



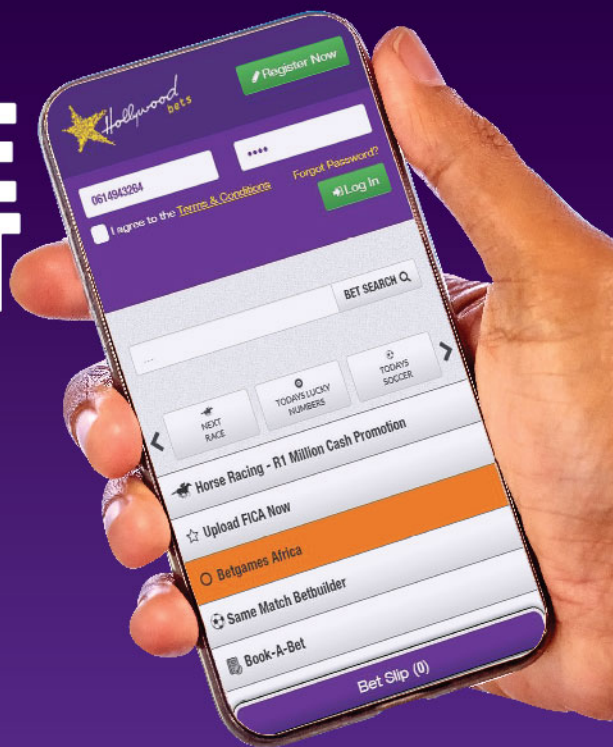
2019 COSAFA WOMEN'S AND U20 WOMEN'S CHAMPIONSHIP TOURNAMENT GUIDE

Nelson Mandela Bay

July 31-August 11

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MESSAGE FROM COSAFA PRESIDENT **DR PHILLIP CHIYANGWA**

We are delighted to host not one, but two women's tournaments in the beautiful Nelson Mandela Bay as COSAFA shows its commitment to growing the opportunities for female footballers in our region.

Our flagship COSAFA Women's Championship will be staged from July 31-August 11, and for the first time we will stage a COSAFA Women's Under-20 Championship from August 1-11.

The tournaments will be hosted in partnership with the Nelson Mandela Bay Municipality and the South African Football Association, and we extend our heartfelt thanks to both for their continued support, without which this would not be possible.

We were blown away by the level of support by fans during the 2018 COSAFA Women's Championship and are delighted to once again be able to offer FREE tickets to these events so that many more locals can enjoy the rich entertainment on offer.

The facilities in Nelson Mandela Bay are world-class and we are well-aware of why they call this the 'Friendly City' as we always receive such a warm welcome from residents.

This year presents a great logistical challenge for us with 20 teams involved at the same time – 12 in the senior competition and eight in the Under-20 tournament.

But over the years, through the many, many events we have staged around our Southern African region, we have managed to perfect our management of such challenges.

The aim, as ever, of the two tournaments is to help develop football in our region.

Not just the players on the pitch, but also coaches, match officials and administrators.

It is by hosting and organising tournaments such as these that we see skills improved in all areas, as there is nothing better than hands-on experience to gain knowledge.

What's more, we will also have workshops led by globally recognised experts for female referees, emergency medicine, and administration and governance, as well as a D-License course especially for local female coaches.

We are proud to be able to offer these workshops, which are of the highest standards, and leave behind a legacy for Nelson Mandela Bay residents.

I wish all of the 20 teams competing in the tournaments the very best of luck and look forward to two weeks of exciting football that not only provides much entertainment for fans, but also showcases the rich talent in our Southern African region.



HOW TO FOLLOW THE 2019 COSAFA ACTION!

There are a number of ways you can keep up with the action in the 2019 COSAFA Women's Championship and 2019 COSAFA Women's Under-20 Championship!

❖ Go to our **website**: www.cosafa.com

❖ Follow us on **Twitter**: @COSAFAMEDIA

❖ Like our **Facebook** page:
www.facebook.com/COSAFAMEDIA/

❖ Find us on **Instagram**:
www.instagram.com/cosafafootball/

❖ Head to **COSAFA TV**: www.cosafa.tv



MAYOR'S MESSAGE EXECUTIVE MAYOR, **CLLR MONGAMELI BOBANI**

On behalf of the Council of the Nelson Mandela Bay Municipality and all residents, a hearty welcome in beautiful Nelson Mandela Bay to all the players, coaches, organisers, supporters and fans associated with the 2019 COSAFA Women's Championship, and the inaugural COSAFA Women's Under-20 Championship.

We are delighted to host the COSAFA Women's Championship for the second year, and the COSAFA Women's Under-20 tournament for the first time, especially given the huge surge in popularity of Women's football and our rich football heritage that has produced many fantastic players down the years.

We also love our growing status and reputation as a multi-sport destination of national and international acclaim!

A special word of welcome to each and every member of the 12 teams that will be competing for the coveted COSAFA Women's Championship trophy, and the 8 teams competing for the COSAFA Women's

U20 trophy. Aside from the South African competitors, I welcome the COSAFA Women's Championship participants from Angola, Botswana, Comoros Islands, Eswatini, Madagascar, Malawi, Mauritius, Mozambique, Namibia, Zimbabwe and Zambia. A very special welcome also to the U20 Women's teams from Botswana, Eswatini, Namibia, Mozambique, South Africa, Tanzania, Zambia and Zimbabwe.

If you are interested in African wildlife and game-viewing, do take some time off to visit some of the internationally acclaimed nature reserves within half an hour's drive of this city - and see the African elephant, buffalo, leopard, rhino and lion freely roam the magnificent landscape of the Eastern Cape Province.

