

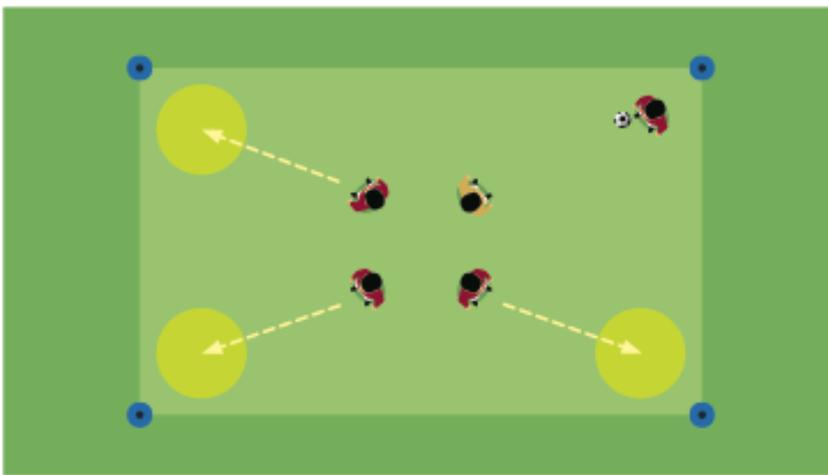
PASC U10 Soccer Terminology

TACTICAL TERMINOLOGY

SECONDARY

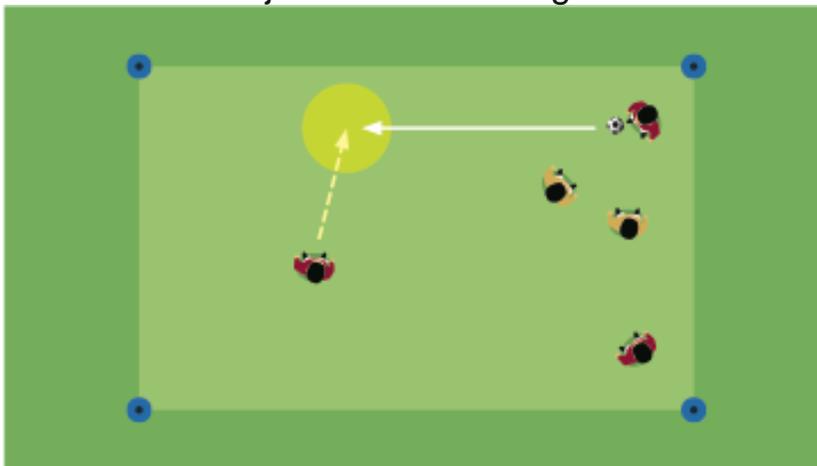
Attacking Principles (Ap): Basic individual or collective attacking actions for one or more players in order to create a team advantage for the attacker/s.

Ap1. Creating Space: The distribution of players into space to generate effective passing opportunities.



♦ *4v1 possession game where players move to wide areas to create passing options.*

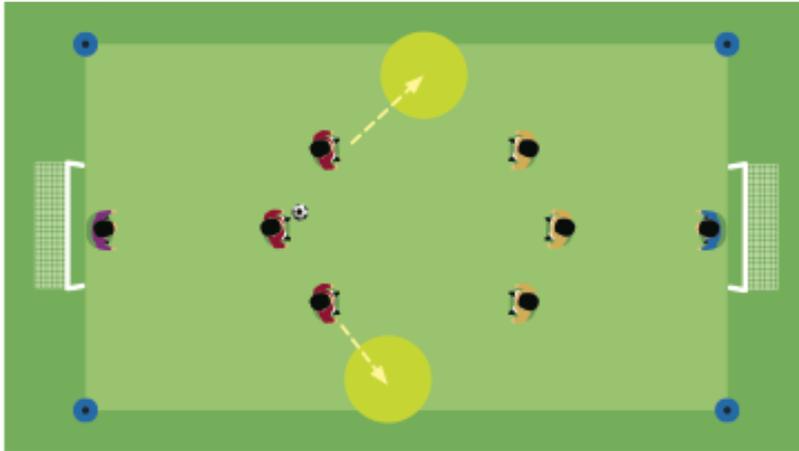
Ap2. Support: Help offered by a teammate(s) around the ball with the objective of receiving the ball.



