



## **Introduction**

Coaches, below are the terms that will be used in uniformity throughout NextGen. This means each coach should get acquainted with the terms and when they should be used. We want to eliminate the mixed use of terms from one coach to another.

### **Example of what usually happens:**

1. U10 Coach Roy instructs an athlete during a session to “check away”. This of course is a functional movement by a forward, for instance, that will help open the vacated space by drawing a defender with him/her.
1. 4 years later, U14 Coach John instructs the same athlete during a session to “check out”. The player maybe hasn’t heard that term and isn’t able to process the coaching moment effectively. This creates a roadblock for the athlete and coach. Now multiple that by the number of athletes, over the course of a season using many different terms.

### **Example of how it will happen at NextGen:**

1. U10 Coach Roy instructs an athlete during a session to “check away”. This of course is a functional movement by a forward, for instance, that will help open the vacated space by drawing a defender with him/her.
2. 4 years later, U14 Coach John instructs the same athlete during a session to “check away”. Because the athlete has been hearing the same language over the last 4 years from probably two different coaches (U10 and U12), the action by the athlete is immediate and swift.

This example should really hit at home with how we can impact how effectively athletes learn at NextGen. The practice of implementing this will be to have a series of short online quizzes that will challenge your knowledge of the terms. Stay vigilant with this, stay focused and stay positive 😊

Adam



<b>50/50</b>	A loose ball contested by a player from each team and which may be won by either one of them (a frequent cause of injury as players collide in attempting to be first to the ball).

<b>A</b>	
<b>Advantage</b>	A discretionary judgement which allows an official to permit play to continue rather than stopping play to administer a foul. This is because the foul did not put the offended team at a disadvantage, or the foul, should it have been called, may take away a favorable opportunity for the offended team.
<b>Angle of run</b>	The angle at which a player runs, sometimes applied in relation to the ball and sometimes in relation to the goal.
<b>Angle, defending</b>	Applied to defenders, especially the goalkeeper, moving nearer to the ball in order to reduce passing or shooting angles.
<b>Angle, passing</b>	Applied to the line of the pass, i.e. angling the ball to the right or left of a player.
<b>Assist</b>	One player passes the ball to a second player, who scores as a result of the pass.
<b>Attacking half</b>	Generally considered the offensive half. The half of the field where one particular team is trying to score.
<b>Attacking midfielder</b>	the most forward-playing midfielder, playing right behind the forwards; he supports the offense by providing passes to forwards to set up goals.
<b>Attacking third</b>	Some coaches prefer to divide the fields into thirds in setting tactical goals for their team. The attacking third is the third of the field where one particular team is trying to score. The other two thirds are called the defensive third and middle third.
<b>"Away"</b>	clear the ball out of the area it is in, usually the Penalty Area (PA)

<b>B</b>	
<b>Back</b>	1. Movement by players towards their own goal; 2. Communication to a teammate, who is carrying the ball, for a pass back; 3. Communication to a teammate letting him know that he has support behind him; 4. Another name for fullback.
<b>Back foot</b>	1. The foot farthest to the ball when receiving a pass
<b>Balance</b>	Used to describe the concurrent presence of coverage by a team in all important areas of the field of play
<b>Ball Carrier</b>	A player that has possession of the ball.



<b>Ball watching</b>	Player focuses solely on the ball and loses sight of the opponent he or she is supposed to mark.
<b>Ball side</b>	A player who is closer to the ball than to the opponent he is playing against is said to be "ball side" of the opponent.
<b>Beat</b>	To get the ball through or around an opponent by dribbling or shooting. As in "don't get beat" or "beat the player"
<b>Bending Runs</b>	runs made by players on the team with the ball that are not straight. If you run straight down the field in front of a teammate you cannot receive a pass since your back is to the passer. By making a bending run you are always in a position "open" to a pass.
<b>Bending the Ball</b>	Striking the ball with an off-center kick so that it travels in a curved path; also known as a banana kick.
<b>Blind-side run</b>	A type of running off-the-ball in which a player without the ball runs outside of the opponent's field of vision in order to receive a pass.
<b>Block tackle</b>	A defensive skill used to gain possession of the ball; the player uses the inside of the foot to block the ball away from an opponent.
<b>Breakaway</b>	A situation where an attacker with the ball breaks free of defenders and creates a one-on-one situation with the goalkeeper.

