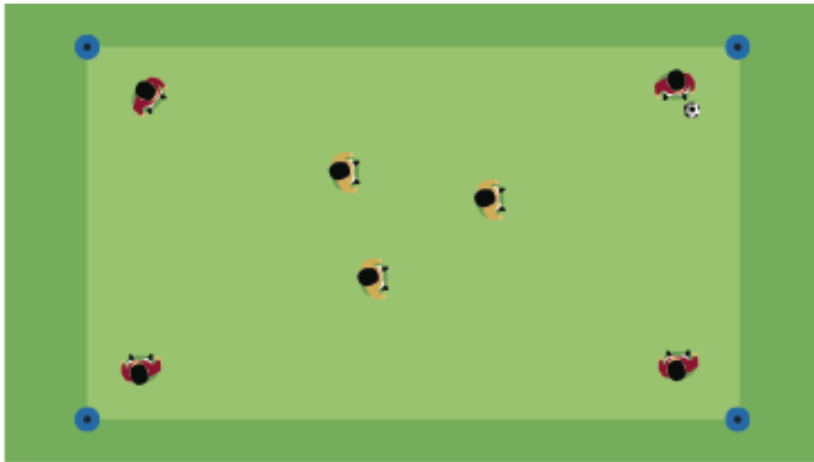


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TACTICAL TERMINOLOGY

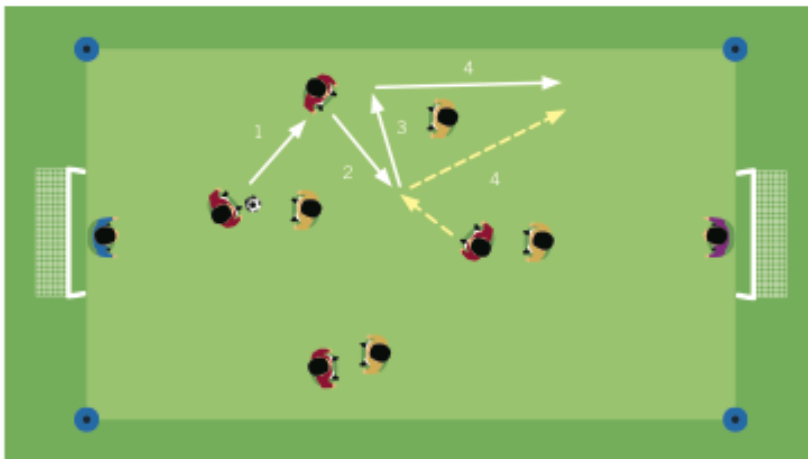
PRIMARY

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



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

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

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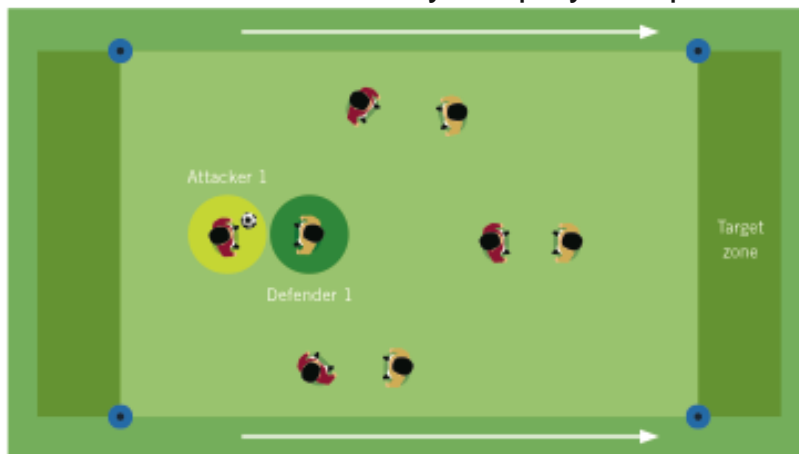
actions of one or more players in order to create a team advantage over the attackers.

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.