♦ *One player moves into space, closer to the teammate in possession of the ball with the purpose of creating a clear passing option.*

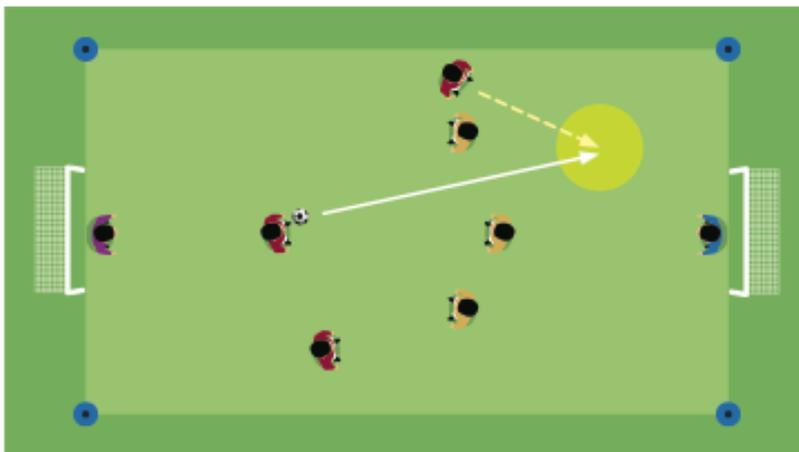
PASC U10 Soccer Terminology

Ap3. Width: Movement and distribution of attacking players to wide areas in order to create space and attacking options in a game context.



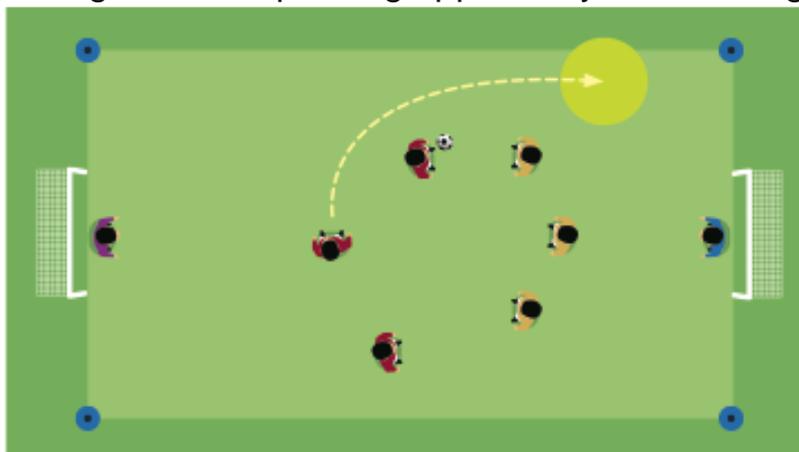
• *A player moves to the wide area to create space. The purpose is to make the opponent's defensive work more difficult.*

Ap4. Depth: Movement of a player or group of players into forward positions to generate attacking options in a game context.



• *A player moves forward with the purpose of receiving the ball closer to goal.*

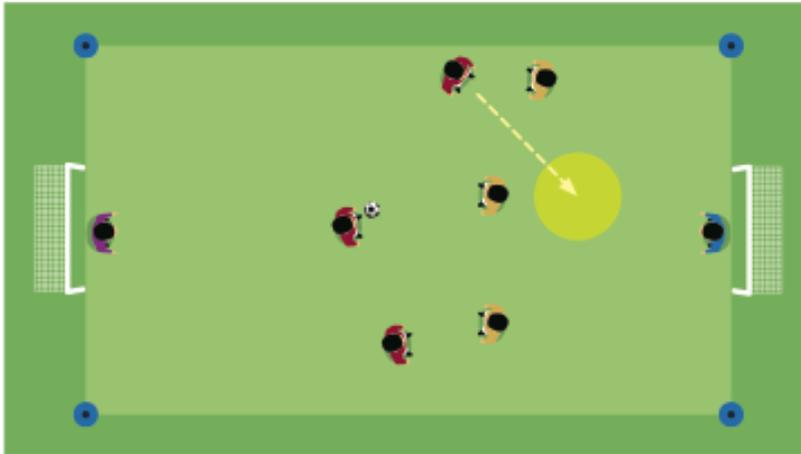
Ap5. Overlaps: Movement of a teammate from behind the player in possession of the ball to forward positions in order to generate a passing opportunity or advantage for the team.



