

MHS GIRLS SOCCER FRESHMAN TERMINOLOGY AND PRINCIPLES (Page one of three)

<p><b>Attacking Midfielder:</b> The most forward-playing midfielder, playing right behind the forward; they support the offense by providing passes to forwards to set up goals.</p> <p><b>Defensive Midfielder:</b></p>	<p><b>Advantage:</b> Situations where a team has possession of the ball and outnumbered the opposition near the opposing goal.</p>	<p><b>Far Post</b> <b>Near Post</b></p>	X	<p><b>Principles of Defense</b></p>	<p><b>Principles of Attack</b></p>
<p><b>Push:</b> a command given by the coach or sweeper to move the defensive line up and gradually push the attacking opponents out of the defensive end.</p>	<p><b>Stoppage time</b></p>	<p><b>Speed of Play</b> <b>Set Plays</b></p>	X	<p><b>Pressure</b> (immediate chase)</p>	<p><b>Penetration</b> (Pass, Dribble, Shoot), 1<sup>st</sup> Attacker</p>
<p><b>Step:</b> a command given by the coach or sweeper to very quickly push the defensive line up and to attempt the off-side trap to draw the opponents offside.</p>	<p><b>Square</b> _____</p> <p><b>Upline</b></p>	<p><b>Softly pass to the corner net:</b> the mental thought that one should have when taking a penalty kick from the mark or shooting a breakaway shot on goal.</p>	X	<p><b>Delay:</b> gain time to organize the Defense</p>	<p><b>Depth</b> (providing support for the player with the ball), 2<sup>nd</sup> attacker</p>
<p>(1) Check to, (2) Receive and turn in one motion, (3) Pass instantly</p> <p>_____</p> <p>(1) Pass and Move (sprint) to Space</p>	<p><b>Drop</b> _____</p> <p><b>Through:</b> a ball played into space through the defenders to an area which allows a fellow teammate to run onto and maintain possession of the ball.</p>	<p><b>Switch the field</b> _____</p> <p><b>Cross:</b> Outward and Inward Swinging Crosses. Remember to cut the ball back and know which cross is most effective from whichever side of the field the ball is on.</p>	X	<p><b>Depth:</b> to provide cover against penetration-2nd D. Distance of support from 1<sup>st</sup> defender to last defender</p>	<p><b>Mobility:</b> an attempt to unbalance the defense</p>
<p><b>Chip:</b> a kick lofted into the air to try to sail the ball over an opponent</p> <p>_____</p> <p><b>Volley</b></p>	<p><b>Overlap</b> _____</p> <p><b>Anticipate:</b> All forwards need to be positioned even or horizontally with the last defender.</p>	<p><b>Shield:</b> guard the ball (similar to basketball. The ball should be opposite the opponents side-show your booty.)</p>	X	<p><b>Balance:</b> positioning away from ball to cover vital areas; Shoulder-ball side, goal side</p>	<p><b>Width:</b> attempt to spread out the defense and create spaces</p>
<p><b>Wall (Defense):</b> Make a wall to block a set play.</p> <p>_____</p> <p><b>Wall (Pass):</b> Asks for a pass on the ground which will be returned with the first touch as the teammate who made the first pass makes a run past a defender.</p>	<p><b>Stab:</b> a sharp quick job or overrun of your opponent with the body and leg causing yourself to become unbalanced and easily beaten by your opponent</p> <p><b>Make Yourself Big:</b> If you are beaten, due to a stab, then you need to rub shoulders or attempt to legally slow down the player.</p> <p><b>Front:</b> Attempt to place yourself between the goal, ball, and opponent to deny a shot or delay the opponent.</p>	<p><b>Goal Side:</b> defense should always stay goal side of their opponents during the opponent's attack.</p>	X	<p><b>Compactness / Concentration:</b> through collective defending</p>	<p><b>Improvisation (Creativity) Make attack unpredictable</b></p>
<p><b>Long ball:</b> typical of English style soccer. Drive the ball down the line rapidly.</p> <p>_____</p> <p><b>Possession ball:</b> (typical Brazilian style-short quick passes/triangles or diamonds).</p>	<p><b>Shepherd:</b> A defensive technique used to proactively guide and turn the 1<sup>st</sup> attacker.</p> <p><b>Put the ball back into the mix:</b> Attempt to rapidly return the ball back into the mass of players, after it has been ejected, inside the 18 yard box in plays such as a corner kick or indirect kick.</p>	<p>3-4-3 4-3-3 4-4-2 4-3-2 x (1)</p>	X	<p><b>Control and Restraint:</b> Individual defending under control</p>	
<p><b>Target Man:</b> One player who acts as a play maker and target for forward passes from teammates.</p>	<p>18 yard box 6 yard box Touch line Center circle</p>	<p><b>Time:</b> message sent from the coach or player that the player with the ball has time to dribble or "carry" the ball-No immediate pressure.</p>	X	<p><b>Counterattack:</b> Win it and go to goal; Expand rapidly</p>	
<p><b>Help:</b> Ask teammates to provide defensive support for an unsupported 1<sup>st</sup> defender.</p>	<p><b>Mark up:</b> Asks teammates to find a defender to guard</p>	<p><b>Carry:</b> dribble the ball for a time</p>	X		

The terms contained herein are basic words that should be reduced to memorization. This will enable you to more quickly learn to analyze the principles and concepts associated with game of soccer.