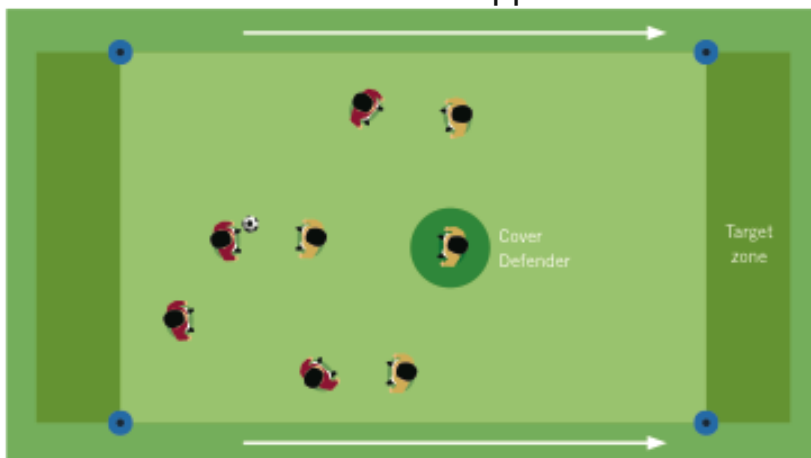
- ♦ *Defenders cover the passing lanes of the attacking players trying to support the player in possession of the ball.*

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.*

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

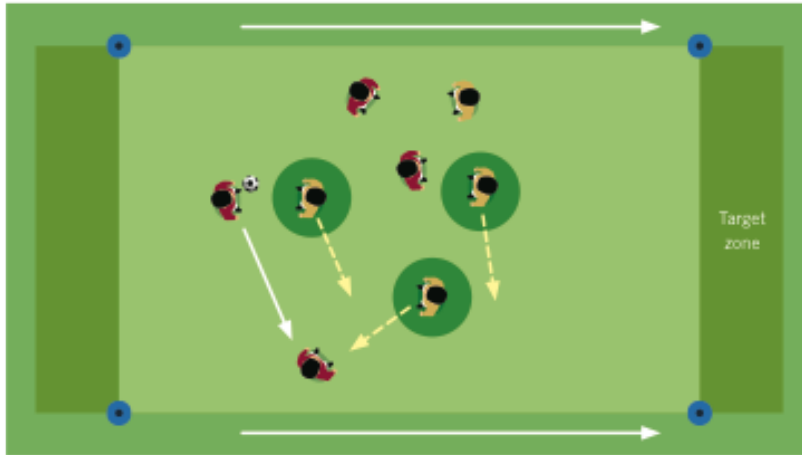


- ♦ *A central defender behind the central midfielder helps in case the attacker beats the central midfielder.*

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

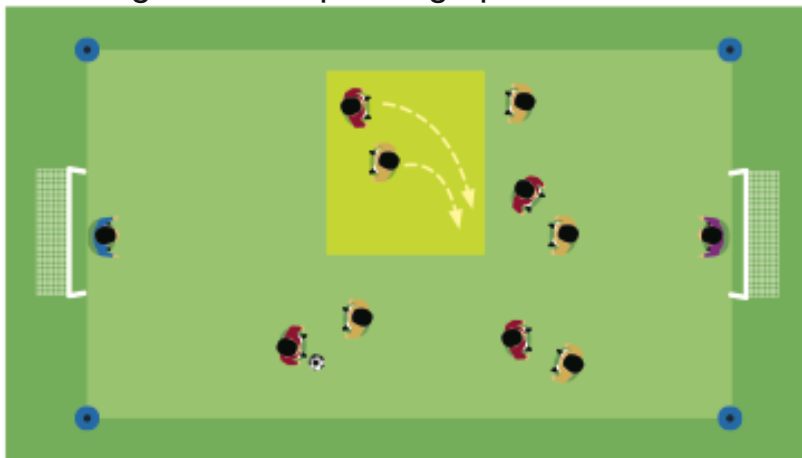
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that part of the field with the objective of reorganizing the defense.