• *A central midfielder runs forward from behind the winger to create a passing option.*

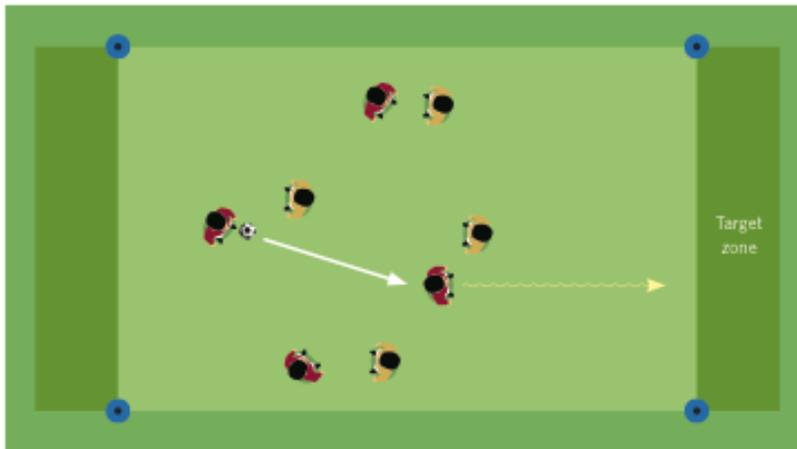
PASC U10 Soccer Terminology

Ap6. Diagonal Runs: An attacking diagonal movement forward into space, generally in front of the ball, to create a passing option.



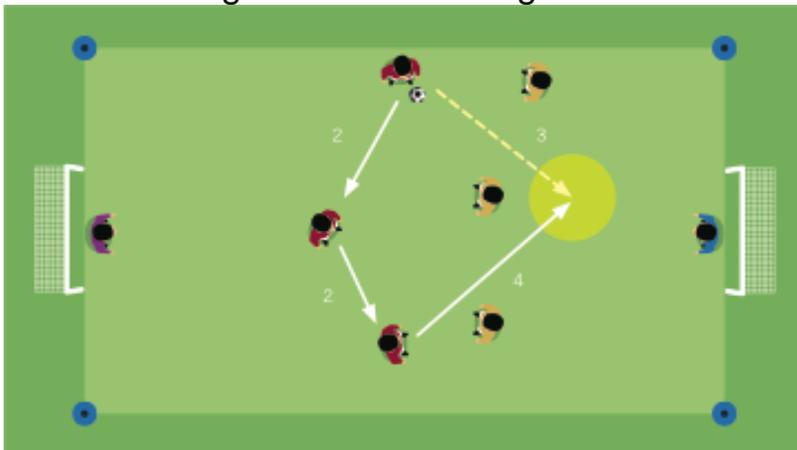
♦ *A wide player makes a diagonal movement forward with the purpose of creating a passing option.*

Ap7. Forward Play: An effective and efficient movement of the ball towards the attacking end or goal.



♦ *A central defender passes to a central midfielder or forward who is unmarked, thus transferring the ball to the attacking end.*

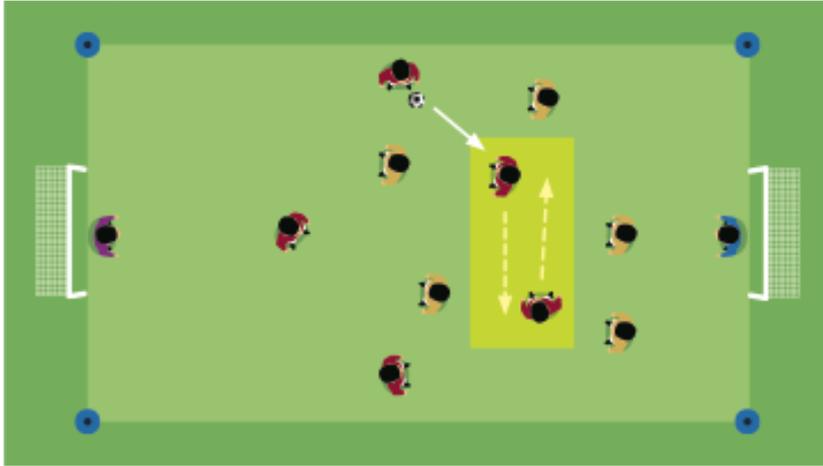
Ap8. Speed of Play: Quick ball-movement which creates an advantage for the attacking team over the defenders.



