



TECHNICAL

RUSH VOCABULARY

COMMENTS		
In an attempt to further our club's consistency on the field, the following vocabulary list should become consistent by all Rush teams. This document is meant to compliment document 310 98 - GLOSSARY found in the progression manual.		
#	WORD/PHRASE	DEFINITION
1	Yea	When calling for a ball. Ball or Hey are also acceptable. Teammates Name is also acceptable.
2	Hold	When asking/executing an overlapping run.
3	Over	When asking a player to leave or dummy the ball.
4	Leave It	Not to be confused with "over". Leave it should be used when executing a take over.
5	Keeper	Call made when keeper is going for the ball.
6	Away	Call made when keeper expects defender to clear the ball.
7	Step (up)	Demand given when team is expected to step up. Push (up) is also acceptable. Normally used when trying to get out of the box, but can be used whenever needed.
8	Raise Your Line	Similar to step, but this is usually used in the midfield area. Specific to the back line. Step or Squeeze may also be used here.
9	Drop Your Line	Specific to the back line. This phrase is used of the backs need to drop.
10	Drop	When team needs to concede ground/drop back.
11	Bounce	This command is given when backs need to prepare for possible long pass. It is the act of preparing or flexing in case a fast drop or sprint back is necessary. This is not the same as dropping however. "Bounce" can also refer to an individual and is the action of taking quick steps back or out to create or open up space.
12	Hold/Good	Command that can be given when the team (backs specifically) have reached a point where they needn't push or drop or bounce.
13	Across the Face	Used typically when running across the face of the goal keeper or face of the goal.
14	Flasher(s)	Players who flash on the inside of the wall, in front of the keeper on attacking set pieces.
15	Bullet Man	Any player(s) who rush the opponent's free kick.
16	Shift	When call is made for the back line to get across. Slide is also acceptable.
17	Change (it)	When referring to switching the ball and changing the point of attack.
18	Next Side	Another command witch says switch the ball.
19	Stretch (it)	Used when asking the attacking team to open up high and wide to stretch out opponent.
20	Tuck In	Pinch In also acceptable. Used when asking players to fill the middle (for ex. on goal kicks or punts)
21	Compact	When referring to how we defend with numbers together, killing space.
22	Protect It	Command given when asking a player to shield the ball, or hide the ball from defender.
23	Connect	Find a pass.
24	Be Active	Command asking players to be on the move.
25	Relax	Does not mean be casual! Rather it refers to composure, confidence.
26	Zip	On attacking corner, this is the movement of the players on each side of the keeper.
27	Keep It Alive	Command given when there is a bouncing ball in the box (i.e. off of attacking corner) to not let the ball get cleared.
28	Split Wall	On defending free kicks, anything over four players mean a second wall is created. The bigger of the two walls protects the near post, the smaller of the two protects the far.
29	First Post	Same as front post or near post.
30	Second Post	Same as back post or far post.
31	Line of Confrontation	Where team begins high pressure.



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32	Low Pressure	Delayed high pressure.
33	Stop It/Kill It	Used when asking a teammate to stop the ball dead/still.
34	Get Into Players	Reminder given to players on our goal kick (not opponent's) or punt to front or mark up opponent not allowing them to win the ball freely.
35	Tight	When asking players to get touch-tight to opponent.
36	Body Up	Next step beyond touch-tight. Get into players, use body, arms, hands to obstruct and defend.
37	Button Hook	Run, typically by forward, which is a short checking run towards ball and then a hooking run back away from ball towards goal.
38	Show	Any movement to provide an option for the player on the ball.
39	Check	A short, sharp run towards the ball or towards the ball at an angle.
40	Fake Throw	Prior to making a throw in, fake the throw in one direction and throw to another.
41	Molly	Professional foul. Signal can come from any where or any one, but likely coach.
42	Signals	<ul style="list-style-type: none"> - Hang loose = Go down with injury (or after player has gone down feigning injury). - Thumbs Up = Player is okay (signal from trainer). - Substitution Motion (rotation of forefingers) = Substitution is needed.
43	Level Off	Most often to help outside backs get in position. Getting on same line as center back.
44	Counter Move	Prior to checking into a space, a counter move is the act of going away (creating space).
45	Press	Apply pressure to the ball. "Close" or "Squeeze" or "Step" are also acceptable.
46	Show Left/Right	When communicating to first defender. Take left/right also acceptable.
47	Right/Left	When asking a player to move a certain direction. (Not the same as above.)
48	Block It	Communicating to players to tackle without swinging leg.
49	Cover	Command given when one player is about to challenge. Surrounding players cover.
50	Set	Used when asking a teammate for a ball laid off for a shot or pass