C	
<b>Call the ball</b>	going for a loose ball; for example, "Eric's ball"; do not yell "mine" as it may be construed as ungentlemanly conduct, trying to deceive an opponent verbally.
<b>"Carry"</b>	Dribble usually for a distance
<b>Caught square</b>	When two or more defenders have been beaten by a through ball because they were positioned square to one another (in other words, in a line across the field parallel to the goal line) because one or more failed to drop off and provide support, they are said to have been "caught square".
<b>Central Defender</b>	a player who guards the area directly in front of his own goal in a zone defense; does not exist in a man-to-man defense.
<b>Check In Check Out (AKA Checking Run)</b>	When a receiver runs away from the ball handler but then quickly runs back toward the ball handler. The idea is to draw the defender away from the ball handler to create an open space that the receiver can then run back into in hopes of being open for a pass. (I.e., the first run was a "dummy run"). The opposite of a "hooking run". (Other similar moves are "Hooking Run", "Show", "Third Man Running", "Movement Off-The-Ball" & "Creating Space").
<b>Center Circle</b>	A circle of 10 yard (9.15 meter) radius, drawn with the center mark as its center
<b>Channel (defense)</b>	To 'channel' an opponent is to steer him or her into a more predictable, easily defended direction.



<b>Channel (offense)</b>	When a fullback or midfielder plays the ball down the line to transition to another zone or when under a lot of pressure. Important that a line is beaten with the pass, otherwise immediate pressure will be felt
<b>Check in</b>	On offense, quick movement towards the player with the ball
<b>Check away</b>	To move away from a teammate who has the ball; frequently used before checking back to the ball in order to create space and confuse a defender.
<b>Check to</b>	An offensive player runs toward the ball carrier, usually to call for a pass; frequently used immediately after the player has checked away from the ball in order to create space and confuse the defenders.
<b>Chest trap</b>	when a player uses his chest to slow down and control a ball in the air.
<b>Chip Pass</b>	Pass or shot that is lofted into the air from an attacker to a teammate or on goal, usually over the head of a defending player.
<b>Clear</b>	When the defending team kicks the ball away from the goal and out of the goal area.
<b>Close down</b>	The technique whereby a defender gets as close as possible to an attacker, usually the ball-carrier, without letting the attacker get past.
<b>Coachable Moment</b>	A quick freeze of the action during a drill. The coach blows his whistle. The players freeze their positions. The coach gets in, makes an observation or point, and then immediately gets back out. No preaching and no long drawn out speeches. This is the consensus pick among coaches as the best way to coach drills.
<b>Compress the field</b>	As defenders push out toward the ball, thereby reducing the area in which attacking forwards can move without being in an offside position, they are said to "compress the field".
<b>Connect the dots</b>	A term used when passing a ball. 3 dots in an imaginary passing line: the passer, the path of the ball and the receiving player
<b>Contain</b>	Slow down player with the ball. Also see jockeying.
<b>Control</b>	when a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet. Trap can also be the command yelled for an offside trap by the defense.
<b>Controlling surface</b>	The surface of the body in contact with the ball to bring the ball under control.
<b>Cool down</b>	The portion of practice devoted to stretching muscles and returning body functions to their normal state.
<b>Counter Attack</b>	An attack launched by a defending team soon after it regains possession of the ball.
<b>Cover</b>	1. A defender who is supporting a teammate facing the attacking player on the ball is said to be providing cover; 2. A defender moving into such a position will call "Cover!" to let his or her teammate know of the presence of support.
<b>Creating Space</b>	A term meaning to draw your mark away from your teammates or away from the area that you want open. The most obvious use of this is to draw defenders out of the box on set plays (i.e. corner kicks) so that a player on your team can use that space to receive, shoot or head the ball.
<b>"Cross" or Crossing Pass</b>	a kick into the middle of the goal box, a pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field; used



