



GLOSSARY

Adult Branch – This category within the Rush Soccer club encompasses all age groups but predominantly the ages 18 through 40. Many options to play exist such as Co-ed, Men's over 30, Women's over 30, U-23 for men and women, competitive and recreational.

Advantage – Play continues at referee's discretion after an infringement of the law in which the attacking team maintains possession.

Arc – The half circle on top of the Penalty Box.

Attacking – When a team tries to score a goal. Attacking includes dribbling, passing, and shooting.

Attacking Dribbling – Dribbling is the art of taking the defender on. In attacking dribbling, you are the aggressor. This is usually done in the attacking 1/3 of the field. Deception is the key to beating a player by way of change in pace and direction, body feints, etc.

Attacking Set Pieces (ASP) – A direct or indirect kick, usually referring to plays in or around the penalty area.

Attacking 1/3 – The third of the field in which your team is attacking.

Avoiding Dribbling – Is simply taking the ball away from pressure. This is mostly done in the defensive 1/3 of your own goal. The dribbler is avoiding confrontation as to not lose the ball at a critical place and time.

Back Foot – The foot farthest from passer.

Balance – The defender(s) who are not pressuring the ball or providing cover. They help in maintaining defensive shape.

Ball Control – The art of receiving, dribbling, and 1-touch passing with all body parts.

Ball Side – Defender positions themselves to intercept an incoming pass.

Bantam Division – The Rush classifies their Bantam Division as 8v8 played for U-9's and U-10's.

Bending the Ball – The technique of kicking the ball so that it curves in one direction or another. Also "curving the ball."

Bent Run – A player's run is bent in an attempt to either offset the opposition's defense or to open up for a pass. Also used is "curling run".

Bibs – Also called pennies. Different colored vests used during training to split up players.

Bicycle (Bike) – Also called an overhead kick. Player jumps and swings his legs over his head so he is upside down in the air to kick the ball with the laces of one foot.

Blind Side Run – A player making a run off the ball on the opposite side of the field from the ball.

Block Tackle – Attempting to dispossess an attacker of the ball by blocking it with the inside of the foot as the opposition try to kick the ball.

Body Shape – The positioning of the body to see the ball and the field. Players should be able to see the biggest part of the field.

Box, The – Another name for the Penalty Box, see.



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Box on Box – A field the size of two penalty boxes, 36x44 yards.

Bullet Player – A player in the wall that charges the person taking a set piece. The run is intended to block the shot, or alter the direction.

Button Hook - see Hook.

Carrying - The player is running with the ball at his/her feet full speed under control. It is used to advance the ball in open spaces. Usually, the instep or the outside of the foot is used. The least amount of touches is preferred to allow more speed.

Centering – See Cross.

Challenge – Attempting to “win the ball” back.

Channel – An area marked off by cones, usually is long, narrow and on the flank.

Channeling – see Shoulder Tackle

Charging – Player charges shoulder to shoulder.

Check Away – see Checking.

Check To – see Checking.

Checking – This is a run executed by the team with the ball. A player attempting to get open will often run away as a decoy or *check away*, only to come back, or *check to*, to the area he or she started from to potentially receive the ball from a teammate.

Chip Pass – A pass in which the ball is kicked steeply over the head of an opponent or over the heads of a group of opponents to a teammate. Also “Lob Pass.”

Clearing – Sending a ball out of the defensive third to relieve pressure. The ball should be long, high, and wide.

Closing down – See Pressure

Collecting – See Receiving.

Combination Pass – See “Combination Play”.

Combination Play – Passing between players at short distances, followed by abruptly sending the ball long in another direction. A series of short, low passes used by two or more players to maintain possession of the ball while they move towards the opponent’s goal.

- Double Pass, see
- Dummy Take-Over, see
- Overlap, see
- Reverse Wall Pass, see
- Take Over, see
- Third Man Run, see
- Wall Pass, see

For specifics on these topics, see the glossary definition for each.

Competitive Branch – This is the Advanced Branch of the Rush Soccer Club. Ages range from 10 year olds to 18 year olds. Players typically play a longer season and this involves a bit more travel.



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Condensing the Field – Terminology for the Rush is “Step”. This is where the defense back line squeeze the play up to midfield. How far and how much is all depending many circumstances. The main purpose is to tighten up the space to deny the opposition a lot of space or field to play in.

