

PENTUCKET YOUTH SOCCER ASSOCIATION

GLOSSARY OF TERMS

Technical Ability

Receiving

- **Ground Balls**—Positions the inside or outside of the foot to the oncoming ball and cushions the ball by pulling back with the receiving foot. Maintains control of ball.
- **Air Balls**—Moves toward the ball, attempts to drop the ball in front of the body away from pressure so it remains under control.
 - **Laces**—Lifts foot up to meet the oncoming ball. Drops foot and cushions the ball on top of foot (laces) to the ground.
 - **Thigh**—Lifts thigh up to meet ball. Drops thigh and cushions the ball on contact.
 - **Chest**—Bend knees, arch back while using arms for balance. Cushion ball (collapse chest) and guide ball to the feet.

Passing

- **Short**— Close range, crisp, accurate and easy to receive passing.
- **Long**— Long range, low to ground, or aerial passes, accurate and easy to receive passing.

Dribbling

- **With Pressure**— Uses moves to beat a defender by quickly change direction and speed. Use of different surfaces of the foot.
- **Without Pressure**—Uses longer touches away from the body to build up speed. Uses outside of the foot or the instep (laces) to push the ball forward

Heading

- **To Clear**—Player understands and executes driving the ball away from opponents.
- **Winning Balls**—Player heads the ball down, towards the ground, goal or teammate.

Finishing

- **Power**— Ability to strike the ball with pace.
- **Composure**— Doesn't panic under pressure.
- **Heading**— Ability to direct and score or create scoring opportunities

Defending

- **Deny/Anticipate**— Places themselves in an area to cause disruption of the attacking team, without direction or coaching.
- **1v1 Defending**—Defensive footwork/stance, does not over-commit, plays aggressive (gets close enough to touch the player with the ball) yet patient.
- **Tackling**— Ability to win the ball back from the opposing team.
- **Clearing**— Ability to put a foot or head on the ball and clear with distance to a teammate whenever possible.

Tactical Ability

With Ball

- **Vision**— With control of the ball, dribbles with confidence, seeing the field and players around them.
- **Decision Making**— Ability to make decisions that lead to his/her team maintaining possession of the ball.
- **Creativity**— Uses footwork, wall passes, overlaps, etc. to maintain possession.
- **Speed of Play**— Can maneuver with the ball, in and out of areas with opponents, with speed, while keeping control of the ball, also how fast can they pass?

Without Ball (Attack)

- **Movement**—Makes runs into a position to receive the ball, Infront, Behind and to the side of the player with the ball. Sometimes to evade a defender.
- **Positioning**-- Infront, Behind and to the side (at an angle to) the player with the ball.

Defending

- **Pressure**— Immediate pressure on the opponent with the ball. Does not hesitate to attack the ball. *Role of the 1st Defender*
- **Cover**— With 1st defender pressuring the ball, other players should be in defensive positions (angle and distance) to provide additional cover. *Role of the 2nd Defende.*
- **Anticipation**— Consistently places themselves in an area to cause disruption of the attacking team, without direction or coaching.