	to give the teammate a good scoring opportunity. A pass in which the ball is kicked from one side of the field to the other side.
<b>Cross, diagonal</b>	Usually applied in the attacking third of the field to a pass played well infield from the touch-line and diagonally forward from right to left or left to right.
<b>Cross, far-post</b>	A pass made to the area, usually beyond the post, farthest from the point from which the ball was kicked.
<b>Cross, flank</b>	A pass made from near to a touch-line, in the attacking third of the field, to an area near to the goal.
<b>Cross, mid-goal</b>	A pass made to the area directly in front of the goal and some six to twelve yards from the goal-line.
<b>Cross, far post</b>	A pass made to the area four to six yards infield from the post nearest to the point from which the ball was kicked.
<b>Cruyff turn</b>	A turn used for change of direction and to deceive an opponent; named for Johan Cruyff, the famous Dutch player who popularized the move.
<b>Cut</b>	A move, made while dribbling, in which the player advancing the ball shifts direction suddenly, using a foot to redirect the ball.
<b>Cut down the angle</b>	When a goalkeeper leaves the goal area and moves toward an attacker, decreasing the angle that the attacker has to successfully shoot the ball into the net.
<b>Cut off the line</b>	A defense against teams that always do their throw-ins "down the line", a defender close "marks" or checks the intended receiver.
<b>Cut Off</b>	When a defending player positions his or her body between an attacker and the defending goal. The positioning should force the attacker out toward the sideline.

<b>D</b>	
<b>Dead ball</b>	A situation that occurs when the ball is not in play while on the field, which is usually on free kicks, corner kicks, penalty kicks, and throw-ins.
<b>Defender</b>	Also called fullback. A player who functions primarily in the defensive third of the field and whose major role is to repel attacks on the goal by the opposing team.
<b>Defensive Midfielder</b>	the player positioned just in front of his team's defense; he is often assigned to mark the opposition's best offensive player; also called the midfield anchor.
<b>Defensive pressure</b>	when one or more defenders closely mark a ball carrier to harass him into losing the ball.
<b>Defensive third</b>	Some coaches prefer to divide the fields into thirds in setting tactical goals for their team. The defensive third is the third of the field where one particular team is defending their own goal. The other two thirds are called the attacking third and middle third.
<b>Delay</b>	nearest player steps to the ball and slows down the opposition, allowing for the rest of the defense to get back into shape.
<b>Deny</b>	deny attackers of space, time and positioning close to the goal.



<b>Deflect</b>	get in front of the ball when an attacker moves to make a cross or shot.
<b>Defend</b>	make a tackle at the right moment to gain possession of the ball.
<b>Disguise</b>	Concealing one's intentions by pretending to do one thing and then doing something else.
<b>Direct Free Kick</b>	a free kick that is awarded for fouls that involve physical contact such as tripping, holding, or pushing or for a hand ball by field players or for a hand ball by the goalkeeper when he is outside of the penalty area. A free kick requires the other team to back off of the ball ten yards and allow a free striking of the ball. A free kick can score by going directly into goal. It does not have to be touched by anyone other than the kicker.
<b>Direct Play</b>	A tactical system in which a team attempts to play the ball forward into the attacking third as soon as possible after recovering possession, frequently by playing long balls over the top. Often contrasted with possession play.
<b>Dive in</b>	To attempt to tackle an opponent without first slowing one's own or the opponent's forward progress, thereby making it easy for the opponent to beat the defender with a dribbling move.
<b>Down the line</b>	Throw-in or pass where the ball is close to the touch line toward your opponent's goal rather than toward the center of the field.
<b>Draw</b>	Also called a tie. When both teams score an equal number of goals, including no goals scored by either team.
<b>Dribble Penetrate</b>	When an attacker with the ball speeds up their dribble to try and get behind the pressure defender, using a move or speed
<b>Drive</b>	(running with the ball) playing the ball well forward and running after it. Used to accelerate away from an opponent.
<b>Driven pass</b>	Player uses the laces to make a straight lined pass to a teammate, typical with pace on the ball
<b>Drop</b>	pass backwards into negative space (usually) dropping a ball for a teammate to possess or shoot.
<b>Drop ball</b>	A method of restart in which the referee 'drops' the ball to the ground. The players may not kick the ball until the ball touches the ground.
<b>Drop Off</b>	Defensive measure where players should back pedal, get into position and stay compact. Usually done during a counter-attack, aimed at slowing down the attack
<b>Dummy</b>	To pretend to be about to receive the ball, but allow the ball to travel past oneself, in order to deceive the opponent.
<b>Dummy Run</b>	When a player without the ball makes a run toward the goal to draw defenders away from the dribbler or passer.

