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A

- Advantage rule The referee allows play to continue when an attacking player is
 fouled by a defending player and to call the foul and stop play would result in the
 attacking team losing an advantage (on the attack with good scoring chances). If the
 advantage does not materialize, the referee may still call the foul (blow the whistle)
 and stop play and award the attacking team with a free kick at the point
 where the foul occurred.
- Advantages -
- All Ball! What coaches and parents like to yell when they feel that a tackle was properly made. Usually this is a pre-emptive strike yelled just at the referee just before the referee pulls out a yellow or red card to signify that it was a foul.
- American Football What the rest of the world calls our pointy football.
- Assist the pass or passes that immediately precede a goal. Only the last pass or the last two passes can qualify as an assist to go in the record book.
- Assistant Referee Prior to 1996 they were known as linesmen/lineswomen. There are two per game. Their job mainly consists of signaling balls out of touch, goal kicks, corner kicks, and offsides positions and to assist the Center referee.
- Attacking midfielder the most forward-playing midfielder, playing right behind the forwards; he supports the offense by providing passes to forwards to set up goals.
- Away clear the ball out of the area it is in, usually the Penalty Area (PA)
- AYSO American Youth Soccer Organization an administrative body of youth soccer which sets rules and provides information and equipment to youth league referees, coaches and players.

В

- B International An "international" is a match between two national teams. It does
 not include a game between just any two teams that come from different countries.
 A "full" international is a match where both teams are "The" national team
 (sometimes called the senior national team) from their country. It does not cover,
 say, U-23 teams playing, which are referred to as "B Internationals."
 Both teams have to be the national team from their country.
- Back a defender.
- Back header a player's use of his head to direct the ball backwards.
- Back tackle an attempt by a defender to take the ball away from a ball carrier by swinging the defender's leg in front of the ball from behind.
- Ball going for a loose ball; for example, "Gary's ball"; yelling "mine" may be construed as ungentlemanly conduct, trying to deceive an opponent verbally.
- Ball-to-Hand This term means an unintentional handling of a ball by a player other than the goal-keeper in the Penalty Area. This action is not deliberate and requires no penalty. In other words movement of the ball into the player's hand. This is the

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- opposite of Hand-to-Ball which means movement of the hand into the ball which is considered as a deliberate action by the player and is penalized.
- Banana Kick A kick (usually a long corner kick) that curves so much that it take the shape of a banana. The idea is to curve the ball from the corner directly into the goal.
- Bending Runs runs made by players on the team with the ball that are not straight. If you run straight down the field in front of a teammate you cannot receive a pass since your back is to the passer. By making a bending run you are always in a position "open" to a pass.
- Boots soccer shoes what Americans refer to as cleats.
- Breakaway when an attacker with the ball approaches the goal undefended; this exciting play pits a sole attacker against the goalkeeper in a one-on-one showdown.
- Bundesliga The German professional football league.
- By-line what we, Americans, normally refer to as the goal line. The end line at each end of the field that the goals are lined up on.

C

- Cap Recognition earned by a player for each appearance in an international game for his country.
- Cards Because soccer is often played between players and fans who may not speak
 each other's language the card system was devised as the universal symbol of fouls.
 See also Red Card and Yellow Card.
- Carry Dribble
- Carrying the ball a foul called on a goalkeeper when he takes more than 4 steps while holding or bouncing the ball.
- Center a pass from a player located near the sideline towards the middle of the field; used to get the ball closer to the front of the goal; also called a cross.
- Center Circle a circular marking with a 10-yard radius in the center of the field from which kickoffs are taken to start or restart the game.
- Center Line The Midfield line that cuts the field in half. It is parallel to the goals.
- Center Spot a small circular mark inside the center circle that denotes the center of the field from which kickoffs are taken to start or restart the game.
- Central Defender a player who guards the area directly in front of his own goal in a zone defense; does not exist in a man-to-man defense.
- Chaining linking drills together so that complicated skills can be learned by a series
 of simple steps.
- Charge to run into an opponent; legal if done from the front or side of the ball carrier; illegal against a player without the ball or from behind.
- Charging A method of unbalancing the player who has possession, or is attempting to gain possession, of the ball. The maneuver of using a "shoulder" (actually from elbow up to and including the shoulder) against an opponent's shoulder to gain an advantage; permissible only when the ball is playable (i.e. within 3 feet).