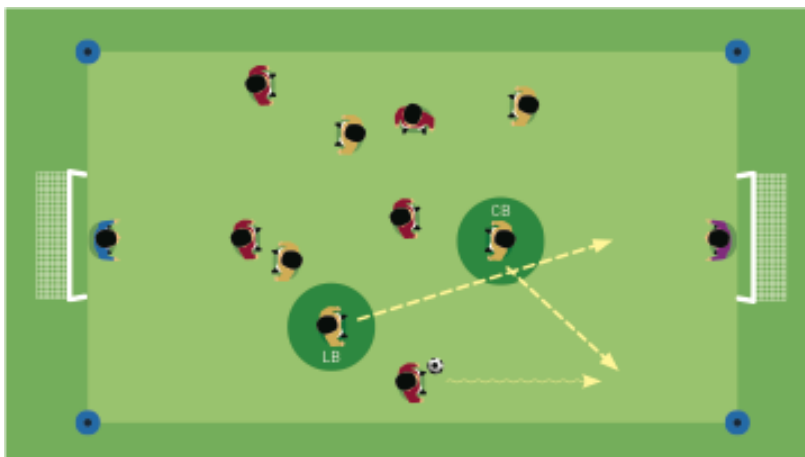
- ♦ The collective movement of the players to reorganize the defense in front of the ball as the ball travels from the central defender to the right defender.

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 midfielder to prevent a passing option.

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

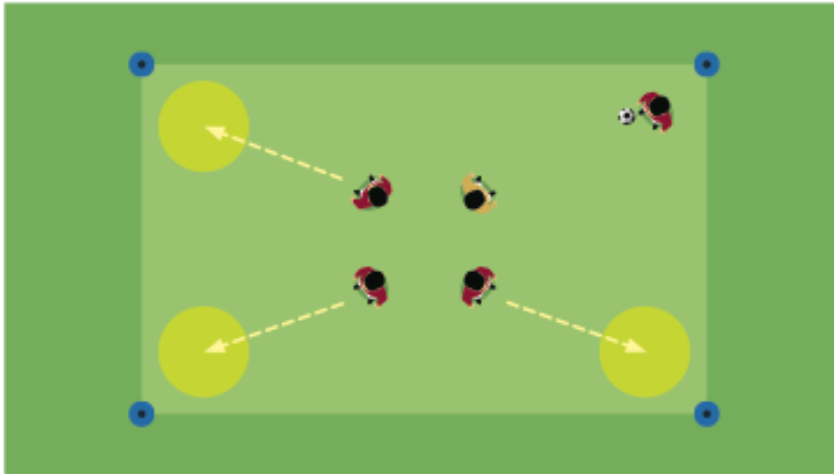


- ♦ A central back moves to the flank to defend the right-attacker and the left-defender runs to a central area to occupy the center-back position.

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.

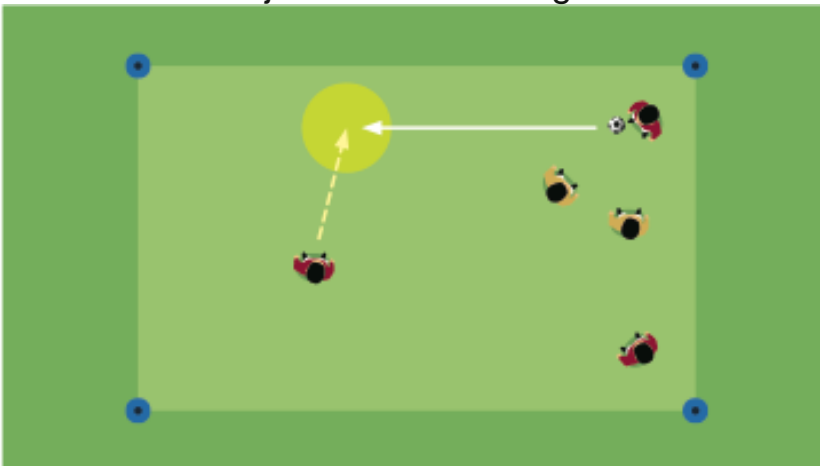
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Ap1. Creating Space: The distribution of players into space to generate effective passing opportunities.



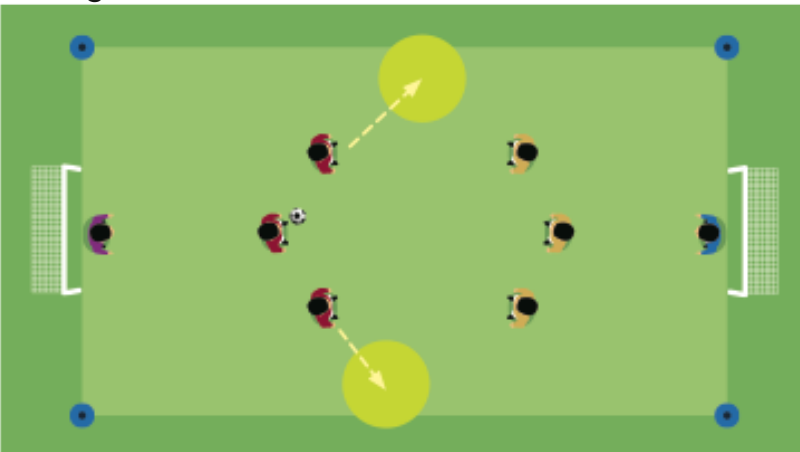
◦ *4v1 possession game where players move to wide areas to create passing options.*