Cones – Bright orange or yellow objects used to designate boundaries or starting points during training.

Controlling – see Receiving.

Cool Down – After an event, the players will benefit by letting the body slow down by keeping the heart beat and metabolism going to move lactic acid out of the system. The athlete should also hydrate and eat something light with in 20 minutes of the competition.

Counter – Going from defending to attacking quickly in order to create a goal scoring opportunity.

Cover - A defensive concept that involves taking a goal-side position to support, or back up a teammate.

Create Space – Run or movement to create space for a player to run into or to create space to play a ball.

Creating Numbers – Getting more players into the attack.

Creativity – “Being creative is seeing the same thing as everybody else, but think of something different.” Originality of a player’s thought or imagination, this cannot be taught, but it can be encouraged and fostered.

Cross – Passing the ball into the goal from a wing area of the field. The term “center” is also used.

Curling Run – See “bent run”.

Curving Pass – see Bending the Ball

Dead Ball – see Defensive Set Pieces (DSP) and Attacking Set Pieces (ASP).

Dead Space – Space that is crowded by opposition.

Decoy Run – See Checking.

Defending – Keeping the other team from scoring. This includes the ability to tackle, delay, cover, and balance.

Defensive Set Pieces (DSP) – Organizing a team to defend an attacking set piece.

Defensive 1/3 – The third of the field in which your team is defending.

Developmental Branch – This is the Recreational Branch of the Rush Soccer Club. Ages range from 4 year olds to 18 year olds.

Diagonal Ball – A pass that is played diagonally forward.

Direct Play – A tactic, playing long passes up the field in an attempt to put pressure on other team and score goals.

Double Pass – Once a wall pass has been executed, the player immediately plays it back one touch to the passer.



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Dribbling – Dribbling is a series of ball touches by an individual. Technically, there is no right or wrong way. Some touch it short, some touch it long. We all use different foot surfaces. Often a move or feint is used to get around the opposition. For the most part, we break dribbling down into four topics:

- Attacking, see
- Avoiding, see
- Carrying, see
- Shielding, see

For specifics on these topics, see the glossary definition for each.

Drive it – See Driven Ball.

Driven Ball – A term used for crossing the ball or playing the ball very hard. Almost like a shot with back spin.

Drop – Defensive term when players run back toward the goal they are defending.

Dummy – When a player fakes getting the ball but instead lets it run by.

Dummy Run – See Checking.

Dummy Take-Over – When a player goes to execute a take-over but instead leaves it for the dribbler.

End Line – Out of bounds line where the goal lies.

Face the Field – Facing the field implies the player should face towards the field or as much of the play as possible.

Fake – Disguise your intentions.

Fake Take-Over – see Dummy Take-Over.

Far Post – Is the post farthest from the ball.

Feint – see Dribbling.

Field – The traditional name for the soccer field. Pitch can also be used.

Finishing – The art of scoring a goal with different surfaces of the body.

- Bending, see
- Bicycle, see
- Full Volley, see
- Half Volley, see
- Instep, see
- Knuckle, see
- Three Toed, see
- Side Foot, see
- Side Kick, see
- Side Volley, see
- Three Toed, see
- Volley, see

For specifics on these topics, see the glossary definition for each.

Flank – Refers to the wide part of the field.

Flighted Ball – A pass that travels in the air to a teammate.



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Floater – A definition of some-one who during a game is aloud to float and does not necessarily have a position. For a training session, this is some one who is aloud to bounce between different small sided games.

Footwork – A variety of ball touches or dribbling moves used to build up eye and foot coordination, and confidence.

Free Kick – When a foul has been given, the free kick restarts play. See Dead Ball.

Front Foot – The foot closest to the ball.

Full Back – Another term for a defender, or the defending players in a system of play.

Full Volley – Is when the ball is on it's way down out of the air. Use the instep of the foot.

Gate – A training term. A small goal designated by cones or flags, usually players will dribble through them.

Game – Training term used for a competition, also used to described a scrimmage.

Game with Restrictions – Any variation of soccer with certain rules that the coach has given, in order to work on a specific tactic or technique.

Give and Go – See Wall Pass

Goal Kick – A set piece taken by the team after the opposition kicked it over the end line out of bounds. The team may set the ball anywhere in the 6x20 yard box

Goal Side – When a defender stands between the opponant and the goal.

