



Soccer Terminology

Away - Tells a defender to get the ball out their end of the field.

Back and face - Drop back into position and face the opponents ready for a counter attack.

Balance - The presence of coverage by a team in important areas on the pitch.

Ball watching - Defender loses site of his mark because he is looking at just where the ball is.

Body Position - Turn body so that you can see the whole field or if central the ball and goal.

Bounce - Pass the ball through a central play to break pressure.

Caught square/flat - When defenders have been beaten by a through ball because they were positioned in a straight line.

Channel/Lane - Space between center backs and full backs into which a pass can be played for an attacking player.

Check In/Out - To come back or move away to space to receive the ball from a teammate or create space for another.

Cover - To provide defensive cover (2nd defender) for the defender pressuring (1st defender) the ball.

Cross - Pass the ball across the mouth of the opponent's goal.

Direct - To play the long ball missing out midfield.

Drop - To pass the ball back to a supporting player.

Drop and mark - The defending team needs to move to their goal, picking up and marking opponents.

Dummy/Fake - To let the ball go past or through your legs to a teammate.

50/50 ball - A loose ball contested by players from each team.

First ball - Challenge for the initial ball (e.g. punt).

First time - Shoot or pass the ball with the first touch.

Get up/out - Clear defense out of box.

Goal-side - The defender positioned between the goal and the attacking player.

Hold - Usually means hold the ball while a player moves into a supporting position for a pass.

Home - Pass the ball back to the GK to reset play.

In-Direct - To play short passes in an attempt to breakdown the opposition.

Jockey - Slow down the attacking player who has the ball with your back to your own goal.

Jumping In - To overcommit as the 1st defender.

Keep It - Maintain team possession of the ball, don't force it.

Man on - Communicate with teammate to let them know defending player is nearby.

Man to man - Follow your mark everywhere.

Mark up - Telling your teammates to leave no one unmarked.

One more - Let a crossing pass through or pass to the next player.

Open out - Provide width in support (curved run)

Over the Top - Play the ball over the defense into space for the forwards to run on to.

Overlap - When a player runs around and ahead of the ball for a pass into space.

Pinch in - Two players closing from the left and right, squeezing the field together.

Play feet - To pass a ball directly to a teammate's feet.

Play space - To push a ball into an open area of the field for another player to run on to.

Play the way you're facing - Keep soccer simple and pass the way you are facing then move to space.

Possess - Don't force the ball, maintain team possession

Pressure - Refers to 1st defender placing pressure on his opponent with the ball.

Push-up - To move defenders away from goal area to engage in the attack or attempt to draw the opposing team off sides.

Recover - When a defender gets beat he turns and sprints to get between the ball and the goal.

Reset - Don't force the ball, find an open person to restart a new passing sequence.

Second ball - Loose ball after initial challenge.

Settle/Secure - Gain control of the ball before playing

Shape - The players positioning on the field in relation to the formation and the ball location.

Show - Move from a position with an intervening defender to a position with a clear line to the ball.

Simple - Do the easy things well, don't over complicate and lose possession.

Split - Pass the ball between two defenders.

Square - A lateral pass (straight as in the lines of a square)

Stay Central - Defend the center of the field

Stay Connected - Maintain team shape in proximity to teammates

Step - Pressure the ball or step up defensively to leave opponents in an offside position and/or condense space.

Stretch the field - Asking the forwards to push the length of the attack to create attacking space and potential through balls.

Support - Players in position to help keep possession of the ball. Behind, ahead and beside the ball

Switch - Changing the point of attack to expose more space.

The Hole - Space between an opposition defense and midfield, hence for an offensive midfielder or defensive forward to play "in the hole".

Through ball - Serve the ball through a flat defensive alignment into a forward space creating an opportunity on goal.

Time/Relax - Having enough time to control ball and look around before a defender can pressure you.

Track - To observe and stay in contact with your mark.

Transition - When team gains possession (goes on offense) or loses possession (goes on defense) of the ball.

Turn - Telling your teammate he has time to control the ball and turn up field.

Turn and face - Turn around and get ready for the kick.

What you see - The player with the ball has no one marking them, in other words, they are unmarked.