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.*

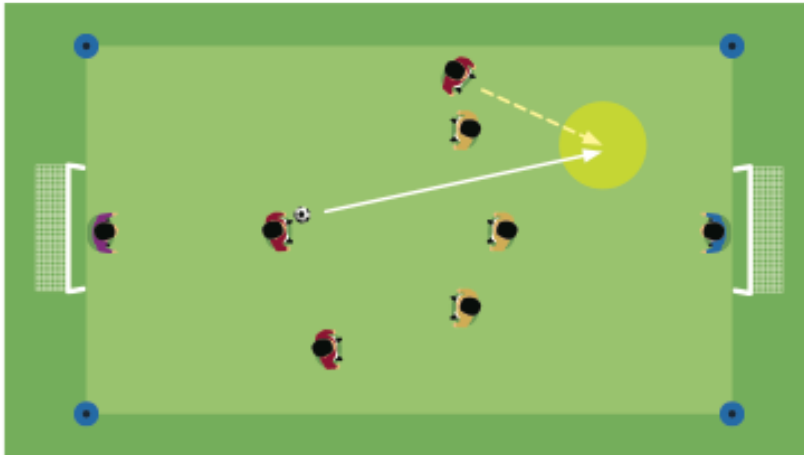
Ap3. Width: Movement and distribution of attacking players to wide areas in order to create space and attacking options in a game context.



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

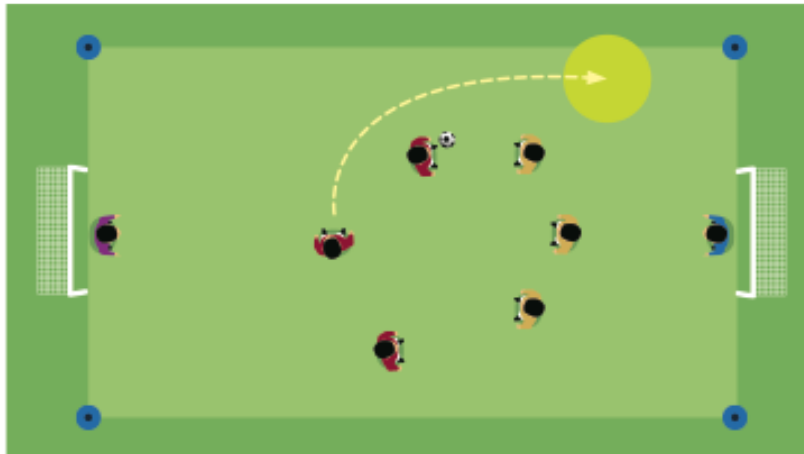
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Ap4. Depth: Movement of a player or group of players into forward positions to generate attacking options in a game context.



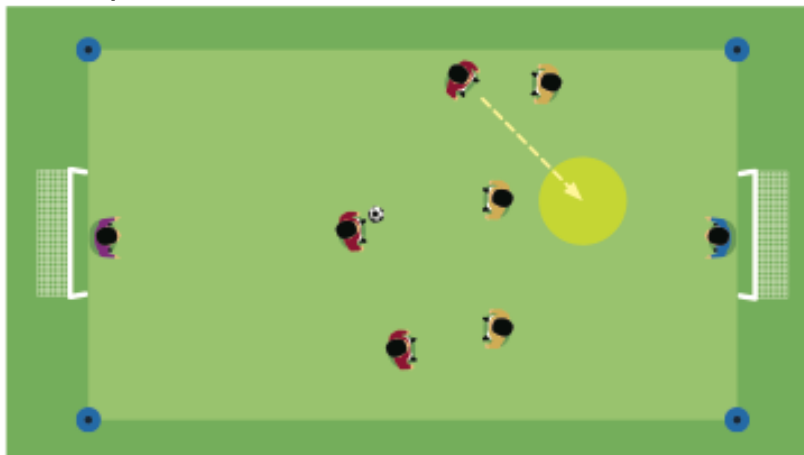
♦ *A player moves forward with the purpose of receiving the ball closer to goal.*