Grid – Also called a box, an area of the field that is marked off by cones.

Groups of Players – A collection of 3 or more players.

Half Volley –The ball is on its way up and is kicked immediately after a bounce. Requires a lot of timing.

Heading – The art of using your head when receiving, passing, or shooting.

Heal – A player may pass the ball to his/her teammate using the heal for deception. Accuracy is poor and should only be used for short distances.

High Pressure – A defending tactic in which the team pressures the opposition aggressively, not allowing them time to play, or make bad decisions.

Hook - A sharp curling run, similar to a checking run.

Inside Pass – See Side Foot Pass

Instep – Striking the ball with the shoelaces. Again, the ankle is locked. Used over long distances. Not as accurate as a side foot pass.

Juggling – The art of keeping the ball in the air without using hands.

Junior Division – U14 and U15 Rush Competitive Boys and Girls players.

Keep Away Games – A variety of games to emphasize ball possession. Usually implies no direction. Coaching points: First touch, Face the field of play, Deception, Play away from pressure, etc.



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Kill it – Stopping the ball completely.

Knuckle – Striking the ball with the toes down, ankle locked, causing the ball to travel in the air without any spin, the ball moves through air in unpredictable ways.

Laces – Term used to designate the top of your foot or “instep”.

Large Group Tactics – See Tactics.

Lay Up – A mechanical technique for heading in which the player drives one leg up to help get them into the air. Resembles a basketball lay up.

Line of Confrontation – A tactically implied line by the coach in which team begins to confront the opposition.

Low Pressure – Defensive concept of not putting a lot of pressure on the team or player with the ball until they get to a certain point. See line of confrontation.

Micro Soccer – Small sided soccer played on a mini field. The Rush classifies their Micro Division as 3v3 and 4v4 played for U-5’s, U-6’s, U-7’s and U-8’s.

Midfield 1/3 – The middle third of the field.

Moves – A dribbling term when the player who is dribbling the ball uses deception (change of direction, change of pace, etc.) to get past the defender.

Muscle Memory – Term used to repeat a technique enough times that muscles perform by memory rather than thought.

Near Post – The post closest to the ball.

Neutral Player – A training term used for a player who only plays offense during a specific game.

Obstruction – Impeding the oppositions run or movement.

Offside Trap – When a team is intent on winning the ball back through the laws of the game. The team pulls up rapidly to catch the opposition in an offside position.

On Side Run – Running along the last line of defense in order to stay on side.

Open Space – See space

Outside of the Foot – The ability to strike the ball or receive it with the outside of the foot. Very common kick. Planting foot is usually behind the ball. Commonly used while running. Players can curve the ball with this surface.

Overlapping Run – When on attack, a player runs from behind the teammate in possession of the ball to receive a pass from him. A shortened term of “overlap” is more commonly used.

Over Spin – The art of striking the ball in such a way that the balls rotation is top spin, causing the ball to dip.

Pairs – 2 players together.

Passing – Passing is working the ball between your team using various parts of your foot, head thigh, chest etc. Some of the passes to look the most common passes are:

- Chip Pass, see
- Driven ball, see
- Full Volley, see
- Half Volley, see
- Heal, see
- Instep, see
- Outside, see
- Push Pass, see
- Side Foot Pass, see
- Side Volley, see
- Square Pass, see
- Toe Poke, see
- Volley, see

For specifics on these topics, see the glossary definition for each.

Pattern Play – A training term used when a team practices going to goal using different passing methods. Teams usually practice pattern play without players defending them.

Penalty Box – The 18x36 yard box surrounding the goal. The goalkeeper can only handle the ball within this box.

Penalty Spot – The spot inside the eighteen yard box in which penalty kicks are taken.

Penetrating Run – An offensive player’s run through the line of defensive players.

Pennies – See Bibs

Pitch – See field

Plant foot – A player’s non-kicking foot when striking a ball.

Playmaker – A player who is involved in a good portion of the attack.

Pocket – The space directly in front of the Center Backs.

Poke Tackle – Use of the toe to poke the ball away from the person in possession. The Poke tackle can be executed from the side or rear of the opponent.

Possession – see Keep Away Games.

Pressure – Defensive term used when a team puts a lot of energy into “closing down” the player on the ball and getting “tight” on those without the ball, in an effort to “win the ball.”

Pulling Up – or “Step”, “Out” or “Pull”. See Condensing the field.