F	
<b>Fake or feint</b>	a move by a player meant to deceive an opposing player; used by a ball carrier to make a defender think the ball carrier is going to dribble, pass or shoot in a certain direction when he is not.
<b>Far and Wide</b>	Spread out using the width and length of the field
<b>Far post</b>	The goalpost farthest from the ball



<b>Feint</b>	A deceptive movement by a player, which can be applied with or without the ball, meant to fake out an opponent.
<b>Finish</b>	The ability to complete a play or move. Younger players have problems "finishing". Because they lack confidence in their ability to shoot or pass accurately from long distances they tend to dribble or possess the ball too long and end up losing the ball to an opponent. Strikers must be "good finishers".
<b>First defender</b>	Closest defender to the ball
<b>Flank</b>	The left or right side of the field. Also known as the wing.
<b>Flat back four</b>	A popular defensive formation that relies on lots of support. All players connect a line from side to side
<b>Flat footed</b>	if you stand on your heels or even with your legs stiff you cannot react quickly to the play and will get "caught " or beaten to the ball.
<b>Flick header</b>	A quick header, flick header
<b>Flick Pass</b>	A short, quick kick of the ball to a teammate.
<b>Follow Through</b>	The distance the foot travels after it first strikes the ball.
<b>Follow up</b>	Used as a coaching instruction to get players to follow the ball after a shot has been taken. This instruction is geared to preparing the players to get a second (or more) shot should a rebound occur
<b>Formation</b>	the arrangement into positions of players on the field; When listed as numbers formations always leave the goalkeeper off and work from the defensive end to the offensive end. For example, a 4-3-3 formation places 4 defenders, 3 midfielders and 3 forwards on the field.
<b>Forward line</b>	the 3 or 4 forwards who work together to try and score goals; consists of two wingers and 1 or 2 strikers.
<b>Forward pass</b>	a pass made towards the opposition's goal.
<b>Forwards</b>	the 2, 3 or 4 players on a team who are responsible for most of a team's scoring; they play in front of the rest of their team where they can take most of its shots; strikers and wingers. Player who functions primarily in the attacking third of the field and whose major responsibility is to score goals.
<b>4-3-3</b>	a formation that consists of 4 defenders, 3 midfielders and 3 forwards
<b>4-4-2</b>	a formation that consists of 4 defenders, 4 midfielders and 2 forwards
<b>4-2-3-1</b>	A formation that consists of 4 defenders, two holding midfielders, 1 attacking midfielder, 2 wingers and a striker
<b>Free Kick</b>	A kick awarded to a player after an opponent commits a foul. The ball is set at the spot of the foul and the player kicks it without any opposing players within 10 yards of the ball. Also see direct free kick and indirect free kick.
<b>Front Header</b>	the striking of a ball in the air by a player's forehead
<b>Front foot</b>	1. The foot closest to the ball. 2. "Front [of the] foot" refers to the outside part of the foot near the shoe laces and just above the little toes.
<b>Front tackle</b>	an attempt by a defender to kick the ball away from an attacker by approaching him from a head-on position.
<b>Funnel</b>	an imaginary funnel shape on the field with the wide portion of the funnel originating at the points where the mid-field line meets the touch-lines and the narrow end of the funnel pouring into the mouth of your own goal. This



	is a term used by the defense to get the opponent out of the funnel area where the angle on shots is good.
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G	
<b>Get Square</b>	an offensive tactic of getting ten to twenty yards away from your teammate who possesses the ball at a 90 degree angle (formed between the teammate and the goal.)
<b>Get Wide</b>	moving to the outside edge of the field
<b>Give and Go</b>	Also known as a 1-2 and wall pass. A pass to a teammate who one-touches the ball back into space for the player to run onto.
<b>Goal area</b>	the rectangular area 20 yards wide by 6 yards deep in front of each goal from which all goal kicks are taken; inside this area, it is illegal for opposing players to charge a goalie not holding the ball. Area (20 x 6 yd. on a full-size field) marked within the penalty area, and directly in front of goal, from which all goal kicks originate.
<b>Goal Kick</b>	Kick made from inside the goal area away from the goal. A goal kick is awarded to the defending team when a ball crosses the goal line that was last touched by a player on the attacking team.
<b>Goal line</b>	The marked line running the width of the field at each end. The goal line, also called the end line, runs directly across the front of the goal. A ball must completely cross the line to be a goal.
<b>Goalmouth</b>	the front opening to each goal.
<b>Goal side</b>	Keep opponent with or without the ball towards the outside touchline
<b>Goal side, ball side</b>	A defensive position where the defender is between the closest attacker and the goal and between the attacker and the location of the ball
<b>Golden goal</b>	The goal in "sudden victory" overtime that wins and ends the game. These overtimes are sometimes given the unfortunate name "sudden death."