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.*

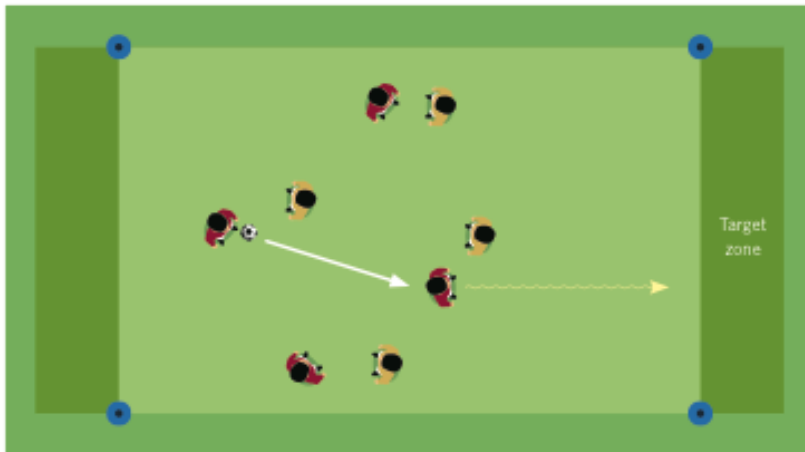
Ap6. Diagonal Runs: An attacking diagonal movement forward into space, generally in front of the ball, to create a passing option.



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

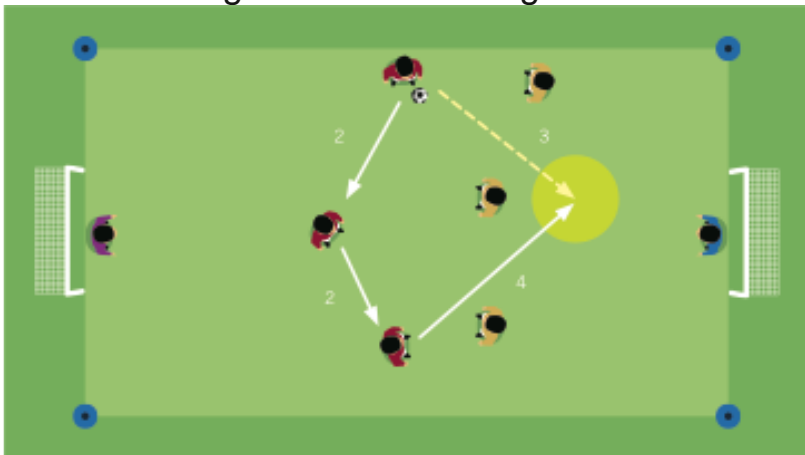
Ap7. Forward Play: An effective and efficient movement of the ball towards the attacking end or goal.

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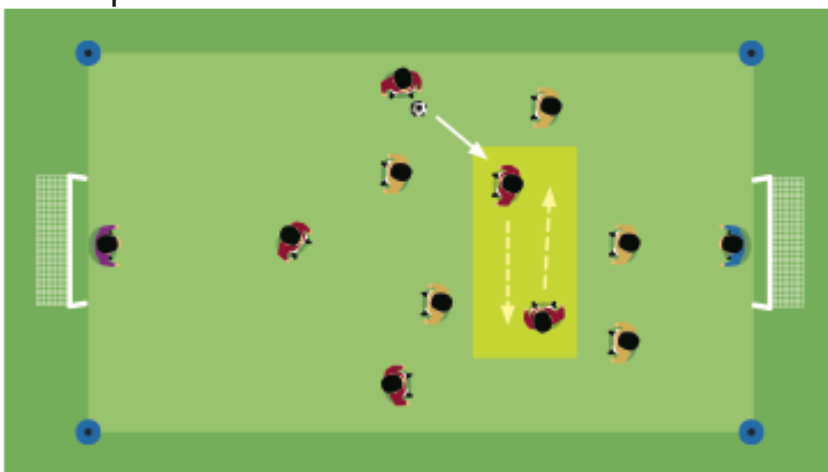
- A central defender passes to a central midfielder or forward who is unmarked, thus transferring the ball to the attacking end.