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- Chest trap when a player uses his chest to slow down and control a ball in the air.
- Chip pass a pass lofted into the air from a player to a teammate; used primarily to evade a defender by kicking the ball over his head.
- Chip shot a kick lofted into the air to try to sail the ball over the goalkeeper's head and still make it under the crossbar into the goal.
- Chunking spatial awareness of other players and positions
- Clear to kick the ball away from one's goal.
- Clearing The act of moving the ball out of the vicinity of one's own goal area by throwing (goalkeeper only) or kicking it (generally up the sideline).
- Cleats the metal, plastic or rubber points in the bottom of a soccer shoe used to provide a player with traction; term also used to refer to the shoes themselves. See also "Boots".
- Close down pressure the ball immediately
- Club Linesman an un-certified assistant referee or linesman. They are restricted to helping make out-of-bound calls.
- Coachable Moment A quick freeze of the action during a drill. The coach blows his
 whistle. The players freeze their positions. The coach gets in, makes an
 observation or point, and then immediately gets back out. No preaching and no long
 drawn out speeches. This is the consensus pick among coaches as the best way to
 coach drills.
- Coerver Weil Coerver well known Dutch coach who teaches soccer moves and a total soccer concept known as the Coerver method. It relies on lots of repetition to gain ball handling skills.
- CONCACAF The Confederation Norte-Centroamericana y Del Caribe de Footbal —
 the regional organization of North American and Central American soccer under
 which World Cup qualifying matches are played; member countries include the U.S.,
 Canada, Mexico, and Central American and Caribbean countries.
- Contain Slow down player with the ball
- Corner arc a quarter-circle with a radius of 1 yard located at each of the 4 corners of the field; on a corner kick, the ball must be kicked from inside this arc.
- Corner flag the flag located at each of the 4 corners of the field, inside the corner area.
- Corner kick a type of restart where the ball is kicked from the corner arc in an attempt to score; awarded to an attacking team when the ball crosses the goal line last touched by the defending team. A kick made by the attacking team from the corner arc on the side of the field where the ball went out of play. A corner kick is awarded when the ball is last touched by a defensive player and goes out of play over the goal line without resulting in a goal. Opponents must be at least 10 yards away from the ball when the kick is taken. A goal may be scored directly (without being touched by another player) from a corner kick.
- Counterattack an attack launched by a defending team soon after it regains possession of the ball.
- Creating Space A term meaning to draw your mark away from your teammates or away from the area that you want open. The most obvious use of this is to draw

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- defenders out of the box on set plays (i.e. corner kicks) so that a player on your team can use that space to receive, shoot or head the ball.
- Cross or Crossing Pass a kick into the middle of the goal box, a pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field; used to give the teammate a good scoring opportunity. A pass in which the ball is kicked from one side of the field to the other side.
- Crossbar the horizontal beam that forms the top of a goal and sits on top of the two posts; it is 24 feet long and supported 8 feet above the ground.
- Cut off the line A defense against teams that throw "down the line".

D

- Dangerous play when a player attempts a play that the referee considers dangerous to that player or others. Play that is likely to cause injury. Examples are high kicking, playing while lying on the ground if a defender is also playing the ball, or playing the ball while it is in the possession of the goalkeeper. Most referees include that there should be a "flinch factor" by the opposing player for it to be a dangerous player. In other words if the play does not cause the opposing player to "flinch" or hold back from playing the ball then it probably is not a dangerous play. What is a dangerous play at U10 may not be a dangerous play at U14.
- Defender Also called fullback. A player who functions primarily in the defensive third of the field and whose major role is to repel attacks on the goal by the opposing team.
- Defensive midfielder the player positioned just in front of his team's defense; he is often assigned to mark the opposition's best offensive player; also called the midfield anchor.
- Defensive pressure when one or more defenders closely mark a ball carrier to harass him into losing the ball.
- Deflection the ricochet of a ball after it hits a player.
- Direct Free Kick a free kick that is awarded for fouls that involve physical contact such as tripping, holding, or pushing or for a hand ball by field players or for a hand ball by the goalkeeper when he is outside of the penalty area. A free kick requires the other team to back off of the ball ten yards and allow a free striking of the ball. A free kick can score by going directly into goal. It does not have to be touched by anyone other than the kicker. A free kick from which a goal can be scored directly (i.e. without first being touched by another player). It is awarded for substantial infractions of the rules (see Summary of the FIFA Laws of the Game, Law XII, this section). Opponents must be at least 10 yards away from the ball (opposing players may stand on their own goal line between the goal posts), but the player taking the kick may do so without waiting if he/she wishes. The ball is not in play until it has traveled its own circumference. The ball must be stationary when kicked and the

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kicker may not touch the ball a second time until it has been played by another player (of either team).