H	
<b>Half Volley</b>	A pass or shot that is made immediately after the ball hits the ground on the short hop.
<b>Halfway Line</b>	A marked line that divides the field into an attacking zone and a defending zone for each team.
<b>Handle</b>	What the goalkeeper can do inside of the 18-Yard Box - use his hands to pick up the ball.
<b>Hand ball</b>	Intentionally playing the ball with one's hand or any part of the arm
<b>Header</b>	Using your head to pass or control the ball.
<b>Help</b>	Support teammate in trouble
<b>Hips Open</b>	this is the way a player should receive the pass from a teammate. By having you hips open to the field in the direction that you are attacking you can receive the ball on your back foot without stopping or trapping it and thus





	can play it forward immediately. Also the "hips open" position allows the player to see the whole field so he can remain aware of open teammates or defenders.
<b>Hook</b>	the curved trajectory of a ball due to spin imparted on it by a kicker
<b>Hospital pass</b>	a pass from one teammate to another that should be crisp but instead is too soft. This results in a pass that becomes a 50/50 ball instead of one that is easily received without being contested by the opposition. A hospital pass is just what it says it is - a pass that could result in an injury that puts the receiver in the hospital.

I	
<b>In play</b>	When the ball is within the boundaries of the field and play has not been stopped by the referee.
<b>Indirect free kick</b>	a free kick that is awarded for other fouls that are judged to be not overtly serious. The player kicks a stationary ball without any opposing players within 10 metres of him; a goal can only be scored on this kick after the ball has touched another player. It is awarded for technical and minor infractions of the rules.
<b>Injury time</b>	Time added to the end of any period according to the referee's judgment of time lost due to player injuries or intentional stalling by a team.
<b>Instep drive</b>	a straight shot taken with the instep of a player's foot; usually the most powerful and accurate of shots.
<b>Instep</b>	The portion of the foot to the side of the shoelaces; the inside of the foot.
<b>In-swinging</b>	A kick that curves in towards the goal mouth.

J	
<b>Jockey</b>	The act of slowing down an attacker where a defender may fake tackles and try to disrupt the attacker's dribbling; used to provide other teammates with time to recover and get into defensive position. A good delaying form of defense against teams that tend to dribble too deeply into the corners before serving their crosses into the mouth of the goal.
<b>Juggling</b>	Skill performed by keeping the ball in the air with any part of the foot or body, excluding the arms or hands. Usually used for practice and developing coordination.

K	
<b>"Keeper"</b>	goal keeper's command that he is going or should go for the ball.



<b>Keeper's in charge</b>	coaches command to the keeper to remind him to communicate to all defenders on corner kicks and throw-ins deep in your own territory as to who is to mark which opponent. This is especially important when opponents overload the far post on corner kicks.
<b>Keep it</b>	Maintain possession, move the ball around
<b>Keep it on the deck</b>	Keep the ball on the ground

L	
<b>Lay off</b>	To play the ball to one side for a teammate, normally when one has one's back to the opponents' goal.
<b>Laws of the game</b>	The 17 rules of soccer established by FIFA.
<b>Lead pass</b>	A pass sent ahead of a moving teammate so that the ball arrives at its target at the same time as the teammate
<b>Legal slide tackle</b>	most tackles where the defender gets all or most of the ball are considered legal. However, tackles from the front "cleats up" and almost any tackle from the rear are considered illegal by most referees.
<b>Line of Confrontation</b>	The starting point of defending, usually with the front 3
<b>Loft shot</b>	or pass with a high arc.
<b>Long corner</b>	A corner kick where the attacking team attempts to kick the ball all the way into the goal box.