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.

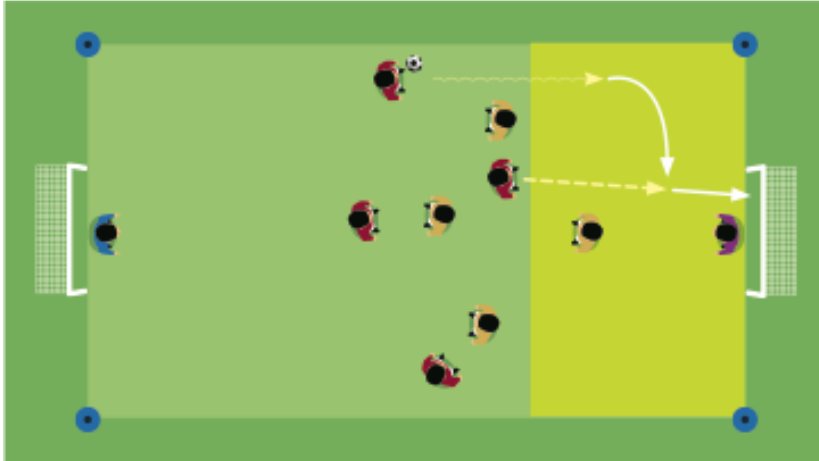
Ap9. Switching positions: An exchange of positions by two players of the same team, generally ahead of the ball, to take advantage of the defending team and generate a passing option.



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

Finishing in the final third: The collective actions in the final third of the field with the objective of creating a goal scoring opportunity.

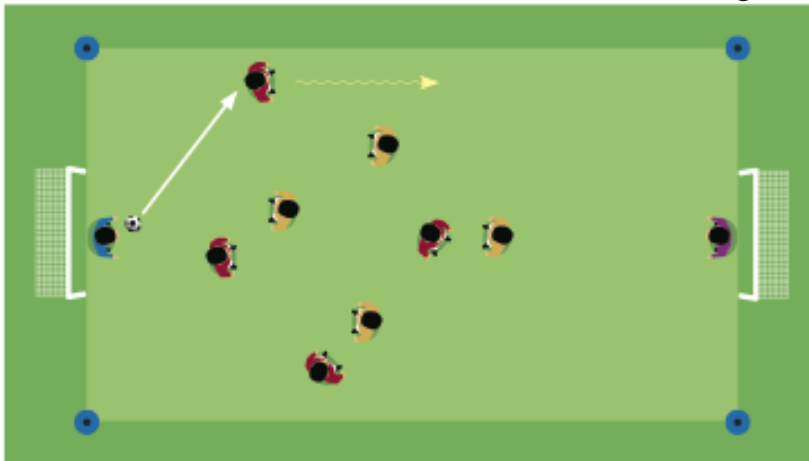
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- ♦ *The left-sided player dribbles to the final third and crosses the ball, looking for a teammate to finish and score.*

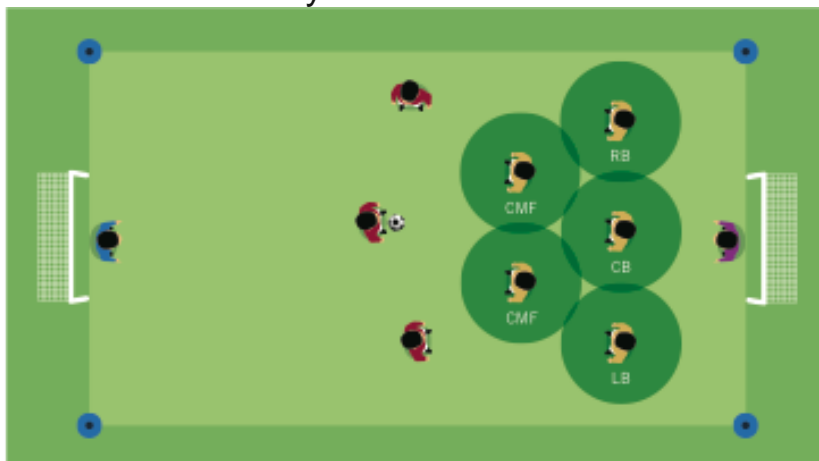
Transition: The action of transferring the ball collectively as a team from the defensive end to the attacking end.