Push Pass – See Side Foot Pass.

Receiving – The art of controlling the ball with different surfaces of the body.

- Back Foot, see
- Body Shape, see
- Front Foot, see
- Kill It, see
- Outside of the Foot, see
- Position, see
- Set, see
- See the Field, see
- 90 Degrees, see



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For specifics on these topics, see the glossary definition for each.

Recovery Run – Shortest route between your goal and the attacking team to put yourself back in a defensive position.

Restricted Space – A training term used for a designated area of the field marked off by cones or flags. Players must stay within the marked off area when there is restricted space.

Reverse Wall Pass – An overlap in the middle portion of the field.

Rhythm of Play – Refers to the momentum of how the play of a team flows. A team who uses short quick passes as opposed to long, direct passes or a lot of dribbling.

Run (player) – These are the different runs a player makes in a game. Most have a specific name as to help the player identify what is needed during that particular time.

- Bent run, see
- Blind Side run, see
- Button Hook, see
- Checking, see
- Decoy run, see
- Hook run, see
- Overlapping run, see
- Recovery run, see
- Through run, see

For specifics on these topics, see the glossary definition for each.

Scoring – see Finishing

Second Defender – see Cover

See the Field – Look at the field before you receive or play the ball to recognize what is happening on the field.

Self-Toss – When a player throws the ball into the air and then performs a specific skill, receiving, juggling, etc.

Senior Division – The Rush classifies their Senior Division as ages U16's through U19's.

Set – Laying a ball off to a player with proper weight who is running onto it to strike.

Shadow Dribbling – A turning exercise that involves a trailing player without the ball imitating the moves of the dribbler.

Shadow Drill – See Pattern Play.

Shadow Play – See Pattern Play.

Shielding – Is keeping your body between a defender and a ball. Stand sideways, low balance, bend at knees. Hands out, both feet on the ground until you want to move the ball. Tactically, you use shielding when you don't have any options available or you have not made your mind up to play the ball. Main part of the foot used is the sole.

Shooting – see Finishing

Side Bike – Also called "scissor kick". Player hits ball out of the air by jumping and getting body and kicking leg parallel to the ground, player strikes the ball with the laces.

Side Foot – A short pass executed with the inside of the foot. Standing foot is 6-8 inches next to the ball. Your kicking foot is locked with toe pulled as high as is physically possible. Player strikes the ball with the side of the foot below the ankle. This is very accurate because the foot surface being used is large. Player plants non-kicking foot beside ball, legs are bent and relaxed, kicking foot ankle is locked and toes are lifted above the ankle. Player strikes the middle of the ball to execute the pass.

Side Line – This is the out of bounds marks on the side of the field. Also know as the touch line, where the player can “touch” the ball for a throw in.

Side Volley – A hooking or circular movement by the kicking leg, where the leg is parallel with the ground when contact is made on the ball.

Slalom Dribbling – Dribbling with different surfaces around cones set in a particular pattern.

Slide – Defensive term used when “supporting defender” moves towards play to provide balance.

Slide Tackle – Dispossessing an attacker of the ball by sliding into the ball and kicking it away. The slide tackle can be executed from the front, rear, or side of an opponent.

Small Group Tactics – see Tactics

Small Sided – A game of soccer played with small goals and smaller numbers than 11v11.

Space – An area of the field where there are no other players.

Square Pass – A pass made laterally to a waiting or moving teammate across the field.

Standing Block Tackle – When a defender takes the ball from the attacker by hitting the ball with inside of their foot. The legs are bent and strong, ankle is locked.

Support – Offensive term used when a teammate provides a passing option to the player on the ball.

Supporting Defender – See Cover.

Sweep Tackle – A sliding tackle where the player attempts to keep the ball and dribble it away, rather than kick it away. Requires a lot of timing.

Switching Point of Attack – Or SPA, is moving the ball from one side of the field to the other usually because it is crowded.

Tackle – Trying to dispossess an opponent of the ball by using the feet or a shoulder charge. Several types include:

- Block Tackle, see
- Poke Tackle, see
- Shoulder Tackle, see
- Slide Tackle, see
- Sweep Tackle, see

For specifics on these topics, see the glossary definition for each.

Tactical Functional Training- Training that is specific to a role or position. Takes place in the area of the field where the player operates. The player will determine which skill is necessary to solve the demands of the game as dictated by the game. Decision making is the essence of this method of training.