M	
<b>"Man on"</b>	opponent approaching fast
<b>Man-to-man</b>	Form of defense in which each player is assigned to mark a player on the offensive team.
<b>Maradona turn</b>	A turn used to change direction and elude an opponent; named for Diego Maradona, the famous Argentinian who popularized it.
<b>"Mark"</b>	The defensive action to guard or shadow an opponent. This can be done tightly or loosely, depending on the team tactics. Guarding a player to prevent him from advancing the ball towards the net, making an easy pass or getting the ball from a teammate. Guarding or covering an opposing player (with or without the ball) when he/she moves into your area of play.
<b>Mark up</b>	Used to instruct players to guard an opponent so that all attacking players are marked.
<b>Match</b>	A game of soccer



<b>Measure</b>	What you do to your opponent in a man-to-man system. You "measure" him. Does he always go to his right to shoot? Does he have a favorite move that he uses all the time? Does he try to always tackle or just delay on defense? Does he have a favorite receiver or passer? Generally this is done in the first portion of a match. Then a smart player will use that information to gain an advantage during the remainder of the match. For example, if you know that you opponent has a weak left foot you can cheat to his right to tackle away the ball.
<b>Mid</b>	short for midfielder - as in "He's playing center mid."
<b>Midfield</b>	the region of the field near the midfield line; the area controlled by the midfielders.
<b>Midfielders</b>	the 2, 3 or 4 players who link together the offensive and defensive functions of a team; they play behind their forwards. Player who functions primarily in the center (neutral) third of the field and whose principal job is to link the defense and the attack through ball control and passing.
<b>Misconduct</b>	An offense that is a serious breach of the spirit of the game and results in either a caution or an ejection
<b>Movement off the ball</b>	Movement of a player without the ball that creates passing and scoring opportunities for teammates.
<b>"my ball"</b>	yelled when going for a loose ball - can be considered unsporting behavior by the referee, especially if used to trick an opponent into not playing a ball.
<b>"move"</b>	don't get caught flat footed and keep moving or also a move is a way of maneuvering around an opponent - "to put a move on him."

<b>N</b>	
<b>Near Post</b>	goal post nearest to the ball - this same post can become the far post as the ball moves to the other side of the field.
<b>Nutmeg</b>	to pass or dribble the ball through the legs of an opponent.

<b>O</b>	
<b>Obstruction</b>	When a defensive player uses his or her body to prevent an offensive player from playing the ball. The result is an indirect free kick by the offensive team.
<b>Offside</b>	A violation is called when a player in an offside position receives a pass from a teammate. Offside is defined as occurring at the moment the ball is played by one of the attacking players to a teammate in a position if he/she is nearer to the opponents' goal line than the ball
<b>Offside Trap</b>	A play by the defense to catch the attacking team offside. It is often used on restarts (short corner kicks, deep indirect free kicks and deep throw-ins). The



	sweeper usually calls out "Trap" as a signal for the fullbacks to pull up past the attackers as soon as the ball is put into play by an attacker.
<b>On target</b>	A shot which will enter the goal if nothing stops it is said to be "on goal"
<b>On your toes</b>	Ready to react
<b>Onside</b>	Being playable, not offsides
<b>One touch</b>	When a player redirects a moving ball with the first touch, either as a pass to another player or as a shot, without using the first touch to control the ball.
<b>Open</b>	describes an attacking player who does not have anyone marking him.
<b>Open up</b>	1. To turn slightly away from the direction of an approaching ball which one is about to receive in order to improve one's vision of the field of play by having more of the field in view. 2. Issued as an instruction to a player to tell him or her to open up.
<b>Out</b>	defenders are to move towards the ball, away from the goal line
<b>Outlet pass</b>	when a goaltender or defender passes the ball from close to his own goal toward the other team's goal; used to start a counterattack.
<b>Out-swinging</b>	A kick that curves away from the goalmouth. The idea is to curve the corner kick away from the arms of the goalkeeper to an attacker with a clear shot or head at goal.
<b>Overlap</b>	A method in which a supporting teammate runs from behind to position ahead of the player with the ball. Tactic often used to move defenders and midfielders into attacking positions.
<b>Over the top</b>	To play "over the top" is to send long high balls forward into the attacking third so that they drop behind the fullbacks, with the intention of creating attacking opportunities for strikers or wing forwards
<b>Overtime</b>	If the score is tied after regulation and the rules call for more time to be played, then two periods of equal and predetermined time must be played, team changing ends after each period.
<b>Own goal</b>	When a defender accidentally scores in his goal.