This year, we are hosting this dynamic and exciting event at the Wolfson Stadium and Gelvandale Stadiums. I have no doubt that the many football fans from the Metro and the broader area that gave the players such fantastic support last year will flock to the

games, mindful of the electric atmosphere that prevailed last year and the dramatic fashion in which Banyana Banyana snatched glory.

Competition is expected to be tough, and the semi-finals on August 8 and the Final on August 11 will be spectacular.

Enjoy your stay! This city is known among South Africans as the 'Friendly City'; may you richly experience the warmth and friendliness of the citizens of Nelson Mandela Bay.

I would like to commend COSAFA and SAFA for their competent planning and logistical arrangements around this major event. The Nelson Mandela Bay Municipality is proud to be associated with COSAFA and SAFA and committed to support it financially and logistically.

Best wishes for this year's championship to all players and organisers. We are all looking forward to seeing unforgettable soccer.

Long live the Beautiful Game!

MESSAGE FROM SAFA PRESIDENT **DR DANNY JORDAAN**



We are once again excited to host this COSAFA tournament featuring the Senior women's football national teams as well as the u20 women's national teams.

We were here last year and we are back again to host our region in this beautiful city of Port Elizabeth.

This must rank as a first for two age groups to compete simultaneously and must also be a first within our COSAFA Region and for this, I would like to thank the Nelson Mandela Bay Region for being torchbearers.

Never in the history of COSAFA tournaments has two categories been held at the same time and with the finals both scheduled for 11 August, this is going to be a football fiesta with a difference.

Hosting annual regional tournaments goes a long way in developing our national teams.

We were at this very same host city last year when Banyana Banyana defeated

Cameroon to retain the COSAFA Cup title.

We are looking forward to another bumper tournament. Our regional teams and players must use this opportunity to get the much needed game time in preparation for various continental and global tournaments.

For the coming week, all eyes will be on the NMB as this is the place that will be hosting one of the biggest women tournaments on the continent.

Women football has been growing in leaps in bounds on the continent and this COSAFA tournament featuring both senior women teams as well as the u20s, will surely invigorate the interest of the game within the communities.

The numbers of women participating in the game of football is growing at a fast pace and the coming days can be ground-breaking as far as women sport is concerned.

As we welcome the Region to Port Elizabeth, I want to wish good luck to all the participants.



2019 COSAFA WOMEN'S CHAMPIONSHIP BY THE NUMBERS

The 2019 COSAFA Women's Championship will write another chapter in the exciting history of the greatest regional women's tournament in Africa. This will be the third year in a row that the competition has been staged after a hiatus, with South Africa defending the crown they won in Port Elizabeth last year.

Here is the tournament, and women's football in Africa, by the numbers!

1 – The **number of COSAFA sides that have qualified for the FIFA Women's World Cup ...** South Africa became the first when they made their debut in France in 2019!

and Equatorial Guinea two. Nigeria edged South Africa again in 2018 when they defeated Banyana Banyana on penalties following a 0-0 draw in the final.

1 – Namibia (2006) and Angola (2008) have both appeared in the final of the COSAFA Women's Championship before, **but have yet to lift the trophy.**

2 – The **number of venues that will be used for the 2019 COSAFA Women's Championship in Port Elizabeth** – the 10,000-seater Wolfson Stadium and the more intimate Gelvandale Stadium.

2 – **South Africa will be hosting the COSAFA Women's Championship for the second time.** Zimbabwe have hosted on three previous occasions (2002, 2011 and 2017), with Zambia (2006) and Angola (2008) staging the event once each.

2 – **Two COSAFA nations qualified for the 2018 African Women's Championship in Ghana**, namely South Africa and Zambia. South Africa have been runners-up on five previous occasions, while Zambia's best finish in their three previous visits to the finals was the quarterfinals in 1995.

2 – The **number of nations who have won the African Women's Championship.** Nigeria have 11 titles

PREVIOUS COSAFA WOMEN'S CHAMPIONSHIP FINALS

2002 South Africa 2-1 Zimbabwe

2006 South Africa 3-1 Namibia

2008 South Africa 3-1 Angola

2011 Zimbabwe 1-0 South Africa

2017 South Africa 2-1 Zimbabwe

2018 South Africa 2-1 Cameroon



3 – Zambia have finished third at the COSAFA Women's Championship on three occasions, but have yet to reach the final! They were also semifinalists last year, but ended fourth.

5 – South Africa have won the COSAFA Women's Championship on five previous occasions – 2002, 2006, 2008, 2017 and 2018. They also made the final in 2011, but lost to hosts Zimbabwe.

6 – The number of COSAFA countries that have competed at the African Women's Championship in the past – South Africa (12 times), Zimbabwe (four), Zambia (three), Angola (two), Namibia and Mozambique. Reunion also made an appearance in 2000.

7 – This year's COSAFA Women's Championship will be the seventh time the regional showpiece competition has been held.

10 – Zimbabwean hot-shot **Rutendo**

Makore was top-scorer at the 2017 COSAFA Women's Championship with 10 goals, but could not fire her side to a final win.

12 – The number of teams that will compete at the COSAFA Women's Championship in Nelson Mandela Bay this year, the joint biggest ever field for the showpiece tournament.

12 – South African striker **Noko Matlou** banged in 12 goals in the 2008 COSAFA Women's Championship, which helped her lift the CAF Women's Footballer of the Year prize that season. She is still part of the team, but is now a central defender.

15 – The number of goals scored by Zimbabwe when they defeated Lesotho 15-0 in their Group A clash in 2002. The biggest win in COSAFA Women's Championship history.