Tactics – Decision-making. Tactics are grouped as Individual, Small group and Large Group in which both have attacking and defending principals:

-Individual tactics – 1 v 1, see 1v1 for offense and for defense 1v1. See Pressure, Channeling and different Tackles for defense.

-Small group tactics – 2-7 players or “lines”. See Combination Play for offense along with various Thirds of the field for offense and see Cover and various Thirds of the field in the Defending and Challenging Categories.

-Large group tactics – 8-11 players: see games with restrictions, High and low pressure, up a goal down a goal and any other “situational” exercises that involve entire teams with formations.

Take Over – When a player dribbles ball across the field with the foot furthest from the goal they are attacking. A teammate runs in the opposite direction and takes the ball from them with the same foot. (Right foot to right foot, left foot to left foot)

Taking Players On – see Attacking Dribbling

Target – An attacking player, usually a forward, where the teammates try to play balls directly into them.

Technical Functional Training (T.F. Training) – Training that is specific to a position or role of player. It takes place in the area of the field where the player is positioned; the technique to be trained is predetermined. Maximum repetition of the technical skill is provided in the activity, while increasing pressure to make it more like the game, at optimal time of success.

Technical Tactical Functional Training (T.T.F. Training) – The isolation of specific technique(s) in a tactical situation. The practice should be organized to create repetitions to allow the players' technical ability to be trained in a tactical situation. It involves both the technique and the decision made to meet the demand of the game

Technique – Refer to:

- Dribbling
- Finishing
- Passing
- Receiving
- Heading
- Tackling

Third Attacker – see Balance.

Third Defender – see Balance.

Third Man Run – When a player starts a sequence of passing and continues to run. After the initial pass has been made the player who receives the pass gives the ball to someone else who gives the ball back to the first player who passed the ball.

Three Toed – Shooting technique where the player strikes ball with outside three toes by pointing toes towards the ground, after striking the ball the player follows through by bringing the knee up and across the body, causing the ball to curve with outside spin.

Through Pass – Moving the ball between or over the defending players to a teammate who is in a good position to shoot on the goal. Also “penetrating” and “killer” pass.

Throw In – The method of putting the ball back into play after it has gone out-of-bounds over the touch line. A member of the opposing team of the team that last touched the ball must throw it onto the field from over his/her head using both hands and keeping a part of each foot on the ground either behind or on the touch line. The ball is thrown in from the point where it went out-of-bounds. A goal cannot be scored directly from a throw in.



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Toe Poke – Used for a quick release. A toe poke also has a locked ankle. Not very accurate because the foot surface being used is small.

Touch Lines – The boundary lines at each side of the field. If a ball goes completely over the touch line, play is stopped and restarted by a throw in from the place where it went out-of-bounds. Also “sidelines.”

Trailer – The player that trails the near/far post runners. They arrive a bit later and the run is focused on the top of the eighteen.

Transition – There are two types of transition from offense to defense and the other is defense to offense.

Trap – See Offside Trap.

Trapping – See Receiving.

Turning on the ball – The act of receiving the ball when facing one’s goal and turning with the ball under control to face the opponent’s goal.

Unrestricted Space – A training term used to designate an area on the field that is not marked off by cones, lines, or flags. Players have the freedom to go anywhere in unrestricted space.

Volley – A kick taken before the ball hits the ground. Usually, the inside or the instep of the foot is used.

Wall – A designated number of players that stand side by side in order to prevent a dead ball entering the goal.

Wall Pass – A pass in which a receiver is used as a wall to redirect the path of the ball. The first player makes a short pass to a teammate, the sprints into open space to receive a return pass. Also “give-and- go.”

Warm Down – see Cool Down

Warm Up – Preparing players to perform in a game or training session. The warm up should reflect what the players are about to encounter. It also gives players a chance to stretch after their muscles are warm.

Wedge – See Chip Pass

Weight – This is how strong or weak you should play the ball to your target.

Zone – A particular area of the field.

1st Touch – see Receiving

1v1 – One attacker and one defender play against each other.

2v1 – Two attackers play against one defender.

4:1 Ratio – The ratio of four positive comments to one instructional comment while coaching players.

90 Degrees – Receiving technique usually used when the opponent is putting pressure from behind. The player touches ball at a 90 degree angle to get away.



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