P	
<b>Pass</b>	when a player kicks the ball to his teammate; used to move the ball closer to the opposing goal, to keep the ball away from an opponent or to give the ball to a player who is in a better position to score.
<b>Passive Offsides</b>	being in an offside position but not being involved in or interfering with or gaining an advantage in the play.
<b>Penalty</b>	A violation of the rules that can lead to a penalty kick
<b>Penalty Arc</b>	A marked arc, with a 10-yard radius, centered at the top of the penalty area. The arc designates the area opposing players are not allowed to enter before a penalty kick.
<b>Penalty Area</b>	The marked rectangular area, 44-yards wide and 18-yards deep, beginning at the goal line. Goalkeepers may use their hands to block or control the ball only within this box. Defensive fouls in this area such as a hand-ball or trip may result in a penalty shot.



<b>18 Yard box</b>	The large area in front of the goal known as the penalty area. Most fouls in this area against the defensive team will result in a penalty kick.
<b>Penalty Spot</b>	the small circular spot located 12 yards in front of the center of the goal line from which all penalty kicks are taken; positioned at the center of the penalty arc.
<b>Penalty shot</b>	a kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away normally awarded for the most severe rule violations and those committed by the defense within its own penalty area.
<b>Penetrate</b>	to advance the ball behind opposing defenders (between them and their goal).
<b>Plant foot</b>	The non-kicking foot or the foot remaining on the ground.
<b>Play on</b>	A term used by referees to indicate that no foul or stoppage is to be called
<b>Poke tackle</b>	Stealing the ball from an opponent by toeing the ball away.
<b>Possession or Possess</b>	To have control of the ball.
<b>“Pressure”</b>	an attacking or aggressive defense - as in "We pressured the goalkeeper on all punts."
<b>Pressure (cover-balance)</b>	First defender
<b>“Push up”</b>	command to the defense to move up toward the play
<b>Punt</b>	A goal keeping distribution technique where the ball is dropped from the hands and then kicked off the laces of the soccer shoe.

R	
<b>Ready position</b>	The goalkeeper's basic stance when the ball is within shooting range of the goal.
<b>Recover</b>	The act of defenders to get back into a defensive position.
<b>Restart</b>	The use of a kick, throw or dropped ball to restart play after play has been stopped because the ball goes out of the field of play or the referee stops play for any reason.
<b>Running-off-the-ball</b>	Movement of a player without the ball that creates passing and scoring opportunities for teammates.
<b>Run, blind-side</b>	A run by an attacker on the opposite side of a defender from the ball.

S	
<b>Save</b>	the act of a goalkeeper in blocking or stopping a shot that would have gone into the goal without his intervention.
<b>Scan</b>	Action where a player looks around them before receiving a pass, calling for the ball, moving up to be first defender, etc.



<b>Scissors</b>	A skill where the dribbler draws back his or her dominant foot to make the defender think the offensive player is going to kick the ball. Instead, the dribbler throws that same foot up and over the ball, then using the outside foot, taps the ball to the side and runs off with it in a new direction.
<b>Scissors Kick</b>	A kick made by a player while off the ground in which the ball is struck by one foot as the legs make a scissors-like motion.
<b>Set piece</b>	a planned strategy that a team uses when a game is restarted with a free kick, penalty kick, corner kick, goal kick, throw-in or kickoff.
<b>Shielding</b>	The tactic of a ball carrier putting his body between the ball and the defender
<b>Shooting</b>	when a player kicks the ball at the opponent's net in an attempt to score a goal.
<b>Short corner</b>	A corner kick that is played to a teammate who is not around the 6 yard box and who is fairly close to the kicker as opposed to a long corner which is kicked directly to a player in front of the goal.
<b>Shoulder to shoulder</b>	When two players from opposite teams use their shoulders to try and throw each other off balance
<b>Side tackle</b>	an attempt by a defender to redirect the ball slightly with his foot away from a ball carrier running in the same direction.
<b>Slide tackle</b>	Executing a baseball type slide in an attempt to dispossess the ball from a ball carrier
<b>Six yard box</b>	The small lined rectangular area in front of the goal
<b>Small sided game</b>	Any one of numerous types of exercise or competition in which the number of players involved is less than (usually much less than) the "normal" 11 a side.
<b>Snapshot</b>	a mental picture. Strikers are often told to take a snapshot of the goal (steal a glimpse) so they know the position of the other players. That allows them to shoot on one touch without having to look up at the goal.
<b>Soft goal</b>	A goal given up by a goalkeeper on what should be an easy save - i.e. no pressure, weak shot, etc.
<b>Space</b>	Used to define an area on the field that is free from opponents and pressure. The ball can be passed into space for a player to run on to. A player can run into space to get open for a pass or to bring defenders with him to rid the area under attack of defenders
<b>Space, exploited</b>	Utilizing effectively in attack the space already created.
<b>Split run</b>	Runs made usually by central forward players in opposite directions in order to create space in central attacking positions.
<b>Spread Out</b>	distance on the field
<b>"Square"</b>	to be in position parallel the length of the field or directly level to another player based on direction of play.
<b>"Square pass"</b>	A pass made by a player to a teammate running parallel him or her.
<b>"Stay wide"</b>	Yelled to wings, fullbacks, and outside midfielders to remind them to hold their positions and not run to the ball.
<b>Step</b>	defense move up command
<b>Stretch the field</b>	Offensive players making the field big by expanding



