

Fundamental Coaching Concepts

OBJECTIVES OF THE GAME

ATTACKING OBJECTIVES DEFENDING OBJECTIVES

Score
Advance
Maintain Possession

Stop Scoring
Delay
Regain Possession

PRINCIPLES OF PLAY

ATTACKING PRINCIPLES DEFENDING PRINCIPLES

Penetration
Depth
Mobility
Width
Creativity

Delay
Depth
Balance
Concentration
Composure

Common Soccer Terminology

1. Touch lines – The lines that form the long side of the field where players may “touch” the ball for a throw-in. Not “sideline” as in some other sports.
2. Goal lines – The lines at the ends of the field where the goals are placed. Not “end line” as in some other sports.
3. Handling the ball – A player’s deliberate use of his/her hands to control the ball. Not “handball”, which is another sport that uses a small hard ball and a wall.
4. Goal area – The area defined for taking goal kicks in front of the goals. Not “goal box”, which implies a three-dimensional structure.
5. Penalty area – The area defined where goalkeepers may use their hands and where certain fouls result in a penalty kick. Not “penalty box” or “the box”, which imply a three-dimensional structure.
6. Goalkeeper – The player allowed to use his/her hands inside the penalty area to control the ball. Not “goalie”, which is a name used in other sports. “Keeper” is an acceptable shortening.
7. Good ball! - A compliment to a teammate for a ball well played. Not “good kick”, which parents yell for any strong kick no matter where the ball goes.
8. Man On! - Telling a teammate there is an approaching opponent who is applying pressure.
9. Clear it! - A request to a teammate to kick the ball away from the goal.
10. Push Up! - A request for defenders to move forward quickly and force the opponents to move away from the goal or be left in an offside position.
11. Mark up! - A request to teammates for everyone to mark (guard) an opposing player and thus ensure all opponents are marked.
12. Down the line! - A request to throw or play the ball parallel and close to the touch line.
13. Keeper! Keeper! - A demand from the goalkeeper to his teammates not to play the ball because he/she is in a better position to gain possession under pressure.
14. Near Post – The goal post nearest to the ball.
15. Far Post – The goal post farthest from the ball.
16. Striker – An attacking player playing in a forward position. Not “forward”, which is used in other sports
17. Midfielder – Player who plays mostly in the middle of the field. Not “halfback”, which is used in other sports.
18. Defender – Player who plays mostly close to the players own goal. Not “fullback”, which is used in other sports.
19. Sweeper – Player who plays mostly behind his/her defenders.
20. Wing(er) – Player who plays mostly wide near a touch line.