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ΣΥΝΕΧΕΙΑ ΑΠΟ ΤΗ ΣΕΛΙΔΑ 45 >>>

Then you look at the goal at the 2010 World Cup against Serbia and Montenegro.

I got a red card before that game against Germany and I missed the Ghana match and I made it my mission to win the game. I scored with a goal to beat Branislav Ivanovic and Nemanja Vidic.

Then you look at the 2014 World Cup. Obviously the strike against Holland was special. It was a moment – it was something that was spontaneous.

Everything that I wanted to do worked out – sometimes you hit those and they end up in the stand and sometimes they hit the back of the net... and I hit the back of the net.

Then there was the other goal against Chile that got us back into the game.

But all my goals are special to me. It's hard enough to get to a World Cup let alone to score in three.

On taking on the leadership role and mentoring of younger players off the pitch. **There are** two things. You take a leadership role and you take individual ownership of playing.

As well as being a part of the success, you not only have an impact by playing in these tournaments, you show these kids what they haven't seen before and that is pressure

Taking the pressure off them which they might not know themselves is the best thing. **Playing in** the English Premier League I came up against some really powerful players like Thierry Henry.

I learnt so much about the game that football shouldn't be the only defining factor in tournaments that you have to concentrate on.

There is too much onus on it, and it can lead to a lot of anxiety.

They are so young and inexperienced it can get to them it affects their sleep, their training program and it affects the way you eat.

But when you are in a relaxed atmosphere, you can play Mario Kart with eight players on PS4. You can play FIFA at the same time and you can hang out in each other's room and listen to music. It feels like we are all in it together

On performing on the pitch

This environment, staying in hotels, we know we have to be in bed before midnight. But I remember playing Mario Kart with the boys till silly o'clock and winning games.

But the more mentally relaxed you are, and as long as you get your eight hours sleep, you are free, because you know what you are going to do.







Your boss gives you your plan on the pitch. You have been through it day in and day out and you know your tactics.

You know who you are going to mark on the defensive corner.

You know where you are going to run in an attacking play. The rest is about the individual and how he is going to make it count for himself.

Is he going to do is own job and help his mate?

Because the environment that we create you are not only going to do your job, you are going to do four other jobs because it's more than just an individual sport.



'Thanks Timmy': Australia send Cahill off in style

As one legend departs, is another one born? The Martin Boyle show kicked off with a bang as the Socceroos swept aside Lebanon 3-0 at ANZ Stadium.

Tim Cahill said that "this moment" was as much Martin Boyle's "as it was his." One last time, the Aussie talisman knew how to motivate his team best.

The retiring legend presented Boyle with a signed shirt before the Lebanon match, inspiring him to saviour every moment he spends in the green and gold. Boyle may never have stepped foot in Australia before this Socceroos camp but the 25-year-old Scotsman-cum-Aussie looked right at home on the wing, scoring a brace and registering an assist on his starting debut as Graham Arnold's side cruised to a convincing win overthe 82nd ranked Lebanese.

"I hopwe I made my family and teammates proud," Boyle said. Showing that he's assimilating into Australian culture, Boyle even had a crack at our national cuisine. "I like the timtams but not the vegemite, I've had a few packets," he laughed.

After 108 caps, 50 goals, our first goal at a World Cup, our first at an Asian Cup and a never-to-be-forgotten impact on the world game down under, it was a Scotsman who gave Cahill the send off he deserved in front of a rapturous crowd in Sydney. "I'm so proud," Cahill said after the match.

"Part of me feels so happy. I didn't want to cry because I'm so happy inside. I've always put my country first, I still can't believe I'm fully retired as a Socceroo. We can watch some videos.

"We've booked a beautiful holiday and now I'm just going to support Australian football. Being an Australian and enjoying the sport is the best thing for Tim Cahill now."

The reasonably inexperienced Socceroos lineup dominated through their newfound import who linked well with fellow newcomers Awer Mabil and Rhyan Grant, as a new-look Australian outfit began to find their feet.

It wasn't the fluid attacking football that Australians witnessed in spates against South Korea, but it didn't need to be. Lebanon, who are on a strong run of results under experienced gaffer Miodrag Radulovic, presented little threat, failing to register a shot on target.

In the one ongoing concern for Arnold, once again Australia's out-and-out number nine was nearly invisible, with Jamie Maclaren's replacement, Tomi Juric, failing to make an imprint. This was the last test for Arnold's team until their Asian Cup campaign kicks off-for the first time without their leading light in this confederation-on January 6 against Jordan.

"Well I suppose this is the only timeyou're going to see me cry," Cahill said at a post-match ceremony.

"I want to say thank you to my family, the sacrifices they made for me is the only reason I'm fearless when I step onto that pitch.

"I want to thank the coaches, the players, without you I'd be nothing. Honestly, nothing. Now the most important people as well, are the fans.

"I just want to tell you all, this is just as much for you as it is for me."