- Diving header a ball struck near ground level by the head of a diving player.
- Don't be caught flat
- Down the line a cry heard in youth soccer during Throw-ins meaning to throw the ball close to the touch line toward your opponent's goal rather than toward the center of the field.
- Draw a game that ends with a tied score.
- The Draw the selection of World Cup teams to place them into playing groups for the World Cup Championship.
- Dribbling run with the ball at your feet, playing it on every step or every other step. Used in close proximity to an opponent.
- Driving (running with the ball) playing the ball well forward and running after it. Used to accelerate away from an opponent.
- Drop pass backwards into negative space (usually) dropping a ball for a teammate to possess or shoot.
- Drop ball a method of restarting a game where the referee drops the ball between 2 players facing each other. A ball held by the referee and allowed to fall directly to the ground between two opponents. The ball is in play after it touches the ground. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury). The ball is dropped where it was last in play or at the nearest point outside the penalty area. A goal may be scored directly from a drop ball.
- Drop kick when a goalie drops the ball from his hands and kicks it before it hits the ground.

Е

- Early Service Not church at 8:00am on Sunday but rather to cross or pass the ball into the 18 Yard box quickly. This puts the ball far enough out that the keeper has to risk coming out of the goal after the ball and leaving an undefended "empty" net. The reason that attackers like an early service is that the ball is served high and behind the sweeper and fullbacks who have to risk turning their backs to the attackers to clear the ball. They also risk an "Own Goal" if they play the ball wrong.
- 18 Yard Box The large area in front of the goal known as the penalty area. Most fouls in this area against the defensive team will result in a penalty kick.
- Empty net A goal without a keeper in front of it. Often the goal is emptied on purpose late in a match by the trailing team in order to get numbers up on the offensive end of the field.
- Endline see Goal line.
- English Football Association the F.A., an association of English soccer teams founded in 1863 to set soccer rules.
- Escort A defensive move using the attackers own momentum and no passing lanes to "escort" the attacker out of bounds.

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- Escort him out of bounds. A good delaying form of defense against teams that tend to dribble too deeply into the corners before serving their crosses into the mouth of the goal. As long as the attacker is going wide the defender will try to deny the cross while defending against a cut-back dribble into the middle. This defense often pushes the attacker into an error so deep that he carries or shoots the ball over the goal line.
- European Cup the championship tournament played between Europe's top national teams.

F

- Fake or feint a move by a player meant to deceive an opposing player; used by a ball carrier to make a defender think the ball carrier is going to dribble, pass or shoot in a certain direction when he is not.
- Far and Wide Spread out using the width and length of the field
- Far post goal post farthest from the ball
- Field the pitch, the rectangular area where soccer matches are played.
- FIFA The association that rules the world of futbol "soccer". You may click here to see a copy of the <u>latest FIFA rules</u> on our website.
- Finish The ability to complete a play or move. Younger players have problems "finishing". Because they lack confidence in their ability to shoot or pass accurately from long distances they tend to dribble or possess the ball too long and end up losing the ball to an opponent. Strikers must be "good finishers".
- Flat Back Four A popular defensive formation that relies on lots of support.
- Flick A quick header, flick header
- Foot trap a player's use of the bottom or sides of his shoe to control a rolling or low-bouncing ball.
- Formation the arrangement into positions of players on the field; When listed as numbers formations always leave the goalkeeper off and work from the defensive end to the offensive end. For example, a 4-3-3 formation places 4 defenders, 3 midfielders and 3 forwards on the field.
- Forward line the 3 or 4 forwards who work together to try and score goals; consists of two wingers and 1 or 2 strikers.
- Forward pass a pass made towards the opposition's goal.
- Forwards the 2, 3 or 4 players on a team who are responsible for most of a team's scoring; they play in front of the rest of their team where they can take most of its shots; strikers and wingers. Player who functions primarily in the attacking third of the field and whose major responsibility is to score goals.
- Foul a violation of the rules for which an official assesses a free kick.
- 4-2-4 a formation that consists of 4 defenders, 2 midfielders and 4 forwards.
- 4-3-3 a formation that consists of 4 defenders, 3 midfielders and 3 forwards; the most common formation used by teams.

