, highlighting the significance of working together to enhance Zambia’s sports reputation regionally and globally.

FAF PRESIDENT IN ARGENTINA TO FINALIZE HISTORIC FRIENDLY AGAINST WORLD CHAMPIONS

By Joseph Tembo



The President of the Angolan Football Federation (FAF), Fernando Alves Simões, is currently in Buenos Aires to finalize arrangements for a highly anticipated international friendly between Angola’s Palancas Negras and reigning world champions Argentina.

Simões is set to meet with Claudio Fabián Tapia, President of the Argentine Football Association (AFA), on Wednesday. The meeting will focus on finalizing logistical and protocol details for the match, which is expected to mark a major moment in Angolan football.

According to Jornal de Angola, Simões expressed confidence that all necessary steps are being taken to ensure global football icon Lionel Messi will be among the Argentine stars visiting Angola.

CHARLES MUSONDA ON BALL CONTROL: "JUGGLING BUILDS VISION AND SKILL"

By Fulltime Desk



Former Zambian international Charles Musonda has revealed why he enjoyed a ball-juggling session.

Fondly referred to as Charly Cool, Musonda is regarded as one of the most talented midfielders that Zambia has produced.

He spent most of his time in Belgium, where he played for Cercle Brugge and Anderlecht after breaking through at Mufulira Wanderers.

He donned the national team colours between 1988 and 1993.

Musonda states that juggling the ball helps a player develop ball-keeping skills.

He adds that it's also a skill which young players can use to improve their vision in football.

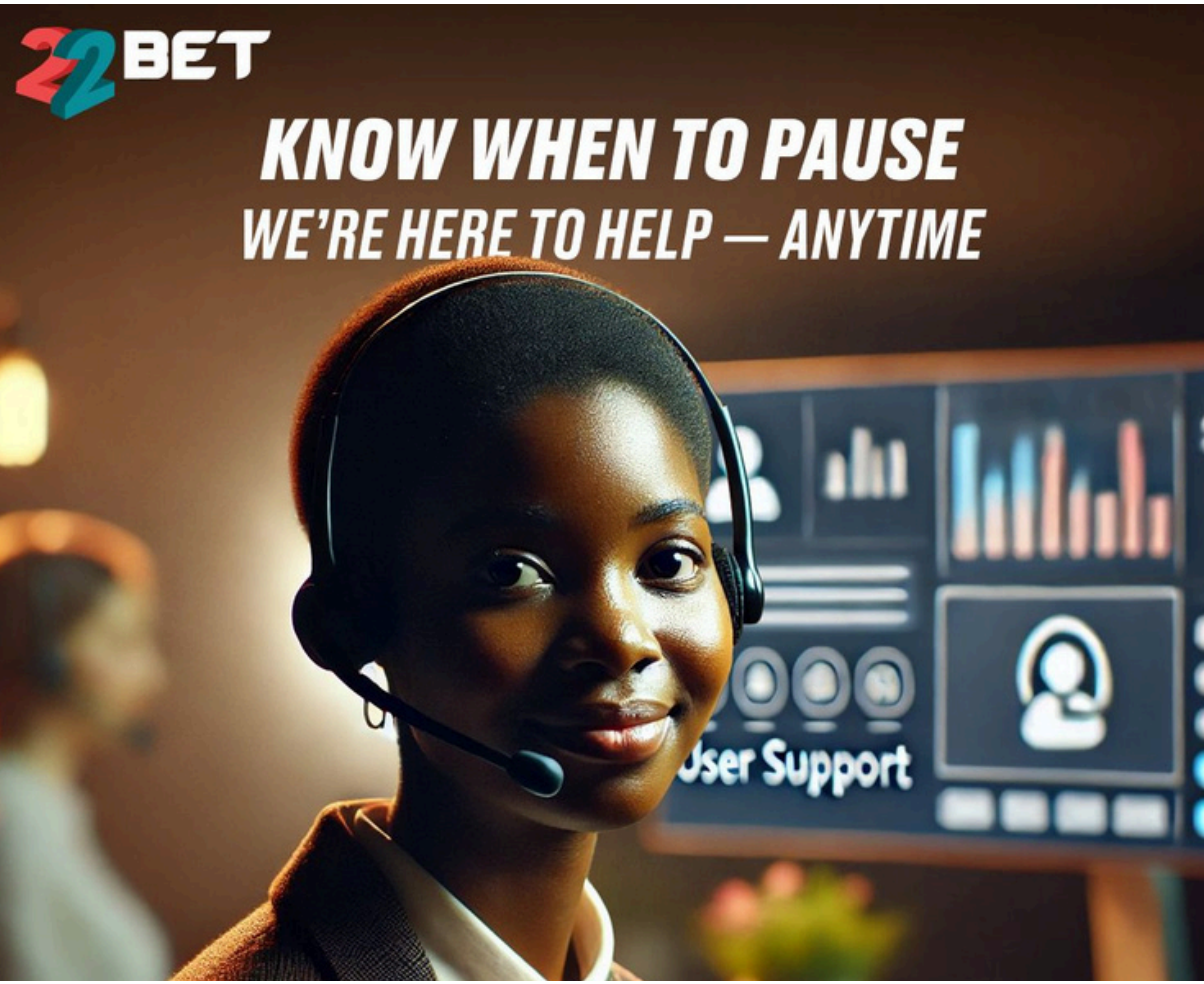
"I loved it when the coach would say one ball each. Make any movement with the ball: simple exercises that make a player understand how to

keep away from defenders while moving with the ball and changing direction. Do not focus on the ball; look up towards where you’re going. It's a simple way for youngsters to improve on vision while separating themselves from opponents," Musonda said in a Facebook post.