♦ *Players from the same team pass the ball quickly in one, two, or three touch play, keeping the ball away from the opponents.*

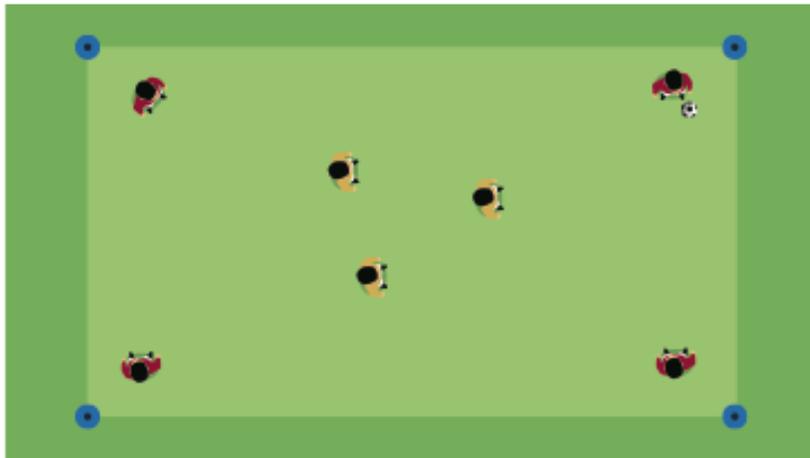
PASC U10 Soccer Terminology

Ap9. Switching positions: An exchange of positions by two players of the same team, generally ahead of the ball, to take advantage of the defending team and generate a passing option.



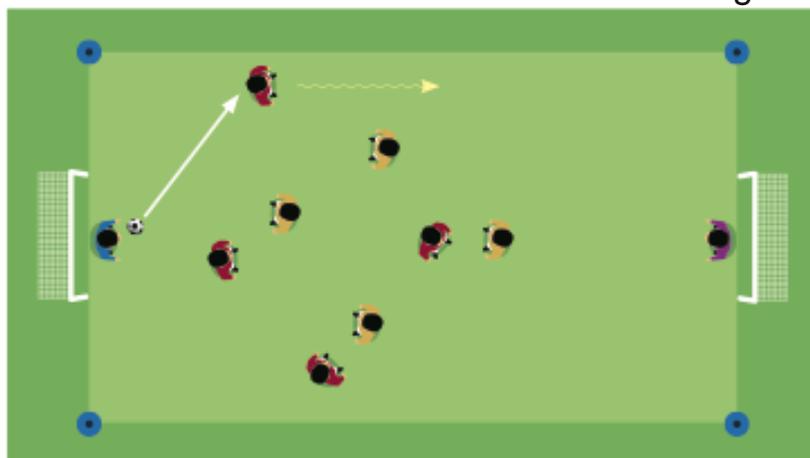
- ♦ *Right and left strikers exchange positions to distract the attention of defenders and create a passing option.*

Possession: Passing the ball repeatedly between players on the same team.