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- 4-4-2 a formation that consists of 4 defenders, 4 midfielders and 2 forwards also one of the most popular formations currently used by World Cup teams.
- Free kick a kick awarded to a player for a foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 feet of him. See also Direct free kick and Indirect free kick
- Friendly a British term meaning a practice match as in "We had a friendly with a team before the regular season began." It simply means that the match does not count in official standings (e.g., not a World Cup qualifying match). It's another name for a practice match or scrimmage, but you can't get people to pay \$30 to watch a "scrimmage". Did you know that last year's friendly Argentina v Brasil was shown only on Pay Per View? And the stadium was sold out (scalpers had a field day).
- Front header the striking of a ball in the air by a player's forehead; the most common type of header.
- Front tackle an attempt by a defender to kick the ball away from an attacker by approaching him from a head-on position.
- Fullback A rear defender. See also Defender
- Full International An "international" is a match between two national teams. It does not include a game between just any two teams that come from different countries
 - A "full" international is a match where both teams are "The" national team (sometimes called the senior national team) from their country. It does not cover, say, U-23 teams playing, which are referred to as "B Internationals." Both teams have to be the national team from their country.
- Funnel an imaginary funnel shape on the field with the wide portion of the funnel originating at the points where the mid-field line meets the touch-lines and the narrow end of the funnel pouring into the mouth of your own goal. This is a term used by the defense to get the opponent out of the funnel area where the angle on shots is good.
- FYSA Florida Youth Soccer Association. FYSA is one of the larger member organizations of the United Stated Youth Soccer (USYS). From its humble beginnings in 1974 with just under 2,500 registered players to its current registration of more than 100,000, FYSA has been recognized as a leader in youth sports organizations in Florida. Through a democratic structure, the membership of FYSA is able to provide uniform rules and guidelines. These guidelines facilitate intra-state, inter-state and international play.

G

- Get it out of there! An obvious call to kick the ball out from in front of the goal.
- Get square. an offensive tactic of getting ten to twenty yards away from your teammate who possesses the ball at a 90 degree angle (formed between the teammate and the goal.)

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- Goal a ball that crosses the goal line between the goalposts and below the crossbar for which a point is awarded; also, the 8-foot high, 24-foot wide structure consisting of two posts, a crossbar and a net into which all goals are scored. A one-point score occurring when the whole of the ball passes entirely over the goal line, between the vertical goal posts, and under the horizontal crossbar. A goal is not scored if the ball was not touched by another player (of either team) after an indirect free kick, goal kick, kick off, or throw in.
- Goal area the rectangular area 20 yards wide by 6 yards deep in front of each goal
 from which all goal kicks are taken; inside this area, it is illegal for opposing players
 to charge a goalie not holding the ball. Area (20 x 6 yd. on a full-size field) marked
 within the penalty area, and directly in front of goal, from which all goal kicks
 originate.
- Goal kick a type of restart where the ball is kicked from inside the goal area away from the goal; awarded to the defending team when a ball that crossed the goal line was last touched by a player on the attacking team. Taken by any defending player to restart the game after the ball goes out of play over the goal line, having last been touched by an attacking player. It may be taken from any point within the half of the goal area nearest where the ball went out. All opposing players must stand outside the penalty area. To be in play, the ball must leave the penalty area (inbounds); otherwise the kick is retaken.
- Goal line the field boundary running along its width at each end; also called the end line or by-line; runs right across the front of the goal; the line which a ball must completely cross for a goal to be scored.
- Goalie Goalkeeper, GK, keeper other names for Goalkeeper.
- Goalkeeper the player positioned directly in front of the goal who tries to prevent shots from getting into the net behind him; the only player allowed to use his hands and arms, though only within the penalty area. Player who functions primarily in the penalty area and whose major responsibility is to prevent the opponents' shots from entering the goal for a score. The goalkeeper is the only player allowed to touch or pick up the ball with his/her hands, and may only do so when the ball is within his/her own penalty area. The keeper is the team's last line of defense.
- Goalmouth the front opening to each goal.
- Goalposts the two vertical beams located 24 feet apart which extend 8 feet high to form the sides of a goal and support the crossbar. See also far post and near post.
- Goal side Keep opponent with or without the ball towards the outside touchline

Н

- Hacking kicking an opponent's legs.
- Half and Half This is what I yell to my goalkeeper. It means that, if the attacker had a clear view of my goalkeeper and the goal, then half of that view of the goal should be on one side of the keeper and the other half on the other side of the keeper. I don't mean that half of the goal should be on one side of the keeper and

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the other half on the other side of the keeper - rather "HALF OF THE VIEW". Its a spatial/angle concept putting the goalkeeper in center of the attacker's shooting angle allowing the goalkeeper the best defensive position in most circumstances.