The former international further discloses that running while juggling the ball is one way of improving a player's ability to trap a bouncing ball.

"Running while juggling is important too; it helps a player to focus more on how to trap the bouncing ball. Running while juggling the ball from one goalpost to the other and back was my favourite. My stereo was perfectly safe; keeping my distance from it was my objective," he recalled.

"I have seen ball jugglers in Zambian football, but I can only recall Nyembo Mwamba from Zaire (DR Congo). Whoever remembers this player at Shinde will attest."



PSG BEAT ARSENAL TO TAKE ADVANTAGE IN CHAMPIONS LEAGUE SEMI-FINAL

By BBC



Arsenal must come from behind to reach the Champions League final after Ousmane Dembele's early strike gave Paris St-Germain victory at Emirates Stadium.

Dembele stunned Arsenal when he swept home a low finish from Khvicha Kvaratskhelia's delivery only four minutes into the semi-final first leg.

PSG dominated the early stages with a relentless attacking assault, which saw Arsenal keeper David Raya make a superb save from teenager Desire Doue.

The hosts survived without further damage to work their way into contention, and once again giant Italian keeper Gianluigi Donnarumma, as he was against Liverpool and Aston Villa earlier in the competition, was PSG's hero.

He saved brilliantly from Gabriel Martinelli and Leandro Trossard either side of the break, while Arsenal saw Mikel Merino's header from a Declan Rice free-kick ruled out for offside.

PSG had chances to extend their advantage late on, but substitute Bradley Barcola shot wide and Goncalo Ramos hit the bar.

FIFA FUNDS GROUNDBREAKING STUDY ON MENSTRUAL CYCLE'S ROLE IN RISING ACL INJURIES AMONG WOMEN FOOTBALLERS

By Fulltime Desk



FIFA is funding a pioneering year-long study to explore whether hormonal fluctuations during the menstrual cycle are contributing to the surge in anterior cruciate ligament (ACL) injuries among women footballers.

The research, set to begin next month at Kingston University London, will investigate how

changes in hormones—particularly oestrogen and progesterone—may influence injury risk. Female players are reported to be two to six times more likely to suffer ACL injuries compared to their male counterparts.

High-profile athletes such as Vivianne Miedema, Beth Mead, Leah Williamson, and Sam Kerr are

among the stars who have suffered ACL injuries in recent years, sparking urgent calls for deeper investigation into the causes.

"We want to examine whether athletes may be more predisposed to injuries because of the functional changes in terms of their anatomy and physiology during the menstrual cycle," explained Simon Augustus, senior lecturer in sport biomechanics at Kingston University.

Players from London-based clubs, including Fulham, as well as grassroots teams, will participate in the study. They will undergo regular blood tests and physical assessments throughout their cycles to track hormone levels and performance markers.

The study will pay special attention to movements commonly linked to ACL injuries, such as sudden directional changes and landings after heading the ball. Researchers aim to identify if these high-risk scenarios correlate with specific hormonal phases.

"Some injuries are unavoidable, but we're focusing on non-contact ACL injuries where prevention strategies—like tailored strength training or adjustments in technique—might reduce the risk," Augustus added.

The initiative represents a shift toward personalized injury prevention, with researchers looking at each athlete's full profile to create more effective, cycle-aware training protocols.

RUDIGER GIVEN SIX-GAME BAN FOR THROWING OBJECT AT REFEREE

By BBC



Real Madrid defender Antonio Rudiger has been given a six-match ban for throwing an object at the referee during their Copa del Rey final loss to Barcelona.

Rudiger and Real team-mate Lucas Vazquez, who had both been substituted, were shown straight red cards in Seville for angrily reacting to a foul given against Kylian Mbappe shortly before the final whistle.

Referee Ricardo de Burgos Bengoetxea said in his report that centre-back Rudiger, 32, was dismissed for "throwing an object from the technical area, which missed me".

BBC Sport columnist Guillem Balague reported that Rudiger threw an ice cube at the official, external.

The report by the Spanish Football Federation (RFEF), external said the Germany defender had been given a six-game suspension "for minor violence against the referees". The RFEF has also revoked the red card given to Real midfielder Jude Bellingham for dissent after the final whistle.

The referee's report said Bellingham "approached our position in an aggressive attitude, having to be restrained by his team-mates", but the RFEF said Real had provided video evidence which disproved this.



LEADING FROM THE FRONT
CAROL KANYEMBA ZAMBIA U17 WOMEN'S COACH