



# The Language



**“End Line”** – Aka the goal line. The line at the end of the field that the goal rests on.

**“Touch line”** – Aka the side line. The line running on the outside of the field that declares the out of bounds territory.

**“Maximize Touches”** – Every step a player takes they should be taking a touch on the ball. (While working on ball mastery touches, exception for speed dribbling.)

**“12 to 6”** – Refers to numbers on a clock. Used as a reference when practicing Change Of Direction moves. Players should look to pull the ball straight back as if moving straight towards 12 o’clock and turn 180degrees to go straight back towards 6 o’clock.

**“Arm Flash”** - Player should use arm and body to protect ball. Not by pushing! But holding elbows up and out to create a buffer between the ball and defender.

**“Explode”** – Once a move is performed, players should look to change speed and direction to accelerate away from the defender/pressure.

**“Search”** – The player in possession must get their head up and search for the correct option.

**“Relax”** – The player in possession must relax and slow play down.



# The Language



**“Possession”** – Art are of keeping the ball as a team, passing it between teammates.

**“Attack”** – Passing the ball between teammates, however now team moves forward to go to goal.

**“Open Up”** – When transitioning from defending to attacking, players should look to stretch the field to give teammates and themselves more space and time in possession.

**“Positive Touch”** - Players should look to take their first touch in the direction they want to go with the ball instead of stopping it dead and then moving it in the direction they want to go.

**“Connect Passes”**- Passes from teammate to teammate, where passes are directly to a teammates feet instead of into space. “Utilize when we wish to keep possession”.



# The Language

**“Time”** - There is no immediate pressure on the player. Player have time to turn, face forward and be positive.

**“Turn”** – Often used to encourage a player to turn out of or away from pressure (defenders) and into open space behind the player in possession.

**“Man On”** – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

**“Scan”** - Without the ball, the player must look over shoulders to identify where the pressure is in order to prepare their first touch and pass to play away from the pressure.

**“Prepare Your Feet”** - Players must always adjust their feet and avoid stretching for the ball as much as possible

**“Be Proactive”** - With or without the ball, players should look to test the opposition by making aggressive penetrative runs.

**“Pass and Move”**- Command to encourage players to continue to move to get the ball back immediately after releasing a pass



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**“Combine”** – Connecting of passes among teammates to move the ball around the defenders.

**“One – Two”** – A combination pass. Commonly known as a “give and go” in the US.

**“Third Man Combination”** – A more advanced combination pass involving a third teammate to complete a “give and go”.

**“A Run”** – Movement of a player off the ball to an open space to receive the ball.

**“See Pass Two”** – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

**“Release”** - A leading pass for a team mate making a run that changes the phase from possession to attack.

**“Heels to the Line”** – Wing, players must recognize when to break wide and open the field up by running to the touch line, sideline. NOT AN EXAGGERATION! USE THE WHOLE FIELD. MORE SPACE = MORE TIME!



# The Language



**“Reset Attack”** – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

**“Re-Connect”** - Players must try to stay connected and work together as a tandem with respect to sharing the particular rolls and responsibilities of midfields, strikers and defenders working together. 4 to 5, 7 to 8, 9 to 10 and so on.

**“Correct/Proper Foot”** - Player must use the foot that is under the least amount of pressure and will allow them to take the first touch away from pressure.

**“Side On”**– The player must open shoulders and hips to set themselves to receive the ball.

**“Pressure”** – Refers to the oppositions defenders. 1 player can pressure (or go defend) the ball while the whole team can pressure together, working to mark their opponents closely to give them little time and space.

**“Press”** – Refers to the defender or defending team used to describe how players should engage the opposition.



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# The Language



**“Mark”** – The individual opposing player that you are responsible for defending. Often referred to in basketball when asked “who are you covering”?

**“Cover”** - The job of every player who is not immediately putting pressure on the ball. The 2nd defender has “cover” for the first defender, meaning that if the first defender gets beat 1on1, the 2nd defender can step in to help out.

**“1st Defender”** – Player closest to the ball that declares themselves as responsible for providing the immediate pressure on the ball.

**“2nd Defender”** – Any defender who is close enough to provide immediate cover to the 1st defender in the case that they get beat 1on1

**“Press The First Touch”** - Players should press the opponent who has the ball so they are not able to have time and look forward towards goal.

**“High Press”** – Defensively, team pushes high up the field to engage/defend the opposition close to their own goal. Defending teams intensity is very high, trying to force opposition to make a mistake close to their own goal in order to immediately turn that into a goal scoring opportunity.



# The Language

**“Low Press”** – Defensively, team sits in, close to their own goal. Idea is to make the space in front of their goal small and tight so that opposition has little space to play passes into and dribble through.

**“Counter Attack”** – Offensive strategy the works well when team chooses to low press defensively. Team immediately looks forward upon winning the ball back after defending, passes are generally leading teammates into space so they can run onto the ball and get possession while running to goal.

**“Break Lines”** – Penetrate the opposition defense with runs, passes, dribbling, or crosses into space between or behind a line of defenders.

**“Play the way you’re Facing”** - The player must recognize when pressure is so tight to their back that trying to turn will likely lose possession they should, instead, play the ball back to a teammate in the direction they are already facing.

\*\*NSC players should regularly be encouraged to play the ball back towards their own goal if their teammate will be able to receive the ball with little/no pressure. Encourage midfielders to play back and use defenders and defenders to play back to their Goal keepers instead of just kicking the ball out of bounds!!\*\*



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**“Stretch the Field”** – In possession, players should look to get wide, high and deep to give teammates more time and options to pass with less pressure on the ball. Wingers get heels to the line, Defenders drop back, back peddling, toward their own goal to be an option for teammates to pass, forwards/strikers should move up towards opponent’s goal to force opponent’s defenders to stay back.

**“Possession with Purpose”** –Whether it be to build out of the back, move the ball out of pressure, lure the defending team out from in front of the goal, to open up space to attack or simply to tire out the opponent; players should know why we want them to keep position. WE are not passing simply for the sake of passing!

**“Decisions”** – Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively. Players should be acknowledged for a good decision regardless of the actual outcome.

\*\*As coaches we should be trying to see what it is the player intended AND encourage them for their thought process. ASK WHY!! Helps players develop understanding! Players are more likely to do what they are asked as long as they understand why it is important!\*\*