- ♦ *4 players from the same team keep the ball away from the opponents.*

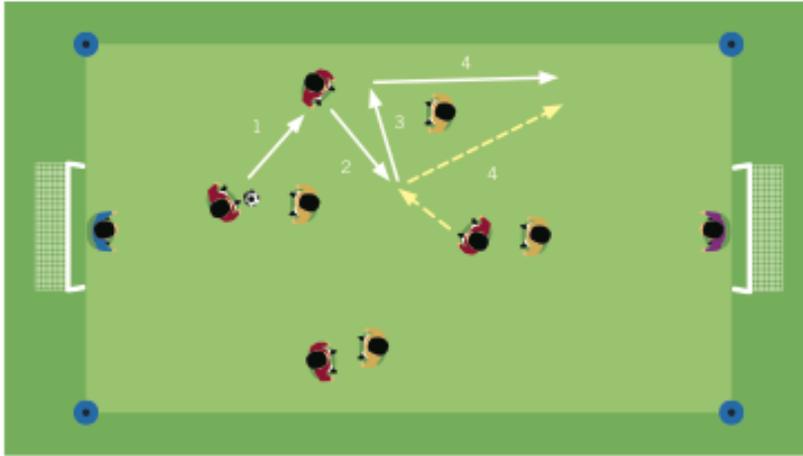
Playing out from the back: The collective action of transferring the ball from the defensive third to advanced attacking areas.



- ♦ *The goalkeeper passes the ball forward into the defensive third to the left back. The left back dribbles or passes the ball forward.*

PASC U10 Soccer Terminology

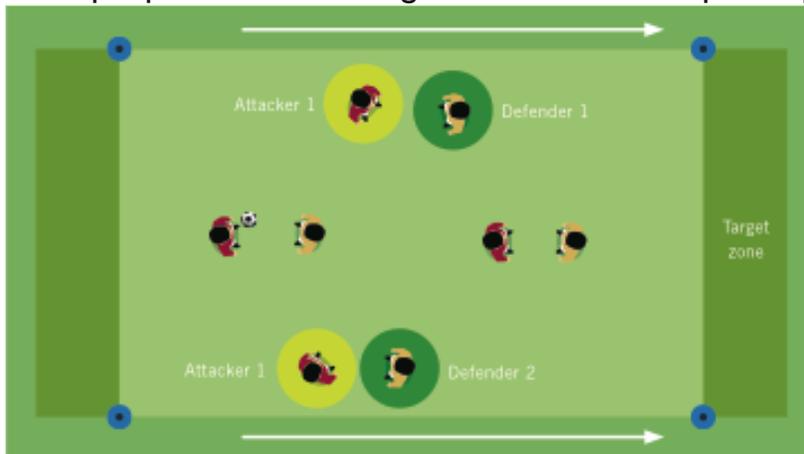
Combination Play: Quick and effective movement of the ball by two or more players from the same team.



♦ Action that involves three players with quick movement of both the ball and players with the purpose of eliminating defenders.

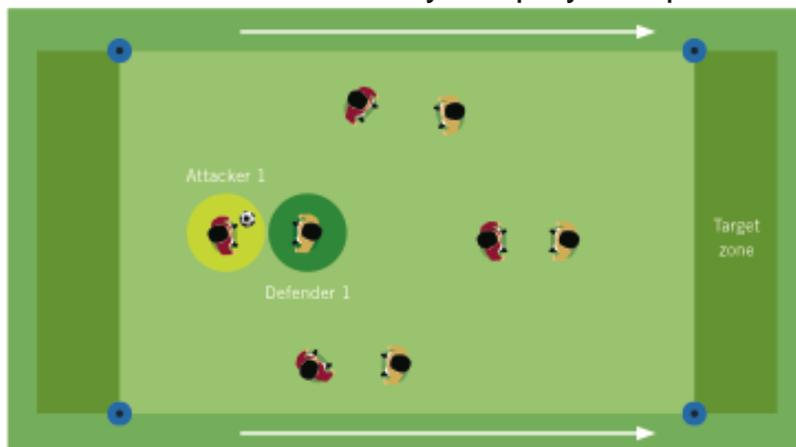
Defending Principles (Dp): Basic, individual or collective defensive actions of one or more players in order to create a team advantage over the attackers.

Dp1. Mark: A defender or group of defenders watching over a player or group of players on the attacking team, with the purpose of reducing their chances of participating in the attack.



♦ Defenders cover the passing lanes of the attacking players trying to support the player in possession of the ball.