<b>Striker</b>	a team's most powerful and best-scoring forward who plays towards the center of the field.
<b>“sub”</b>	call by the Coach to request that the Referee allow for players to leave the pitch and substitutes to enter during a stoppage of play. All players must wait for indication from the Referee before proceeding on or off the field.
<b>“Support”</b>	get into an open area to support teammate in trouble (offensively or defensively)
<b>“Switch”</b>	A strategy used when the opposition loads one side of the field with stronger players or when players fail to make progress up one side or the other. The captain, keeper or coach will call for the ball carrier to "switch" the ball and play to the weaker or open side of the field. Often the keeper can see the congestion on one side of the field an "switch" the ball to the opposite side and an open player.
<b>Switch off</b>	To trade marking assignments.
<b>System of play</b>	A term used to describe the specific manner in which a given formation is implemented. For example, a 4-4-2

T	
<b>Tackle</b>	A defensive tactic using the foot to take the ball away from an opponent.
<b>Tactics</b>	Organizational concepts, on an individual, group or team basis outlining player roles within the team structure.
<b>Target</b>	player A player, usually a forward, who is the target of passes and crosses. He or she tends to play with their back to the goal on which they are trying to score.
<b>Technique</b>	Game skills which include passing and receiving, heading, dribbling, shooting and shielding.
<b>The 4 D's to Defending</b>	Deny, Delay, Deflect, Defend
<b>Thigh Trap</b>	when a player uses his thigh to slow down and control a ball in the air.
<b>Through pass</b>	A pass designed to go between two defenders in order to take them out of the play and release one's own player into space. Used to penetrate a line of defenders.
<b>“Time”</b>	Settle down, get the ball under control - There is no pressure from the defenders.
<b>Toe poke</b>	the player is able to touch the ball with his toe, attempting to dispossess the ball carrier or if offensive, get a quick touch on the ball by using the forward most part of the body when the leg is fully extended
<b>Touchline</b>	The line that runs the length of the field on both sides, from goal to goal. Also called the sideline
<b>Touch tight</b>	When a defender is close enough to the closest attacker that they can touch them
<b>Trailing or trailing run</b>	running behind another player.
<b>Transition</b>	Going from offense to defense or defense to offense



<b>Trap</b>	when a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet. Trap can also be the command yelled for an offside trap by the defense.
<b>Turnover</b>	When a player loses possession of the ball to an opposing player.
<b>Two-touch</b>	passing A type of passing in which the receiving player controls the ball with the first touch and passes to a teammate on the second.

V	
<b>Volley</b>	Make a play on a ball in the air, before it hits the ground or after it hits the ground and is on its way back down

W	
<b>Wall</b>	A defensive tactic where a line of two to six defending players join shoulder-to-shoulder in an attempt to protect their goal during a free kick. The wall is designed to reduce the open goal area the kicker has to shoot at.
<b>Weight of the pass</b>	A term quite frequently used to describe the pace of a pass.
<b>Wide angled support</b>	Support at a sufficiently wide angle to give the greatest possibility for passing the ball forward.
<b>Wings</b>	A forward who stays wide to either side of the field and plays to the sides of the strikers. Whose primary task is to provide them with accurate crossing passes so they can shoot at the goal. Wings are often the fastest players and best dribbler on the team.

Z	
<b>Zone Defending</b>	A type of defense that assigns each defender to a particular area in front of or around his or her team's goal. They are then responsible for marking any attacker that enters that zone. Often used in youth league games but rarely in professional competition.