COSAFA WOMEN'S CHAMPIONSHIP MEDALS TABLE

| | GOLD | SILVER | BRONZE |
|--------------|------------------------------|------------|------------------|
| South Africa | 2002, 2006, 2008, 2017, 2018 | 2011 | |
| Zimbabwe | 2011 | 2002, 2017 | 2008 |
| Namibia | | 2006 | |
| Angola | | 2008 | |
| Zambia | | | 2002, 2006, 2017 |
| Cameroon | | 2018 | |
| Tanzania | | | 2011 |
| Uganda | | | 2018 |

31 – The number of goal scored by South Africa in their three COSAFA Women's Championship Group B matches in 2002.

They beat Botswana (14-0), Mozambique (13-0) and Swaziland (4-0) on their way to the title.

31 – The 2019 COSAFA Women's Championship is set to **start on July 31**, with the final to be played 12 days later on August 11

49 – South Africa are the top-ranked side in the COSAFA region according to the FIFA Women's World Rankings at number 49. They are the third best team in Africa according to the list after Nigeria and Cameroon.

140 – The number of national teams playing women's soccer around the world. A total of 26 of those are from Africa.

THE TEAMS



ANGOLA

» **ANGOLA** will be appearing at their first COSAFA Women's Championship since they finished second at the 2008 finals they hosted.

On that occasion they lost 3-1 to a Noko Matlou-inspired South Africa, but they have not been back since and so will be a welcome addition to the line-up in 2019.

Their only other finals appearances was in 2006 when they lost to Zimbabwe in a first round tie that ended up being played over two legs.

It was initially a three-team group, but when Mozambique withdrew, Angola and Zimbabwe played two games against one-another, that were won 3-1 and 1-0 by the Mighty Warriors.

Angola have twice before been to the African Women's Championship. In 1995 they reached the semifinals but lost 6-4 on aggregate to South Africa.

They appeared again in 2002 but drew two and lost one of their three pool matches and finished third in their pool.

They have not entered the preliminaries since 2010.



BOTSWANA

» **BOTSWANA** have never made the semifinals of the COSAFA Women's Championship, which will be a major aim this year.

The Lady Zebras had a long wait to win their first match at the finals having featured at the inaugural tournament in 2002, and then again in 2008 and 2011, but in 2017 broke their duck with a 3-0 success over Lesotho.

They also managed draw against eventual champions South Africa, but it was not enough to advance from their pool as they finished second.

Last year they beat Malawi 2-0 in their opener, but a 1-0 loss to South Africa and a 0-0 draw with Madagascar meant there was no progress to the knockout stages.

It still shows a vast improvement from the early days of the national team, when they lost 14-0 to the South Africans in their first international in 2002, which was in Harare at the COSAFA Women's Championship.

The country has not yet qualified for a major championship, having entered the preliminaries for the last two FIFA Women's World Cup finals, and for the African Women's Championship since 2008.



COMOROS ISLANDS

» **COMOROS ISLANDS** will be entering the COSAFA Women's Championship for the first time, adding greatly to the entrants this year as they bring their island style of football.

Growth in the women's game has been slow in the country, but is picking up pace and they will be keen to showcase their quality in the regional championship.

The country entered the preliminary competition for the 2015 FIFA Women's World Cup, their first appearance, but after a 13-0 loss to powerhouse South Africa in the first leg of their qualifier, did not fulfil the return fixture.

They then did not enter the preliminaries for the 2019 World Cup, and have also not entered the qualifiers for the African Women's Championship.



ESWATINI

» **ESWATINI** featured in the early days of the COSAFA Women's Championships returned when the tournament was played last year in Nelson Mandela Bay.

They are back again in 2019 and will be eager to showcase their improvement in recent years, and how the game has grown in the country.

They claimed a 3-0 win over Botswana in their second match in 2002, but also lost out to Mozambique (0-2) and South Africa (0-4) to end third in their pool.

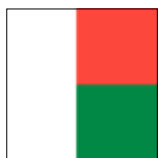
They were back in 2006, but this time lost to Namibia (0-6) and Zambia (0-7) in what was a difficult campaign.

After missing the tournaments in 2008 and 2011, they returned for the 2017 finals in Zimbabwe, where a 3-0 win over Mauritius was followed by a 2-2 draw with Mozambique.

Eswatini were denied a first ever place in the semifinals though after a 1-0 loss to East Africa guest nation Kenya.

In 2018 they suffered a narrow 4-3 defeat to East African guest nation Uganda in their first game, before going down 3-0 to Zimbabwe and 4-1 to Namibia.

The side has not been able to enter a team for the qualifiers for the Women's World Cup and African Women's Championships since the late 1990s.



MADAGASCAR

» **MADAGASCAR** will feature at the COSAFA Women's Championships for the third time having missed the first four instalments of the regional showpiece competition with the country only recently having played their first official international.

Their first official FIFA-sanctioned game was a 3-1 loss to Botswana in the qualifiers for the African Women's Championships in 2015, though other selections did play matches before that.

The team have steadily improved since then and finished runners-up at the 2015 Indian Ocean Games, losing in the decider to Reunion.

In 2017 they had a tough introduction to the COSAFA Women's Championship, losing all three of their matches to Zimbabwe (0-4), Malawi (3-6) and Zambia (1-7).

But they proved more competitive in 2018, drawing with Botswana (0-0) and suffering narrow defeats to South Africa (1-2) and Malawi (0-2).

They will hope to show further improvement this year, starting with a first ever victory in the regional finals.



MALAWI

» **MALAWI** played their first ever international at the 2002 COSAFA Women's Championships, but were on the receiving end of an 8-0 loss to hosts Zambia at that tournament.