- Halfback Midfielder.
- Halftime the intermission between the 2 periods or halves of a game.
- Halves see Periods.
- Handle What the goalkeeper can do inside of the 18 Yard Box use his hands to pick up the ball.
- Hand-to-Ball This term means deliberate handling of a ball by a player other than the goal-keeper in the Penalty Area. This is considered as a deliberate action by the player and is penalized. In other words movement of the hand towards the ball. This is the opposite of Ball-to-Hand which means a movement of the ball into the player's hand which is not deliberate. That action requires no penalty.
- Hat trick 3 or more goals scored in a game by a single player.
- Header the striking of a ball in the air by a player's head.
- "Heels on the Line" Coaches often yell "Heels on the Line" to their midfielders to remind them to remain wide.
- Help Support teammate in trouble
- Hips open this is the way a player should receive the pass from a teammate. By having you hips open to the field in the direction that you are attacking you can receive the ball on your back foot without stopping or trapping it and thus can play it forward immediately. Also the "hips open" position allows the player to see the whole field so he can remain aware of open teammates or defenders.
- Hook the curved trajectory of a ball due to spin imparted on it by a kicker, such as
 in a banana kick.
- Hospital Pass a pass from one teammate to another that should be crisp but instead is too soft. This results in a pass that becomes a 50/50 ball instead of one that is easily received without being contested by the opposition. A hospital pass is just what it says it is a pass that could result in an injury that puts the receiver in the hospital.

Ι

- IFAB International Football Association Board the organization consisting of 4 British soccer organizations and FIFA that approves all changes in the official international rules of soccer called the 17 Laws.
- Illegal Throw-in violation of <u>legal throw-in</u> requirements.
- In bounds when a ball is within the boundaries of the field, having not completely crossed a sideline or goal line.
- Indirect Free Kick a free kick that is awarded for other fouls that are judged to be not serious such as obstruction, dangerous play or charging. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score. The player kicks a stationary ball without any opposing players within 10 feet

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of him; a goal can only be scored on this kick after the ball has touched another player. A free kick from which a goal cannot be scored until the ball is touched by another player. It is awarded for technical and minor infractions of the rules (see Summary of the FIFA Laws of the Game, Law XII, this section). Opponents must be at least 10 yards away from the ball (opposing players may stand on their own goal line between the goal posts), but the player taking the kick may do so without waiting if he/she wishes. The ball is not in play until it has traveled its own circumference. The ball must be stationary when kicked and the kicker may not touch the ball a second time until it has been played by another player (of either team).

- Injury time time added to the end of any period according to the referee's judgment of time lost due to player injuries or intentional stalling by a team.
- In play when a ball is within the boundaries of the field and play has not been stopped by the referee.
- Instep drive a straight shot taken with the instep of a player's foot; usually the most powerful and accurate of shots.
- In swinging A kick that curves in towards the goal mouth.
- International An "international" is a match between two national teams. It does not include a game between just any two teams that come from different countries. A "full" international is a match where both teams are "The" national team (sometimes called the senior national team) from their country. It does not cover, say, U-23 teams playing, which are referred to as "B Internationals." Both teams have to be the national team from their country.
- Intermission the 5-minute rest period between periods of a game.
- In Touch A ball that is out of play is called "in touch" A ball that crosses the plane of the touch line or goal line is in or out of play. It does not have to make contact with the ground or an object. This means it can be blown in or out of bounds without ever actually touching a player or ground.
- ITOOTR Abbreviation meaning In the Opinion of the Referee which is what matters in any ruling.

٦

- Juggling keeping a ball in the air with any part of the body besides the hands or arms; used for practice and developing coordination.
- Jules Rimet Trophy the trophy given to the World Cup winner between 1930 and 1970, after which it was permanently retired and replaced by the World Cup.

