



Soccer Terminology

Terms you will here described at practice:

- Some of the terms related to iSoccer:
 - Toe Taps
 - Foundations
 - PF/NPF – Preferred foot/ non-preferred foot ex: left or right foot used during a drill
 - Juggling
 - Change of Pace
 - Change of Direction
 - Scissors
 - First Touch
 - One Touch
 - Aerial Control
 - Ball Striking
 - 20 Second Sprints

Corever Skills “Ball Mastery” – Techniques or “moves” that players will learn.

Ex: Lean & Push, Pullback, V-Cut, Step Over, Scissors, Pull Cruyff, Zico, Stop Hop, & Maradona

Technical Terms:

"1-2" - when a player passes the ball and then moves to receive the ball back from the player they played it to also known as wall pass or a give-and-go

Assist - this is the pass to a player who scores a goal. The "helper" pass so to say.

Cross - a pass from either side of the field towards the middle of the field. It is used primarily to get the ball closer to the front of the goal.

Clearing - the act of moving the ball out of the area of one's own goal by throwing (goalkeeper only) or kicking it.

Fake/Feint - a move by a player meant to deceive an opposing player. Used to gain an advantage, it is frequently used when dribbling to get past an opponent.

Foot Trap - the use of the foot, usually the bottom, to control a rolling or low bouncing ball.

Goal - when a ball crosses the goal line.

Header - When a player passes or shoots the ball with his head.

Save - the act of a goalkeeper in stopping a shot that would have otherwise gone into the goal.

Shielding - used by the person with the ball to protect the ball from a defender; the ball carrier keeps their body between the ball and the defender.

Tackle - the act of taking the ball away from a player by kicking or stopping it with one's feet.

Trap - the use of one's body to slow down and control a moving ball, most often using the chest, thighs or feet.

Cut Back - dribbling the ball backwards in the reverse way of the goal in an attempt to keep possession of the ball.

Cut Down the Angle - when the goalie comes out of the goal several feet to make themselves closer and larger to an attacker. The effect is to leave the attacker less open net to shoot at.

First touch Ball - when the ball is received and propelled in a single movement. Also called one touch pass and first touch.

Instep Drive - a shot taken with the instep of a player's foot; usually the most powerful and accurate of shots.

Instep Pass - a pass made by striking the ball with - yes, you guessed it, the instep.

"Man On" - the call a player makes to a teammate who is closely marked by an opposing player but may not be aware of it.

Mark - to cover an opponent with or without the ball to keep them from passing, receiving or shooting the ball.

Offside Trap – a play by the defense to catch the attacking team offside. The rear defenders will quickly pull up past the attackers to put the attackers in an offside position. See the Soccer Rules Page for more information on the offside rule.

One Touch Pass – another term for a first time ball.

"Push Up" – a phrase used to tell the defense to move up the field in a more attacking position. Sometimes used as the command for an offside trap.

Two Touch Pass – a pass in which the ball is received by a player with one touch and then played to a teammate with the next touch.

Wall Pass – where a player passes to a teammate and that teammate plays a one touch pass right back to that player.

Wall – a defensive tactic where the defending team lines up two-five teammates in a line ten yards from an indirect or direct kick to help block the goal.

Positional Terms:

Backs - A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition's attackers from scoring.

Striker – A player who is responsible for most of a team's scoring. They play in front of the rest of their team (or in the attacking third of the field) where they can take most of the shots.

Goalkeeper – I bet you know this one. The player positioned directly in front of the goal who tries to prevent shots from crossing the goalline; the only player allowed to use their hands and arms, though only within the 18-yard penalty area.

Midfielder – A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

Soccer Rule Terms:

Corner kick – a direct free kick that is awarded when the defending team puts the ball over the end line. A corner kick is taken by the offensive team from next to the corner flag.

Dangerous Play – an action by a player that the referee considers dangerous to that player or others. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in the possession of the goalkeeper.

Direct Kick – a free kick that is awarded at the spot of the infraction for a physical contact foul such as tripping, holding, pushing, tackles from behind, jumping into an opponent, or for hand balls. A direct free kick can score by going directly into the goal. It does not have to be touched by anyone other than the kicker.

Drop Ball – a method of restarting a game where the referee drops the ball between 2 players facing each other. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury) and in other circumstances (more than one soccer rule about this). The ball is dropped where it was last in play or at the nearest point outside the penalty area.

Foul – when the referee judges a violation against an opposing player. The team that suffers the foul is awarded with a direct free kick unless the foul is committed by a defensive player inside his own penalty area, in which case the foul results in a penalty kick.

Goal Kick – a type of restart that is awarded when the attacking team puts the ball over the end line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

Indirect Kick – a free kick that is awarded at the spot of the infraction for other fouls that are judged not to be serious such as obstruction, dangerous play or charging (non-contact fouls), as well as for offside. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score.

Offside – a difficult soccer rule.

Not good enough for you? Ok, ok. Here it is: a violation that occurs when an offensive player is closer to the opponent's goal than both the ball and the second-to-last opposing player at the time that the ball is passed to the offensive player by his or her teammate. Players cannot be called offside if they are in their own half of the field or if they receive the ball from a throw in, corner kick, or goal kick. When a player is called offside, the opposing team is awarded an indirect free kick. See the Soccer Rule Page for more information on the offside rule.