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.*

Zonal defending: The distribution of defenders into space to create defensive efficiency.



- ♦ *Equal distribution of space between defenders prevents the attackers from reaching the goal.*

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Switching Play: The transferring of the ball from one part of the field to another, generally from one wide area to another, in order to disorganize the defense and create an advantage over the opponents.

SECONDARY

Retreat and recovery: Movement of a player or group of players back, toward defensive positions in order to reorganize the team's defensive shape.

Pressing: Intense, constant and organized defensive action from a group of defenders against the attackers.

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.

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

1v1 Defending: Action with the purpose of regaining possession of the ball in control by the opponent.

BODY SHAPE

Posture of the body to efficiently carry out the next defensive action.

ANTICIPATION

Reaction of the player to prevent an attacker from gaining an advantage.

INTERCEPTING

Action to regain possession of the ball while it's transferred between two opponents.

PREVENT TURNING

Pressure on an opponent who has his back to goal and is attempting to change the direction of the ball towards the attacking zone.

TACKLING

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Contact made with the foot while the ball is possessed by an opponent and with the purpose of preventing the next offensive action or regaining possession.

Heading: Striking the ball with any part of the head with the purpose of clearing, passing or scoring.

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.

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

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

SECONDARY

Crossing and Finishing: Passing of the ball from wide areas of the field to a central area close to goal with the intention of finding a teammate to score.

PHYSICAL TERMINOLOGY

PRIMARY

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.

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

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

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

Flexibility: The capacity of the body or part of the body to combine muscle elasticity and joint mobility to reach the widest range of movement.

Mobility: The capacity of the joints to perform wide movements.

SECONDARY

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.

Aerobic Capacity: The ability to perform a predominantly aerobic physical activity.

Explanation: This is an exercise in the presence of oxygen which does not cause significant disruption in the body (i.e. there is a balance between the energy production and energy spent in the body).

Example: Depending on the age and the level of the player this would be a constant and dynamic activity for periods of 4 to 6 minutes and up to 85% of maximal heart rate.

Speed Endurance: The maintaining of the highest possible speed during the longest possible period of time.

Explosive Strength: The capacity to perform a sudden muscular action of high intensity against resistance in the shortest period of time possible.

Anaerobic Alactic or Alactic Power: Dynamic, high-intensity and brief physical activity using the energy source stored in the muscles.

Explanation: If the intensity of the exercise is too high and the

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demands for energy too immediate for the body to produce the quantity of energy needed, the activity of the muscles will use the stored energy source. In this case, energy is coming from phosphocreatine (Pc) and adenosin triphosphate (ATP). This stored energy source will provide enough time for the body to start obtaining energy from other elaborated energy systems. This anaerobic alactic energy source is limited.

Example: Depending on the age and level of the player, this would be constant and dynamic activity at maximal intensity for periods of 10 seconds.

Aerobic Power: Capacity to combine the aerobic and anaerobic energy systems for a long period of time with the purpose of obtaining the best performance in dynamic physical activity.

Explanation: This is an exercise in the presence of oxygen but in need of other sources of energy that cause disruption and physical debt in the body. The balance between the energy production and energy spent in the body is being taken to the limit.

Example: Depending on the age and the level of the player this would be a constant and dynamic activity for periods of 2 to 3 minutes and above 85% of maximal heart rate.

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

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coaches, live *Our Parkland Area Soccer Behavior Code*: Treat others like you would like to be treated.

Commitment: Through positive encouragement from parents and coaches, players will commit to the game and the team. The positive encouragement of parents and coaches has a direct positive effect on a young player's commitment.

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

Competitiveness: Through positive encouragement from parents and coaches, players will begin to compete with themselves and their own *Personal Record*. Parents should encourage improvement of each child's own Personal Record (PR).

SECONDARY

Communication: Through positive encouragement from parents and coaches, players improve their developing social skills. Positive communication between parents and coaches benefits all. Parents need always be positive and encouraging with their child's teammates.

Parents' communication with players and coaches needs to be limited during game and practices.

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

Self Control: Through positive encouragement from parents and coaches, players will focus on what they can control, and not on external factors outside their control (referees, teammate error, physical mistake, etc.)