They beat Lesotho 3-0 in their next game to record a first win, but failed to reach the knockout stages.

They defeated Lesotho by the same scoreline at the 2006 COSAFA Women's Championships, but a 3-0 loss to South Africa ended their semifinal hopes.

Malawi did reach the knockout stages when the tournament was played in 2011, finishing second in their pool, but came unstuck against the South Africans again with a 5-1 semifinal loss.

They eventually finished fourth after losing 3-0 to East African guest nation Tanzania in the bronze medal play-off match.

The side had a mixed competition in 2017, losing to Zambia (3-6), drawing with Zimbabwe (3-3) and claiming a handsome win over Madagascar (6-3) to finish third in the pool with four points.

It was also mixed success in 2018, with a 2-0 win over Madagascar tempered by a loss to Botswana by the same scoreline and a 6-0 hammering from South Africa.



MAURITIUS

» **MAURITIUS** played their first official senior women's match in 2012 and so missed all four of the previous COSAFA Women's Championships in 2002, 2006, 2008 and 2011.

They finally made their debut on the senior stage in 2017 in Zimbabwe, where they had a tough baptism of fire.

After an opening 3-0 loss to Eswatini, they were humbled 11-0 by East Africa guest nation Kenya and then lost 3-0 to Mozambique.

It was a steep learning curve for the side, but one they will hope to use as motivation to do better in this year's tournament in South Africa after they again skipped the 2018 edition.



MOZAMBIQUE

» **MOZAMBIQUE** appeared at the very first COSAFA Women's Championships in 2002 and excelled, reaching the semifinals before they were handed an 11-1 defeat by hosts Zimbabwe in the knockout round.

They have not managed to match that feat since, but can look back with pride on victories over Eswatini (2-0) and Botswana (7-1) in those inaugural championships.

They also competed in the regional showpiece finals in 2011, but managed just a single point in the pool stages.

They had mixed success in 2017, losing to East African guest nation Kenya (2-5), drawing with Eswatini (2-2) and beating Mauritius (3-0).

The team beat Lesotho 2-1 at the championships in 2018, but also lost to Zambia (0-3) and Central African guest nation Cameroon (1-8) to bow out at the pool stages.

They have twice before entered the qualifiers for the African Women's Championships, but failed to reach the 2006 and 2012 continental finals.

Their first ever international was a 3-0 win over Lesotho in 1998, with their biggest victory a 9-0 defeat of Namibia in 2006.



NAMIBIA

» **NAMIBIA** have four previous appearances at the COSAFA Women's Championships when they turned out in 2006, 2008, 2017 and 2018, and have largely excelled in the regional showpiece competition.

The Brave Gladiators have always been tough competitors in the past and the same will be expected when they feature in South Africa again in 2019.

In their first showing in 2006 they claimed an excellent 2-2 draw with Zambia and then thumped Eswatini 6-0 in the pool stages, enough to see them into the semifinals as runners-up in their group.

They gained revenge over Zambia with a 5-4 penalty shoot-out victory after a 1-1 draw, but lost in the final to South Africa when they went down 3-1.

They reached the semifinals again two years later, but this time were ousted at that stage by South Africa, ironically by the same scoreline.

They had less success in 2017, beating Botswana 4-0 in their opener, but then losing 2-1 to Lesotho and once again suffering a 3-1 loss to South Africa to finish bottom of their pool.

Last year they beat Eswatini 4-1, but a defeat to Zimbabwe (0-1) a draw with East African guest nation Uganda (0-0) meant they did not progress to the knockout stages.



SOUTH AFRICA

» **SOUTH AFRICA** are five-time winners of the COSAFA Women's Championship and will be the defending champions after claiming the title again last year when the competition was staged in the Nelson Mandela Bay.

They stormed to the 2002 title, beating Zimbabwe 2-1 in the final as they won all five of their games, scoring 36 goals in the process.

That included huge victories over Botswana (14-0) and Mozambique (13-0) in the pool stages.

It was more of the same in 2006 as they won both group stages games against Lesotho (9-0) and Malawi (3-0), before a 4-1 victory over Zimbabwe in the semifinals. They beat Namibia 3-1 in the final to pick up gold.

A clash of fixtures meant they sent an Under-20 side to the 2008 championships, but still won all of their games, including a 3-1 victory over hosts Angola in the final.

But their run was ended by Zimbabwe in the decider in 2011, leaving them with a record of 26 wins from 29 games in the COSAFA Women's Championships.

They regained their title in 2017 as wins over Lesotho (3-0) and Namibia (3-1) saw them into the knockout stages, where they came from 3-0 down with 13 minutes remaining to draw 3-3 with Zambia and win on penalties.

That set up a final with Zimbabwe, where South Africa ran out 2-1 winners.

They had to do it the hard way again in 2018 as wins over Madagascar (2-1), Botswana (1-0) and Malawi (6-0) in the pool stages was followed by a 2-0 success over East African guest nation Uganda in the semifinals and a 2-1 victory over Central African guests Cameroon in the decider.

The side will be fresh from competing at their first ever FIFA Women's World Cup having taken part in the 2019 installment in France, the first COSAFA nation to reach the global showpiece event.



ZAMBIA

» **ZAMBIA** have enjoyed a recent return to form having qualified for the 2014 and 2018 African Women's Championships and will want to continue that upward curve at this year's COSAFA Women's Championships.

The Shepolopolo have three times before been bronze medallists in the regional showpiece competition, most recently in 2017, but have yet to lift the coveted trophy and that will be a genuine aim of theirs in 2019.

They played in the inaugural competition in 2002 when wins over Malawi (8-0) and Lesotho (3-1) saw them into the semifinals, where they lost 3-1 to South Africa. They beat Mozambique 1-0 to take the bronze medal.

