

## Basic soccer terms to help communicate with your soccer player

Here is a list of terms that you might hear on the soccer pitch.



**Man on:** Pressure is coming from behind.

**Time:** The player has time to control the ball and play.

**Turn and face:** When the ball goes out the players should watch and make sure the other team does not restart play quickly.

**Tackle:** Win the ball from the opponent.

**Push up/step up:** When your team has cleared the ball your team needs to move up the field.

**50/50 ball:** Two players are going for the ball and have equal chance to get the ball.

**Slide tackle:** The player slides in and tackles the ball away. Note: Not from behind.

**Take a touch:** The player controls the ball instead of just kicking the ball down the field.

**On the ground:** Players are constantly just kicking the ball in the air.

**Be first:** Can you be first to win the soccer ball.

**Pressure or press:** Pressure the other team or players.

**Take him on:** Go at the opponent and try and beat them with a move.

**Shield:** Protect the ball from your opponent by using your body.

**Head up/eyes up:** Get your head up to see what is in front of you.

**One touch:** The player will pass the ball with one touch.

**Two touch:** The player takes one touch to control the ball and one touch to pass the ball.

**Unlimited:** The player plays with unlimited touches of the ball.

**Give and go/combination play:** Two players play passes around a defender.

**Shape:** is how the team moves as a unit around the field. It can be with the ball - attacking shape or without the ball - defending shape.

**Match up/mark up:** When defending players need to match up on players or mark players.

**No bounce:** Don't let the ball bounce or hit the ground

**Restarts:** The restart of play from a throw in, corner and goal kicks.

**Don't turn into players:** Lots of players have the habit of turning right into defenders and losing the ball.