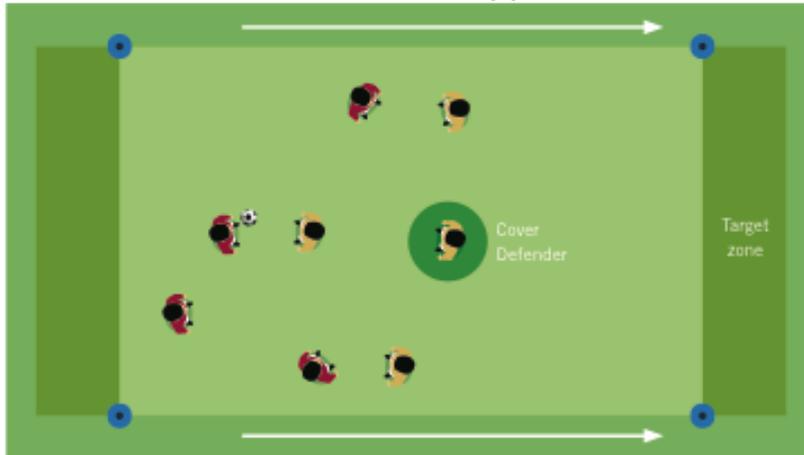
Dp2. Press: The individual action of a defensive player who defends with intensity the player in possession of the ball.



♦ A defender prevents the player in possession of the ball from playing forward or passing to a teammate and attempts to regain possession of the ball.

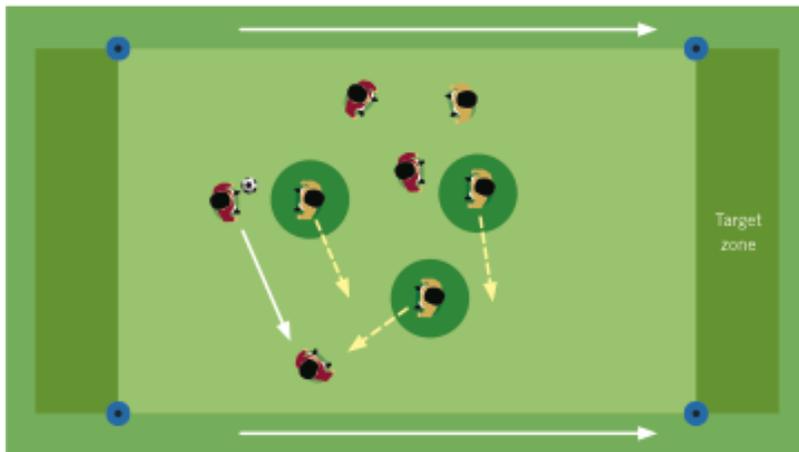
PASC U10 Soccer Terminology

Dp3. Cover: A player creates a second defensive line in order to facilitate defensive support of a teammate or teammates.



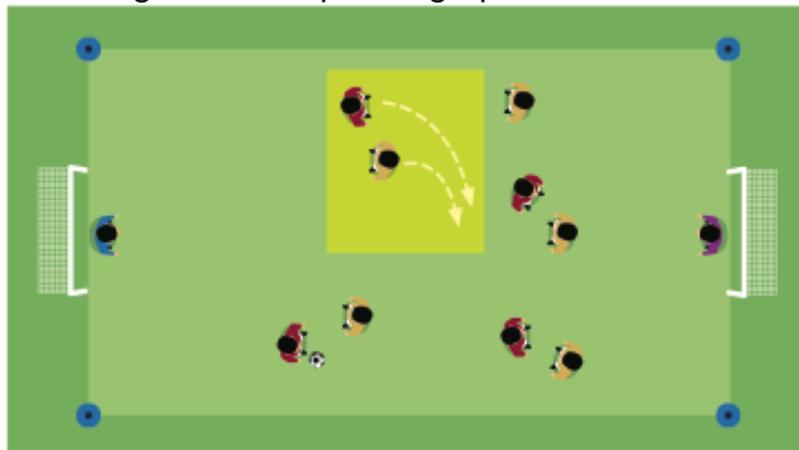
- A central defender behind the central midfielder helps in case the attacker beats the central midfielder.

Dp4. Balance: Coordinated movement of the defending team from one part of the field to another as the ball is transferred to that part of the field with the objective of reorganizing the defense.



- The collective movement of the players to reorganize the defense in front of the ball as the ball travels from the central defender to the right defender.