The side topped their pool in 2006 as they drew 2-2 with Namibia and beat Eswatini 7-0, but this time were edged in a penalty shoot-out by the Namibians after a 1-1 draw. They beat old foes Zimbabwe 2-1 to take the bronze again.

The side could not replicate that in 2008 and in 2011 were surprisingly ousted in the pool stages.

They did reach the semifinals in 2017, topping a pool that also includes Malawi (6-3), Zimbabwe (1-1) and Madagascar (7-1), but let a 3-0 leading slip against South Africa in the final 13 minutes to lose on penalties.

They then beat East African guest nation Kenya via spot-kicks after a 1-1 draw to seal the bronze medal.

Zambia again breezed through the pool stages in 2018, but came unstuck with a 1-0 loss to Central African guest nation Cameroon in the semifinals, before a loss by the same scoreline to East African guest nation Uganda in the bronze-medal match.



ZIMBABWE

» **ZIMBABWE** has seen a resurgence in recent years after the side won the Southern African championship in 2011 and also qualified for the Olympic Games football tournament in Brazil in 2016.

Zimbabwe, who were runners-up on home soil in the 2017 COSAFA Women's Championship, have always been a competitive side and finally broke their duck in the competition with victory in 2011.

They reached the final in the inaugural competition in 2002, but lost to South Africa 2-1 in the decider in Harare.

They had stormed into the decider with four straight wins in which they scored a staggering 36 goals, including a competition record 15-0 victory over Lesotho in their opener.

They finished top of their pool again in 2006 after two matches against their only pool opponent, Angola, but came unstuck in the semifinals this time with a 4-1 loss to South Africa. They were beaten to third place by Zambia when they went down 2-1 in the bronze medal match.

The 2008 championship in Angola provided little joy, but they finally lifted the trophy in 2011 on home soil when they proved a dominant force again and beat South Africa 1-0 in the final.

They could not quite repeat that feat in Bulawayo in 2017 as they took the best runner-up spot in their pool with victory over Madagascar (4-0), and draws with Zambia (1-1) and Malawi (3-3), before walloping East African guest nation Kenya 4-0 in the semifinals.

That set up a final against old foes South Africa, but Zimbabwe finished on the losing side by a 2-1 scoreline.

In 2018 the side failed to make it out of their pool despite two wins over Eswatini (3-0) and Namibia (1-0), their fate sealed by a 2-1 loss to East African guest nation Uganda.

Zimbabwe's best finish at the African Women's Championships was fourth in 2000.

THE RETURN OF A CHAMPION COACH



DESIREE ELLIS has steered South Africa to the last two COSAFA Women's Championship titles and will be going for her hat-trick in Nelson Mandela Bay this year. Having also taken the nation to their first ever FIFA Women's World Cup in France this year, she is also the reigning CAF Women's Coach of the Year after Banyana Banyana picked up the silver medal at the 2018 African Women's Championship. Ellis shares her views on the upcoming COSAFA tournament and what the future holds.

WHAT DO YOU THINK OF YOUR GROUP, WHICH CONTAINS MALAWI, MADAGASCAR AND COMOROS ISLANDS?

DE: No game is easy, we played Madagascar last year and narrowly beat them 2-1. Each and every team grows more after each tournament.

Malawi were in our group last year, but with the Chawinga sisters they are a different team altogether. The Comoros we played in 2014 and they would have grown.

You underestimate any team at your peril.

The tournament is a step for us to grow, and using the COSAFA to prepare for the Olympic qualifiers that start very shortly afterwards.

THIS WILL BE YOUR FIRST MATCHES AT HOME SINCE COMING BACK FROM THE 2019 FIFA WOMEN'S WORLD CUP IN FRANCE ...

DE: We are going to have to show what we learnt in France and do well to defend the

title we won back-to-back in 2017 and 2018. As I said, it's not an easy group. Each and every team has grown, and you underestimate them at your own peril. We had a 12th player in our team last year in Nelson Mandela Bay – and that's the home support which will help us.

Comparisons between the World Cup and COSAFA Women's Championship will be made. But it doesn't make this tournament any less important. This tournament has helped us prepare the last two years to qualify for Afcon and the World Cup.

Coming here, you want to conquer your region, then you want to conquer Africa. So it starts in your region. We will take this pretty seriously.

HOW WOULD YOU SUM UP THE FIFA WOMEN'S WORLD CUP FOR BANYANA BANYANA?

DE: We showed with our conditioning that we are right up there with the rest of the world. But we have to improve on other things in the game such as keeping the ball more.

We are good when we do that and that is one of the areas or things that the higher ranked teams do very well. One of the other things that we must get right is being clinical in front of goal.

We need to show at the COSAFA Women's Championship what we learned at the World Cup. We showed at the World Cup that we can compete with the best. but the opposition obviously plays every day at a certain level.



WILL WE SEE MANY NEW FACES AT THIS YEAR'S COSAFA WOMEN'S CHAMPIONSHIP?

DE: We have always used the COSAFA Cup to blood in new faces and it will be no different this year. You have the Olympics qualifiers coming up, practically a week after the tournament.

It's almost the start of the next four-year circle, if you look at it, because you cannot start in two or three years from now to prepare. You must start now to give new players enough game time.

We have done it in the past, in the 2017 edition we had 10 players making their debuts. Last year again, we did give a few players international caps.

HOW WILL YOU HANDLE THE EXPECTATION THAT BANYANA BANYANA SHOULD RETAIN THE TROPHY ON HOME SOIL?

