

Best Used Terms For Soccer Players

How many of you remember calling out a players name to tell him/her something and before you can say what you need to, the play is done or the player stops playing, turns and looks at you? These terms can be used for any player at any age (including U-4's). These are also universal terms so no matter who his/her coach is, he/she will fit right in. The first step in making your players better, is understanding these terms yourself. I promise that your frustration level will drop and your players knowledge, skill and expectations will increase just by using the following words.

1 v 1

Used mostly for your forwards and midfielders when you want them to attack and take on a person. Generally used when you think he/she can beat the player and/or gain an advantage for your team by not passing it off.

Carry

When you want your player to dribble the ball up (usually into open space).

Center

When you want your player with the ball to pass it from either side of the field towards the middle of the field. It is used primarily to get the ball to the front of the goal.

Chip

When you want your player to shoot in on goal by lofted into the air over the keeper. Also, when you want your player to chip it over an opponent to another player or his/herself.

Clear

Used mainly on defense, when you want the ball played out hard and quick. In most cases, this is when your team or a player is under great pressure and playing it up the field or out of bounds is the best option. You want to try to teach your players to refrain from playing it out over the goal line (giving up a corner kick).

Contain

When your opponent has the ball and you want your player to slow him/her down or the play down. The term is used to prevent your player from going in fast, hard or being beaten quickly. Mostly used when your team needs to regroup back on defense or your opponents are attacking your half with better numbers or position.

Control

Used when you want your player to gain control of the ball before reacting. Generally used when a player is just swinging or kicking the ball out of control.

Cover

When you want a player to cover another's spot. Generally used when a defender brings the ball up and you want your midfielder to take over his/her spot.

Cross

Like center; however used more when the player is down in the corner.

Cut

When you want your player to make a quick change of direction while dribbling.

Drop

When you want your player to play the ball to a teammate behind him/her.

Eyes up

When your player is looking at the ball while dribbling and not the field.

Far post

When you want your player to shoot or pass to the goalpost farthest from the ball. Also used when you want a player to move to the far post.

Finish

When you want your player to score. Finish is different than shoot, because your player can still dribble, gain control of the ball or attack the goal before actually scoring.

First Touch

When you want your player to be first to the ball. Mostly used as a non harsh term for when your players are not trying hard, being lazy or letting the other team win most of the free balls.

Follow

To remind your attackers to follow the shot (not just theirs) until the keeper has it.

Follow through

Used when your player did not complete their leg motion when striking the ball. Generally used when a player “baby kicks” or puts no power behind the ball.

Give-and-go (AKA wall pass or 1-2)

When you want a player to pass it to a teammate who one touches the ball back into space for the player to run onto. Generally used to get around any player in the open field or a quick way for 2 players to beat a defender.

Goal-side

When you want player to keep his/her body between the opponent with or without the ball and your goal. Generally use with your defender and/or on many restarts.

Keeper

When you want the keeper to get the ball. This includes coming out to play a ball with his/her foot, moving out because an opponent is on a breakaway or simply picking up the ball in his/her own penalty area.

Line

When you want player to deliver the ball down the touchline (by kick or throw-in)

Look

When you as the coach see an open player that he/she can pass to. This is a long process to learn; however, it teaches vision rather than you saying “pass it to ___”.

Man On

Informing your player with the ball that an opposing player who he/she might not be aware of is coming.

Mark

To cover an opponent with or without the ball. Mostly used on restarts.

Mark Tight

To cover an opponent with or without the ball; in away that immediate pressure can be applied if he/she receives to ball (usually means right on their opponents back).

Move

When your players are just standing around. Generally used on your restarts when players are not getting open to receive the ball. Also used when you want a player to find an open spot to receive a pass.

Near Post

It is just the opposite of far post. It is the goal post nearest to the ball.

Overlap

When teammate runs from behind the player with the ball to position ahead of the player; the player with the ball plays it ahead of the player running on. Generally, this is used to get your midfielders into or ahead of your forwards. If done properly, it creates great pressure on the defenders trying to stop you.

Pressure

When you want a player to aggressively go after the opponent with the ball.

Push Up

To tell your defense to move up the field. Mostly used when your defenders are standing back by your goal or when you want them to push more into the attacking half of the field (opponents half).

Recover

Used when a player generally gets beaten off the ball or has it stolen. This is a soft way of saying don't give up or go win the ball back.

Shield

Used when you want the person with the ball to protect it from an opponent. The player with the ball keeps their body between the ball and the opponent.

Shoot

As stated above, it is different than finish. You now want your player to shoot right away. Generally used when time is running out, a defender is getting close or the player is losing the attacking advantage he/she has but is close enough to get a shot off.

Square

To be parallel to the player with the ball (far enough away so the defender can't mark both)

Get square

When you want a player to get in a squared position for the player with the ball.

Play square

When you want the player with the ball to pass it to the open squared player.

Spread out

Just as it says. Used most often in younger games when you have multiple players in a bunch or you have one player dribbling with the ball and another player is running at him/her and not getting open.

Support

When you want a player to help out another.

Switch it

When you want your player to switch the ball from one side of the field to the other.

Time

When a player just receives the ball and there is no pressure from the defenders; so, he/she has time to get control of the ball before acting.

Move Through

Mostly used when you want a player without the ball to move through the defense on an angle towards the goal.

Play Through

Mostly used when you want your player with the ball to pass it between the defenders to an open space

Through

As players get older, they will learn that through means you want them to run through the defense and the player with the ball needs to play it ahead of the runner before he/she gets offside

Unlucky

Used to tell a player that he/she was doing/did something good but ended up losing the ball for any reason. Generally used for things like falling down, missing a shot, making a great move but lost the ball, etc. The point is for you to acknowledge the effort he/she did. Most of the time it is because he/she is doing something new you taught the player

Wide

Used when you want to use more of the sideline.

Go wide

Used when you want a player without the ball to move away from the middle and get open along the sideline.

Play wide

Used when you want the player with the ball to pass it to an open person out be a sideline

Stay Wide

Used when your player is already wide and is creeping towards the middle of the field and you want him/her to stay out there. Generally used because he/she is not be by the ball but is in a great position to receive a pass.

With Pace

Used when you feel the player should of made a harder pass or shot. Generally used when a pass did not make it to a teammate or was to slow and an opponent intercepted it.

Well Done

A less demeaning way (for the opponents) to say things like "great job", "you burned that player", etc.