Obstruction – a foul in which a defensive player, instead of going after the ball, illegally uses their body to prevent an offensive player from playing it.

Penalty kick – A kick taken from 12 yards in front of the goal as a result of a contact foul or hand ball that takes place inside the penalty area.

Red card – a referee shows a player a red card to signal that the player has been banned from the rest of the match. A red card can be shown for a single serious offense or as the result of being shown a second yellow card in the same game. After a player is shown a red card, the player must leave the field of play and cannot be replaced by a substitute, meaning that his or her team must finish the match with one player fewer.

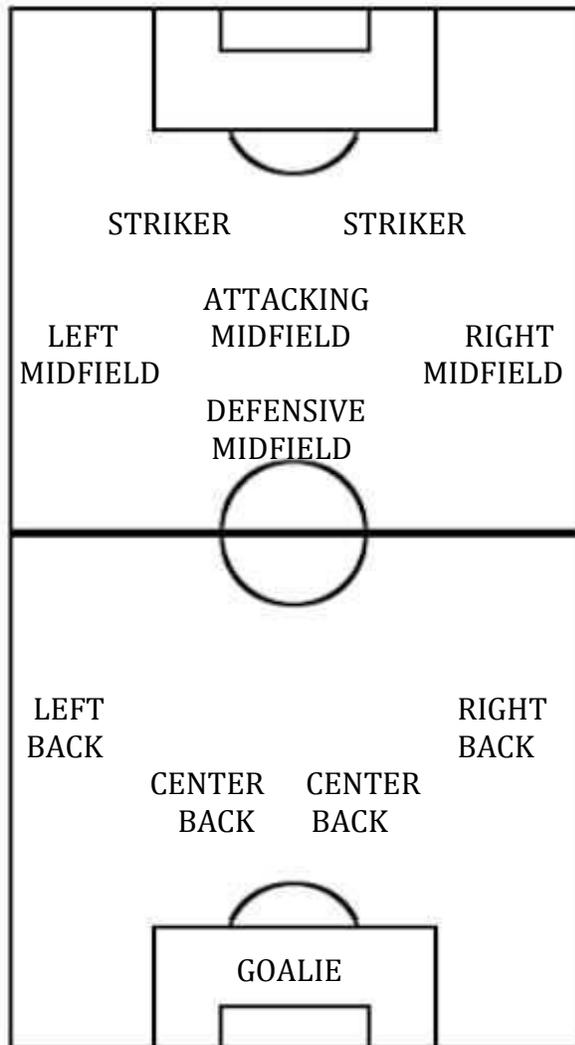
Throw-in – a way to restart play when the ball goes out over the sidelines. The team that did not touch the ball last is allowed an overhead throw.

Yellow Card - a disciplinary action in which the referee shows a player the yellow card (for violating a soccer rule, obviously). A second caution in the same match results in the player being shown the red card (ejected from the game).

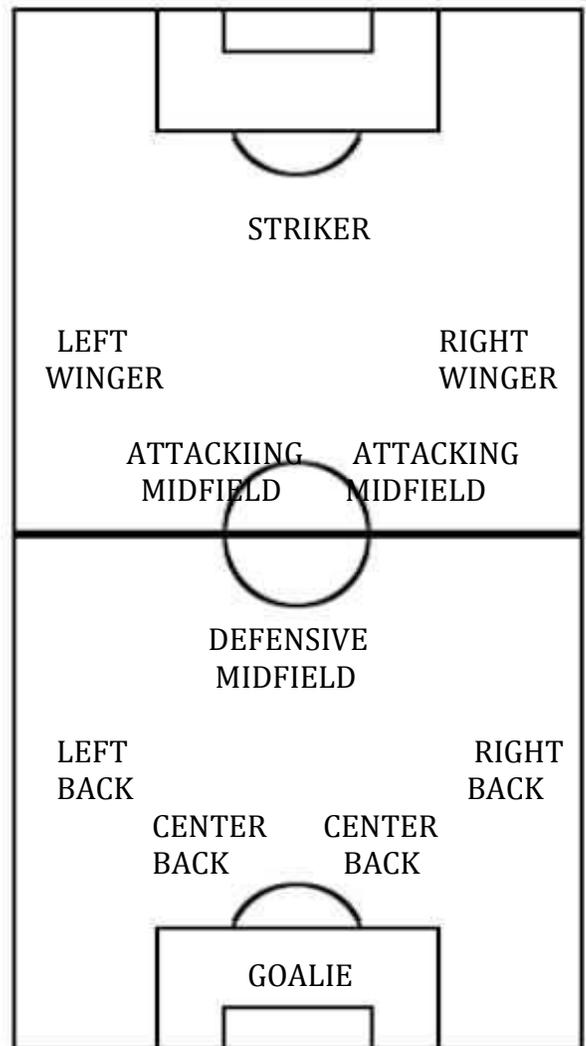


U13-U19 Soccer Formations

1-4-4-2 Formation



1-4-3-3 Formation





U9-U12 Soccer Formations

1-3-2-1 Formation



1-2-3-1 Formation