DE: The expectation is always there, being Banyana and the defending champions. People

will want to knock you off your perch, especially having been to the World Cup. But we have to show what we learnt at the World Cup and why we qualified to be there.

We want to give the fans a taste of what we learnt at the World Cup, otherwise that experience counts for nothing.

It won't be easy, when you play the minnows they raise their game. No-one needs motivation to play a team that has come from the World Cup.

WHAT DO YOU THINK OF THE INTRODUCTION OF THE COSAFA WOMEN'S UNDER-20 CHAMPIONSHIP THIS YEAR, WHICH WILL BE PLAYED AT THE SAME TIME AS THE SENIOR EVENT?

DE: For the Under-20 teams it is fantastic that the competition is being played. It will help the profile of the teams and the profile of the region. Coupled with the Under-17 tournament in September, it is a big boost for the region.



Zambia has been the Under-17 World Cup, as has South Africa twice, so having these tournaments in the region can only help the growth of women's football in Southern Africa.

With the All Africa Games coming up not long after the Under-20 tournament, it is going to help them prepare, which is fantastic. This region can only grow from strength to strength, it is a great initiative from COSAFA, for us to be able to go watch the young ones and them to be able to come and watch us. We can inspire each other!

WHAT WILL HELP SOUTH AFRICA WOMEN'S FOOTBALL TO GROW IN THE COMING YEARS?

DE: The national league is

anticipated to start later this year and my other hope is for players to get overseas contracts. You look at the Nigerian and Cameroonian national teams, they have players who are playing abroad.

You need players out there in top leagues and playing at the highest level every week. We played against players that are playing in the Champions League, which is top level football.

You look at Thembi Kgatlana for example, she has matured because she has been playing overseas for the last couple of years. It is important to train at the highest level each and every day and currently, with all due respect, players train twice or thrice a week at their clubs. Sometimes not all the players pitch up for training.

HEROINES OF THE COSAFA WOMEN'S CHAMPIONSHIP

The 2019 COSAFA Women's Championship in Nelson Mandela Bay will give the region's footballers the chance to add their name to the rich history of the showpiece competition. It has proven a launchpad for many top names in the past, some of who will be returning to the competition again this year.

Here is a list of five 'Heroines of the COSAFA Women's Championship'.



BARBRA BANDA

ZAMBIA

Banda is only 19 years old but has already left her mark on the COSAFA Women's Championship in recent years, which has helped her win a contract with Spanish side EdF Logroño.

Banda made her national team debut in 2016 and the following year played the regional showpiece tournament in Zimbabwe, where she led from the front as Zambia topped their first round pool.

She netted six goals in the competition, including in every game Zambia played, as they finished third and took the bronze medal.

Banda kept up her scoring form with two more goals in 2018 as the Shepolopolo again made the semifinals, but this time finished fourth.

Look out for her in 2019!



RUTENDO MAKORE

ZIMBABWE

Makore has been a leading light for the Zimbabwe side in recent years, including guiding the team to the 2016 Olympic Games in Rio de Janeiro.

She has been prolific in front of goal and was once on the books of Spanish side Sporting Huelva.

She top-scored at the 2017 COSAFA Women's Championship with 10 goals, including four against Madagascar and three versus Malawi. She netted as well in the final against South Africa, but could not avoid a 2-1 defeat for the Mighty Warriors.

She also netted in the 2018 finals, but Zimbabwe narrowly missed out on the semifinals, pipped at the top of the pool by East Africa guest nation Uganda.



TABITHA CHAWINGA

MALAWI

The young Malawian sensation is another of the top players from the Southern Africa region and plies her trade in China with Jiangsu Suning.

Still only 23, she has also played in Sweden and finished as the Golden Boot winner in that country in 2015. Her sister Temwa Chawinga is also a prolific scorer with the national side.

She shone at the 2017 COSAFA Women's Championship when she scored a hat-trick against Zambia, four goals in a win over Madagascar and another two goals in a Zimbabwe in a remarkable personal haul of nine goals in three games.

She might have got more but Malawi narrowly missed out on the semifinals.

Club commitments meant she did not compete in 2018, but her display two years ago has written her name in the history of the COSAFA Women's Championship.

NOKO MATLOU

SOUTH AFRICA

Matlou rose to regional fame in the 2008 COSAFA Women's Championship finals when she netted 12 goals to take South Africa to the title.

Back then she was a striker and was later named African Women's Footballer of the Year after some excellent displays for Banyana Banyana.

She is a veteran of four COSAFA finals, although more latterly she plays as a central defender, including at the recent FIFA Women's World Cup in France.

She added to her 2008 COSAFA title with wins in 2017 and 2018 for Banyana.

VERONICA PHEWA

SOUTH AFRICA

Phewa holds the record for the most goals in a single COSAFA Women's Championship when she scored an incredible 15 in the 2002 finals.

That included eight goals in the 14-0 win over Botswana, and another four as Banyana Banyana beat Mozambique 13-0.

Phewa netted in every game that year as Banyana beat Zimbabwe 2-1 in the final, as she opened the scoring in the first half of the decider.

She scored two more times in the 2006 finals as South Africa retained their title, and had an excellent club career in England, the United States and Ukraine.

Her time overseas meant she did not feature at the 2008 COSAFA finals.