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- Keeper! Goal keeper command for the ball Also used is the one syllable "Keep".
- Keepers in charge Yelled to the keeper to remind him to communicate to all
 defenders on corner kicks and throw-ins deep in your own territory as to who is to
 mark which opponent. This is especially important when opponents overload the far
 post on corner kicks.
- Kickoff the method of starting a game or restarting it after each goal; a player passes the ball forward to a teammate from the center spot. Officially begins the game at each half and restarts play after a goal is scored. The ball must go forward (into the opponent's half of the field) and is in play after rolling its own circumference (about 27 inches). This was changed in the July 1997 FIFA rules to "the ball must move." The player kicking off must not play the ball again until it has been played by another player (of either team). Opponents must be at least 10 yards away from the ball in their own half of the field when the kick off is taken.

L

- Laws of the Game the <u>17 main rules for soccer</u> established by FIFA.
- Law XVIII Law 18 is the unwritten law that requires referees to apply common sense to officiating a game. In other words a referee should apply the 17 Laws of the Game so that they do not interfere with the fairness of the game at hand.
- Lead pass a pass sent ahead of a moving teammate to arrive at a location at the same time he does.
- Legal slide tackle most tackles where the defender gets all or most of the ball are considered legal. However, tackles from the front "cleats up" and almost any tackle from the rear are considered illegal by most referees.
- Legal Throw-in A throw-in made with both hands. Hands must begin behind the head. The ball cannot spin when thrown must be thrown with equal force by both hands. Both feet must remain on the ground. Part of each foot must be on the touch line or behind it.
- Let the ball do the work. Self explanatory Pass when you can, dribble when you
 must.
- Line deliver the ball to or down the touchline
- Linesman Now known as Assistant Referees. If they are certified assistant referees may help the referee call fouls, offside and out-of-bounds calls. If they are not certified they are known as "Club Linesmen" and are restricted to helping make out-of-bound calls. They carry a flag to signal their observations. Also Linesperson Person (often a parent volunteer) who assists the referee; one linesperson is assigned to each touchline. Their primary responsibility is to indicate when the ball is out of play (i.e. when the whole of the ball crosses the whole of the touchline or endline). The linesperson also signals which team has the right to put the ball in play again by using their flag to show the direction of play for the restart.
- Lock in double team opportunity, normally along the touchline
- Lock on pick up and stay with an opponent, tightly

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- Long Corner A corner kick where the attacking team attempts to kick the ball all the way into the goal box.
- L.O.T.G. abbreviation for The Laws of the Game FIFA's rules.

M

- Man on opponent approaching fast
- Man-to-man a type of defense where each defender is assigned to mark a different forward from the other team; the most common type of defense for national-level teams.
- Marking guarding a player to prevent him from advancing the ball towards the net, making an easy pass or getting the ball from a teammate. Guarding or covering an opposing player (with or without the ball) when he/she moves into your area of play.
- Mark or Mark Up cover an opponent
- Match a soccer game.
- Measure What you do to your opponent in a man-to-man system. You "measure" him. Does he always go to his right to shoot? Does he have a favorite move that he uses all the time? Does he try to always tackle or just delay on defense? Does he have a favorite receiver or passer? Generally this is done in the first portion of a match. Then a smart player will use that information to gain an advantage during the remainder of the match. For example, if you know that you opponent has a weak left foot you can cheat to his right to tackle away the ball.
- Megged short for <u>nutmegged</u>.
- Mid short for midfielder as in "He's playing center mid."
- Midfield the region of the field near the midfield line; the area controlled by the midfielders.
- Midfielders the 2, 3 or 4 players who link together the offensive and defensive functions of a team; they play behind their forwards. Player who functions primarily in the center (neutral) third of the field and whose principal job is to link the defense and the attack through ball control and passing.
- M.L.S. Major League Soccer the major U.S. outdoor soccer league
- Mine signifies "My ball" yelled when going for a loose ball can be considered unsporting behavior by the referee, especially if used to trick an opponent into not playing a ball.
- Move don't get caught flat footed and keep moving or also a move is a way of maneuvering around an opponent - "to put a move on him."

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- N.A.S.L. North American Soccer League an outdoor league formed in the U.S. in 1967 that attracted great international players including Pele and huge audiences to the U.S. in the 1970s; folded in 1985.
- NASL North Alabama Soccer League
- National team a team consisting of the best players in a country chosen to represent it in international competitions such as the World Cup.
- Near Post goal post nearest to the ball this same post can become the far post as the ball moves to the other side of the field.
- Net hemp, jute or nylon cord draped over the frame of the goal and extending behind it; also used to refer to the goal itself.
- Nil an English term meaning zero as in the score of the match is one nil. Used in the United States until mid twentieth century. Heard often from the British announcers when watching soccer Fox Sports World.
- "Numbers Down" Have fewer defenders than the other team has attackers in a third of the field or conversely having fewer attackers than the other team has defenders in a third of the field. You never want to be "numbers down".
- "Numbers Up" Have more defenders than the other team has attackers in a third of the field or conversely having more attackers than the other team has defenders in a third of the field. You always want to be "numbers up".
- Nutmeg to pass or dribble the ball through the legs of a defender. Also "meg" for short.