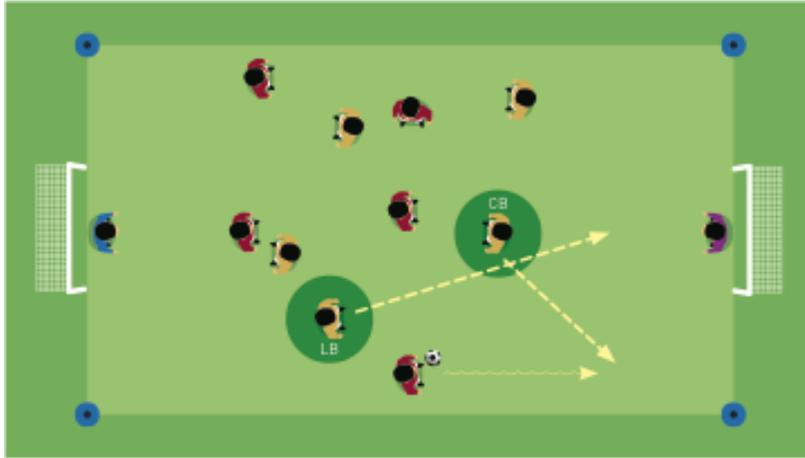
Dp5. Tracking: A defender chasing an attacking player who is making a forward and/or diagonal movement in front of the ball to generate a passing option.



- A midfield defender tracks the midfield attacker to prevent a passing option.

PASC U10 Soccer Terminology

Dp6. Switching places: The exchange of positions between two defenders in order to be more efficient defensively.



♦ *A central back moves to the flank to defend the right-attacker and the left-defender runs to a central area to occupy the center-back position.*

TECHNICAL TERMINOLOGY

PRIMARY

Passing and Receiving: Transferring the ball on the ground or in the air from one player to another from a given distance.

Shooting: Striking the ball toward the goal with the objective of scoring.

Ball Control: Receiving or directing the ball efficiently in the air or on the ground.

Turning: One or more touches on the ball with the purpose of changing direction efficiently.

1v1 Attacking: Offensive action with control of the ball to beat a specific defender.

Running with the Ball: Control of a ball in movement with the feet and on the ground at high speed without modifying its trajectory.

SECONDARY

PASC U10 Soccer Terminology

Dribbling: Close control of a ball in movement, with the feet and on the ground, continuously changing its trajectory.

Shielding the Ball: Protecting possession of the ball from a defender.

Receiving to Turn: A change of direction of the ball with the foot after receiving a pass from a teammate with the purpose of making a second action such as dribbling, passing or shooting.

PHYSICAL TERMINOLOGY

PRIMARY

Coordination: The capacity to articulate efficient movements between different body parts.

Balance: The capacity to assess and coordinate internal and external factors affecting the body status to stay in control of the body's movement and/or position.

Agility: The constant change of speed with or without the ball at high pace, depending on external conditions.

Perception & Awareness: The combination of various senses to identify and assess external situations.

Acceleration: The sudden increase of speed from a standing position or slow pace to a run.

Acyclic Speed: The constant change of speed with or without the ball at high pace depending on external conditions.

SECONDARY

PASC U10 Soccer Terminology

Basic motor skills (BMS): The essential movements of the body in adapting to the external environment (e.g. walking, running, jumping, diving or changing direction). Other important BMS related to the body with external elements are catching, throwing, hitting or kicking.

Reaction: The quickest possible processing of information and neuromuscular transmission with the purpose of making a movement.

PSYCHOSOCIAL TERMINOLOGY

PRIMARY

Motivation: Through positive encouragement from parents and coaches, players will be motivated to play the game.

Respect & Discipline: Through positive encouragement, and modeled behavior, from parents and coaches, players, like their parents and coaches, live *Our Parkland Area Soccer Behavior Code*: Treat others like you would like to be treated.

Self Confidence: Through positive encouragement from parents and coaches, players will be confident they can perform well when placed in an unfamiliar, or even an uncomfortable, environment

SECONDARY

Cooperation: Through positive encouragement from parents and coaches, players will work positively with teammates.