2019 COSAFSA WOMEN'S CHAMPIONSHIP FIXTURES

| POOL STAGES | | | | |
|-------------------------------------------------------------------------------------------------------------|-------|-------|---------------------------------------|--------------------|
| DATE | KO | GROUP | FIXTURE | VENUE |
| 31/07 | 10h00 | C | Zimbabwe vs Angola | Wolfson Stadium |
| 31/07 | 12h45 | A | Malawi vs Madagascar | Wolfson Stadium |
| 31/07 | 15h30 | A | South Africa vs Comoros | Wolfson Stadium |
| 01/08 | 10h00 | C | Mozambique vs Eswatini | Wolfson Stadium |
| 01/08 | 12h45 | B | Zambia vs Mauritius | Wolfson Stadium |
| 01/08 | 15h30 | B | Namibia vs Botswana | Wolfson Stadium |
| 02/08 | 10h00 | A | Comoros vs Madagascar | Wolfson Stadium |
| 02/08 | 12h45 | C | Zimbabwe vs Mozambique | Wolfson Stadium |
| 02/08 | 15h30 | A | South Africa vs Malawi | Wolfson Stadium |
| 03/08 | 10h00 | B | Zambia vs Namibia | Wolfson Stadium |
| 03/08 | 12h45 | B | Mauritius vs Botswana | Wolfson Stadium |
| 03/08 | 15h30 | C | Angola vs Eswatini | Wolfson Stadium |
| 05/08 | 12h45 | A | South Africa vs Madagascar | Wolfson Stadium |
| 05/08 | 12h45 | A | Malawi vs Comoros | Gelvandale Stadium |
| 05/08 | 15h30 | C | Zimbabwe vs Eswatini | Wolfson Stadium |
| 05/08 | 15h30 | C | Mozambique vs Angola | Gelvandale Stadium |
| 06/08 | 15h30 | B | Zambia vs Botswana | Wolfson Stadium |
| 06/08 | 15h30 | B | Namibia vs Mauritius | Gelvandale Stadium |
| SEMIFINALS | | | | |
| 08/08 | 12h30 | 19 | Winner Grp B vs Best Runner-up | Wolfson Stadium |
| 08/08 | 15h30 | 20 | Winner Grp A vs Winner Grp C | Wolfson Stadium |
| THIRD-PLACE PLAY-OFF | | | | |
| 10/08 | 15h00 | 21 | Loser M19 vs Loser M20 | Wolfson Stadium |
| FINAL | | | | |
| <p>11 August 2019 15h00 Match 23</p> <h2>Winner Match 19 vs Winner Match 20</h2> <p>Wolfson Stadium</p> | | | | |



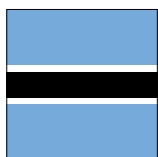
TEAMS

COSAFA U20 WOMEN'S CHAMPIONSHIP



TEAM-BY-TEAM GUIDE TO THE 2019 COSAFA WOMEN'S CHAMPIONSHIP

THE TEAMS



BOTSWANA

» **BOTSWANA** have been regular participants at women's Under-20 level and were finalists at the 2018 AUSC Region 5 Games in Gaborone, where they lost 1-0 in the decider to South Africa.

It was still a fine campaign for the side and shows their potential as they seek to lift the inaugural COSAFA championship.

They also won silver at the 2014 Games, which featured only four sides and was played in a round-robin format, but did not appear two years later in Luanda.

Botswana have entered each of the last six qualification tournaments for the African Under-20 Cup of Nations for Women, but have not managed to make significant progress.

They have endured first round exits to Ghana (4-10 on aggregate), Namibia (on pens after 3-3 draw), South Africa (2-7 in 2012 and 2014; 1-9 in 2015), and a walkover loss to Kenya in 2018.

A lot of effort has been made to improve women's football in the country and this tournament gives them a chance to showcase their rise.



ESWATINI

» **ESWATINI** will play at the tournament under the watchful gaze of coach Ronny Ginindza, who will hope to show the quality of his squad on a rare visit to a major tournament.

The side did feature at the 2018 AUSC Region 5 Games, where they lost both their matches to South Africa (0-2) and Namibia (1-3), though the scorelines suggest they were highly competitive fixtures.

That should give Eswatini plenty of confidence going into this year's COSAFA finals in Nelson Mandela Bay.

Eswatini have never before entered the qualifiers for the African Under-20 Cup of Nations for Women, but that should remain a major aim for the side in the coming years as they seek to grow the sport in the country.



MOZAMBIQUE

» **CLAUDIO** Macapa has been chosen to lead Mozambique at the championships and will hope to build the squad into one that can challenge on the continental stage.

It will be difficult to gauge the qualities of the youngsters ahead of the tournament, as Mozambique did not feature in any of the recent AUSC Region 5 Games competitions.

They have also sat out the last few qualifiers for the African Under-20 Cup of Nations for Women, with their last shot at the finals coming ahead of the 2014 finals.

In their first qualification campaign in 2006, the side ousted Zambia (5-2 on aggregate) in the first round, before losing to South Africa (0-9).

They were beaten by the same opposition two years later (1-7), and then lost to Zimbabwe (0-7) in 2012 and Tanzania (1-15) in 2014.

That has led to some introspection around the team, but they are now ready to return to action.



NAMIBIA

» **NAMIBIA** will be led by Mervin Mbakera at the championships as they seek to showcase their rich potential in this age-group.

The Baby Gladiators have attempted to qualify for the African Under-20 Cup of Nations for Women since 2010, but have only once made it to the second round.

They were then edged 3-2 on aggregate by DR Congo in 2010, and have since lost out to Ghana (0-10 on aggregate), Zambia (0-3), DR Congo (0-5) and South Africa (0-9).

The side took their place in the 2014 AUSC Region 5 Games women's Under-20 tournament, gaining a draw with Botswana, but also losing to Zimbabwe and South Africa.

They reached the final of the competition two years later, but again lost out to the South Africans, while in 2018 they finished fourth after a 2-0 loss to Zimbabwe in the bronze medal match.