0

- Obstruction when a defensive player, instead of going after the ball, uses his body to prevent an offensive player from playing it.
- ODP Olympic Development Program (or Player)
- Offense the function of trying to score goals.
- Offensive team see attacking team.
- Official game clock the clock that the referee carries with him on the field so he can signal when each half is over; does not stop during the game, even when play does.
- Officials the referee and 2 linesmen who work together to make sure the game is
 played according to the rules of soccer; responsible for stopping and restarting play,
 keeping track of the score and the time remaining and citing violations of the rules,
 called fouls; they wear uniforms that distinguish them from the players on both
 teams.
- Offside a violation called when a player in an offside position receives a pass from a teammate; an indirect free kick is awarded to the non-offending team. Offside is defined as occurring at the moment the ball is played by one of the attacking players to a teammate. A player is in an offside position if he/she is nearer to the opponents' goal line than the ball, unless: (a) the player is in his/her own half of the field, or (b) there are at least two opponents (one may be the goalkeeper) nearer the goal line than the player.

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A player is penalized if he/she is in an offside position AND if, in the judgment of the referee, the player is: (a) interfering with play or with an opponent, or (b) seeking to gain an advantage by being in that position.

A player is not declared offside (a) merely by being in an offside position; (b) if they receive the ball directly from a goal kick, a corner kick, a throw in, or a drop ball; or (c) if the ball is last played by an opposing player.

- Offside position an attacking player positioned so that fewer than 2 opposing
 defensive players (usually the goalie and 1 other defender) are between him and the
 goal he is attacking; a player is not offside if he is exactly even with one or both of
 these defensive players. Being in an offside position is not the same as offsides and
 is not illegal unless he participates in the play or gains an advantage in being
 offsides.
- Offside Trap A play by the defense to catch the attacking team offsides. It is often used on restarts (short corner kicks, deep indirect free kicks and deep throw-ins). The sweeper usually calls out "Trap" as a signal for the fullbacks to pull up past the attackers as soon as the ball is put into play by an attacker.
- OGSO Obvious Goal Scoring Opportunity
- On-side the opposite of offside.
- Open describes an attacking player who does not have anyone marking him.
- Osgood-Schlatters A painful knee condition that many soccer players going through the growth spurts of puberty get.
- Out of bounds when a ball is wholly outside the boundaries of the field, having completely crossed a sideline or goal line. The term "out of bounds" is an American football term and not a soccer term. The correct terms are when the ball is "out of play" or "out of touch".
- Out of play when a ball is wholly outside the boundaries of the field or play has been stopped by the referee.
- Outlet passes when a goaltender or defender passes the ball from close to his own goal toward the other team's goal; used to start a counterattack.
- Overlap when a wing moves away from the sideline towards the center of the field to create space for a teammate to advance the ball undefended along the side of the field.
- Overtime the extra periods played after a regulation game ends tied; used in collegiate and championship international matches to determine a winner.
- Out defenders are to move towards the ball, away from the goal line
- Out swinging A kick that curves away from the goal mouth. The idea is to curve the corner kick away from the arms of the goalkeeper to an attacker with a clear shot or head at goal.
- Own Goal to accidentally put the ball in your own goal, this counts as a goal for your opponents.

