

MONTROSE SOCCER CLUB - TERMINOLOGY



GENERAL:

- Corridors – field is divided into three parts (corridors) from side to side (left, center, right)
- Thirds – field is divided into three parts (thirds) from back to front (defensive, middle, attacking)
- Near side – wide corridor nearest to the ball
- Far/back side – wide corridor farthest from the ball
- Half-spaces – spaces between corridors and/or thirds of the field

DEFENSIVE:

- I go / you go – instructs teammate who is the pressure player
- I stay / you stay – instructs teammate who is the cover player
- Bleed – back up / drop towards our own goal
- Compress or “tuck in” – reduce space from one player to the next in a defensive line (side to side)
- Contain/ stand ‘em up – Slow down the opposing player. Do not necessarily attempt to win the ball
- Press – indicates to the closest player(s) to pressure the opponent ball carrier with intensity
- Tackle – to win the ball strongly from the opposing player on ball using the feet
- Step – pressure / close the opposing player’s space to move forward
- Block – To disallow or “block” a pass, cross, or shot
- Shield – To put one’s own body between the opposing player and the ball
- Step the line – move the defensive line up the field together (away from our goal)
- Slide / shift – when a defensive line moves together in one lateral direction
- Goalside – a defensive position between our goal and an opposing player
- Clear / clearance – a flighted ball played upfield away from our goal
- Mark – an opposing player you are responsible to defend / visually keep track of
- Track – find your mark and stay with them / know where they are positioned
- Touch tight – defending closely enough to your mark to touch them

OFFENSIVE:

- Feet – receiver commands for the ball at his/her feet
- Thru – receiver commands for the ball into space ahead of his/her run
- Split – receiver commands for a ball which travels through the space between two defenders
- Bounce or one-two – a pass that goes directly back to the passer (passer asks for the bounce from the receiver)
- Drop – receiver commands for a ball which is played backwards / toward our goal
- Set – receiver commands for a ball which stops in order for him / her to run onto it
- Square – a pass that is played laterally (receiver asks for a “square” pass)
- Open up – passer instructs receiving player to receive with his/her hips open to the field, facing as much of the field as possible in the forward direction
- Turn – passer or other player instructs the player on the ball to turn around (face forward up the field)
- Hold – passer instructs the player on the ball to dribble or hold up play via passing and allow for his/her overlapping run to develop
- Switch – playing from one wide corridor to the farthest corridor
- Swing – a switch that involves passing to a receiver in the middle corridor who completes the switch
- Check – move backwards or sideways to receive the ball (passer asks for receivers to check)
- Finish – a shot which results in a goal
- Pinch – a low ball played backwards into the box from the endline
- Cross – a flighted ball played into the box
- Catalyst ball – pass played into final third or within final third that results in a scoring opportunity
- Back foot – Foot that is farthest from the ball
- Onside position – position in front of the last line of defense facing as much of the field as possible in the forward direction

POSITIONS:

- Striker (player with highest starting position on the field)
- Wing (wide striker or midfielder)
- Target Striker or number 9 (central)
- Attacking Midfielder (takes up a more advanced central position on the field)
- Defensive Midfielder or number 6 (takes up a lower central position on the field)
- Center Back (central defender)
- Outside Back (wide defender)
- Wing Back (hybrid between an outside back and wing. Plays endline to endline)
- Keeper (Goalie)