

Appendix B: Key Terms

1 vs. 1	One player plays against another player (“1 versus 1”)
2 vs. 2	A team of two players play against another team of two players (“2 versus 2”)
Block tackle	A tackle where the defender blocks the opponent from moving forward by aggressively using the inside of their foot
Combination play	A play where two or more members of the same team pass the ball
Cover	Having defensive support from a teammate
Creating depth	Creating more options to pass, shoot or dribble by having players spread out vertically
Creating space	Creating more options to pass, shoot or dribble by having players spread out laterally or vertically
Creating width	Creating more options to pass, shoot or dribble by having players spread out laterally
Cruyff move	An evasive move named after Dutch player Johan Cruyff. The move involves faking a pass before dragging the ball behind the standing leg, turning 180 degrees and accelerating away

Defender	A player that plays close to the goal and tries to prevent balls entering it to score a goal
Defensive stance	Knees slightly bent, “side on” (one foot in front of the other)
Diamond grip	Catching the ball with the thumbs and index fingers almost touching in a diamond shape
Double pass	A quick pass to a teammate, who then immediately returns the ball with a one-touch pass with their ankle locked
Double scissors	Repeating the scissors with one leg, then the other, before dribbling away
Double stepover	Repeating the stepover with one leg, then the other, before dribbling away
Dribble	Moving the ball forward with small touches
Dribble penetration	Dribbling to move the ball forward when you cannot shoot or pass to a teammate
End line	The shorter out of bounds line (behind the goal)
Forward	A player that plays up the field, closer to the opponent’s goal and attacks the opponent’s goal

Foundations	Players tap the ball back and forth between their feet; bringing their knees up and down instead of swinging their legs outside of their shoulders
Instep kick	Kicking with the instep (the “laces”) of the foot
Juggling	Player uses all body parts (except hands/arms) to keep the ball off the ground by continually knocking it up into the air, counting the number of touches before allowing the ball to touch the ground
Keep-away	Team exercise to maintain possession by preventing the opponent from regaining possession of the ball
Midfielder	A player that plays in the middle of the field, both attacking the opponent’s goal and defending their own goal
Overlapping run	When a teammate who does not have possession of the ball goes outside and around a teammate who is in possession of the ball
Placement	Ability to accurately play the ball
Poke tackle	A tackle where the defender knocks the ball from alongside the opponent using the toe to poke the ball away
Possession	When one player or team controls the ball they are “in possession” of the ball

Pressure, cover, balance	Refers to defense: the first (nearest) defender “pressures” the ball, the second nearest defender is “covering” for the first defender, and the third closest defender “balances” the defense by providing cover for the second defender
Push pass	A common pass using the inside of the foot
Ready stance	For a goalkeeper: standing with feet shoulder width apart, on the balls of the feet, knees bent, arms up and palms facing forward with fingertips up and eyes forward
Receive	The act of receiving and controlling the ball from a pass
Scissors	A dribbling fake where the foot moves from inside of the ball to outside before dribbling away
Sideline	The longer out of bounds line
Step-over	A dribbling fake where the foot moves from outside of the ball to inside before dribbling away
Support (to)	Having other teammates nearby to help on offense or defense
Tactical transition	Changing strategies between offensive (having the ball) and defensive (trying to win the ball back)
Toe taps	Touching the top of the ball with each foot, hopping from foot to foot

Vision of the field	Looking up and around to see where there are openings in the field
Volley	Kicking the ball out of the air
W grip	Catching the ball with the thumbs together and fingers pointing almost straight up
Wall pass	A sequence of plays where one player passes to a nearby teammate and then sprints forward to receive a return pass