SOUTH AFRICA

» **SOUTH** Africa have been a power in the region at this level in recent years and will be among the heavy favourites to lift the title on home soil.

They have won the last three AUSC Region 5 Games women's Under-20 tournaments, a yard-stick for how they might perform in Nelson Mandela Bay, where they will also no doubt enjoy considerable support.

They claimed the round-robin competition in 2014 with three wins against Botswana (3-1), Zimbabwe (5-0) and Namibia (6-1).

Two years later they repeated the feat, beating Namibia in the final as current Banyana Banyana stars such as Linda Motlhalo shone.

At the last finals in 2018, the side were victorious again, this time beating hosts Botswana 1-0 in the decider.

South Africa have entered every qualification campaign for the African Under-20 Cup of Nations for Women, but failed at the final hurdle on five occasions, never making it through to the FIFA Under-20 Women's World Cup.

A combination of Nigeria, DR Congo and Ghana have denied them a place at the global finals down the years.



TANZANIA

» **EAST** African guest nation Tanzania will add an extra dimension to the field for the COSAFA championship and continue a long tradition of teams from the country competing in Southern African competitions.

The senior women's side have enjoyed some excellent results down the years, while the Under-20s have also had the ability to spring a surprise, though their entrance to the stage has been more recent.

The country has attempted to qualify for the African Under-20 Cup of Nations for Women in the last three editions only.

In 2014 they defeated Mozambique 15-1 on aggregate in the first round, but lost 9-1 to South Africa in the next stage.

In 2015 they were beaten 4-0 by Zambia in the first stage, and in 2018 lost 9-0 to continental powerhouses Nigeria.

The team will be coached by Bakari Shime in 2019.



ZAMBIA

» **ZAMBIA** have traditionally been one of the top sides in the COSAFA region across all ages and gender in football, and will want to show that again in Nelson Mandela Bay under coach Charles Haalubono.

The team did not enter the qualifiers for the 2018 African Under-20 Cup of Nations for Women, nor the AUSC Region 5 Games last year, so will return to action after something of a hiatus.

They have in fact not played in any of the recent Region 5 competition, meaning there is little form with which to gauge their progress on a regional level.

They were defeated in the quarterfinals of the continental qualifiers in 2002, losing 4-2 on aggregate to South Africa, and then have lost to Mozambique (2-5 in 2006), Egypt (on away goals after 3-3 draw in 2008), South Africa again in 2010 (2-7) and 2015 (2-3), Kenya (2-5 in 2012) and Equatorial Guinea (0-6 in 2014).



ZIMBABWE

» **ZIMBABWE** have been dormant on the continental stage for some years at women's Under-20 level, so will relish the opportunity to rise again and feature in a major competition with the opportunity for silverware.

They will hope to build on the bronze medal they won at the 2018 AUSC Region 5 Games women's Under-20 tournament, where they edged Namibia 2-0 in the third-place play-off.

That came after they had been edged by South Africa in the semifinals, and also after a fourth-place finish in the competition two years earlier in Luanda, Angola.

Zimbabwe also appeared at the AUSC Region 5 Games in 2014, but managed just a single win against Namibia (2-1), to go with defeats to South Africa and Botswana, both by 5-0 scorelines.

Zimbabwe have not entered the qualifiers for the African Under-20 Cup of Nations for Women for the last three editions.

They did enter in 2002 and 2006, but exited after failing to honour their fixtures, and then lost 10-1 on aggregate to Nigeria in 2010, and 6-0 to the same opposition two years later.

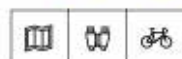
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2019 WOMEN'S UNDER-20 CHAMPIONSHIP FIXTURES

| POOL STAGES | | | | |
|-------------------------------------------------------------------------------------------------------------|-------|-------|----------------------------------------|--------------------|
| DATE | KO | GROUP | FIXTURE | VENUE |
| 01/08 | 11h00 | A | Namibia vs Mozambique | Gelvandale Stadium |
| 01/08 | 14h00 | A | South Africa vs Zimbabwe | Gelvandale Stadium |
| 02/08 | 11h00 | B | Botswana vs Tanzania | Gelvandale Stadium |
| 02/08 | 14h00 | B | Zambia vs Eswatini | Gelvandale Stadium |
| 03/08 | 11h00 | A | Zimbabwe vs Mozambique | Gelvandale Stadium |
| 03/08 | 14h00 | A | Namibia vs South Africa | Gelvandale Stadium |
| 04/08 | 11h00 | B | Botswana vs Zambia | Gelvandale Stadium |
| 04/08 | 14h00 | B | Tanzania vs Eswatini | Gelvandale Stadium |
| 05/08 | 10h00 | A | South Africa vs Mozambique | Gelvandale Stadium |
| 05/08 | 10h00 | A | Namibia vs Zimbabwe | Wolfson Stadium |
| 06/08 | 12h00 | B | Botswana vs Eswatini | Gelvandale Stadium |
| 06/08 | 12h00 | B | Zambia vs Tanzania | Wolfson Stadium |
| SEMIFINALS | | | | |
| 08/08 | 10h00 | 13 | Winner Grp B vs Runner-Up Grp A | Gelvandale Stadium |
| 08/08 | 14h00 | 14 | Winner Grp A vs Runner-Up Grp B | Gelvandale Stadium |
| THIRD-PLACE PLAY-OFF | | | | |
| 10/08 | 11h00 | 15 | Loser M13 vs Loser M14 | Wolfson Stadium |
| FINAL | | | | |
| <p>11 August 2019 11h00 Match 16</p> <h2>Winner Match 13 vs Winner Match 14</h2> <p>Wolfson Stadium</p> | | | | |



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