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- Passing when a player kicks the ball to his teammate; used to move the ball closer
 to the opposing goal, to keep the ball away from an opponent or to give the ball to a
 player who is in a better position to score.
- Passive offsides being in an offsides position but not being involved in or interfering with or gaining an advantage in the play.
- Penalty short for penalty kick; also, a punishment given by the referee for a violation of the rules.
- Penalty arc a circular arc whose center is the penalty spot and extends from the top of the penalty area; designates an area that opposing players are not allowed to enter prior to a penalty kick. The arc at the top of the penalty area; no player may be within this area while a penalty kick is being taken
- Penalty area a rectangular area 44 yards wide by 18 yards deep with its long edge on the goal line; the goalkeeper may use his hands to block or control the ball only within this area.
 - Large area (18 x 44 yd. on a full size field) in front of goal in which any of the "direct kick" fouls by the defending team result in a penalty kick. Also delimits the area where the goalie can use his/her hands. The penalty area includes the goal area.
- Penalty kick Awarded to the attacking team if the defending team commits a direct free kick violation within the penalty area. Penalty kicks are taken from the penalty mark. All players (of both teams) except the kicker and opposing goalkeeper, must remain on the field of play outside the penalty area and penalty arc. The opposing goalkeeper must stand (without moving his/her feet) on the goal line, between the goal posts, until the ball is kicked. The player taking the kick must kick the ball forward and may not touch the ball a second time until it has been played by another player (of either team). The ball is in play after it has traveled its own circumference. A goal may be scored directly from a penalty kick.
 - For any infringement of the penalty kick rules by: (a) the defending team, the referee will allow the kick to proceed, but if a goal does not result, the kick will be retaken; (b) the attacking team, other than the player designated to take the kick, if a goal is not scored it will be disallowed and the kick retaken; (c) by the player taking the penalty kick, committed after the ball is in play, an opposing player will take an indirect free kick at the point where the infraction occurred.
 - The referee's whistle always starts the taking of a penalty kick. Any penalty kick taken prior to the referee's whistle will be retaken using the referee's whistle as the proper start for the kick. See also Penalty shot.
- Penalty mark A mark on the field from which penalty kicks are taken; also called the penalty spot. It is located 12 yards from the goal line, equally spaced between the goal posts.
- Penalty shot a kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away; awarded for the most severe rule violations and those committed by the defense within its own penalty area; also taken in a tiebreaker to decide a match.
- Penalty spot the small circular spot located 12 yards in front of the center of the goal line from which all penalty kicks are taken; positioned at the center of the penalty arc.

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- Penetrate to advance the ball behind opposing defenders (between them and their goal).
- Periods the segments of time into which a game is divided; a regulation game played by adults consists of two 45-minutes halves.
- Pinny short for pinafore, the colored bibs worn in practice by players to distinguish each team.
- Pitch a British term for soccer field.
- PK short for Penalty Kick
- Play This is a generic term as in "play the ball" to trap, dribble, kick or head the ball.
- Play on. The referee may wave his hands and yell "Play on" if, in his opinion, stopping the play at that point would benefit the team that committed the foul more than the team that was fouled. For example, if a player with a break-away is tripped from behind but the player is able to retain possession and has a chance to shoot on goal the referee would not want to stop the play at that point and charge the defender with a penalty. The referee retains his right to issue a penalty card at a later point in the action. By yelling "Play on" he lets everyone know he is aware of the foul.
- Points a team statistic indicating its degree of success, calculated as follows: 2 points for a win (3 in the 1994 World Cup), 1 point for a tie, 0 points for a loss; also, an individual statistic for a player, calculated by totaling 2 points for each goal and 1 point for each assist.
- Possession control of the ball.
- Post goalpost or the area near it.
- Pressure tight defense as in "We pressured the goalkeeper on all punts."
- Professional foul a foul committed intentionally, usually by a defender on an attacker just outside the defender's penalty area; used to prevent a scoring opportunity without incurring a penalty shot.
- Pull up defense move up command
- Push pass when a player pushes the ball with the inside of his foot to a teammate.
- Push up move toward your opponent's goal. Can also be the command for an offside trap.

Q

- Qualifying Draw the division of teams into groups for World Cup qualifying matches, held 2 years before The Draw.
- Qualifying matches games played in the 2 years preceding the World Cup to determine which teams participate in the tournament.

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R

- Recovery runs A looping run made by a defender backward into the center of the field (and behind your sweeper or second defender) after being beaten by an attacker. It is important that the recovery run by a first defender be backward behind the second defender. Younger defenders often make the mistake when they are beaten by an attacker of racing after (in effect trailing) the attacker. First and second defender drills are important in teaching this concept. It is equally important to teach the second defender to immediately step up and press the attacker not necessarily trying to steal the ball but stepping up close enough that attacker is delayed long enough that the first defender can make a recovery run into a back-up position.
- Red Card A card issued by the referee for particularly blatant fouls or abusive language. A player receiving a red card is automatically ejected for the game and his team must play the remainder of the game shorthanded. They may not substitute for an ejected player.
- Referee The official in control of a soccer match. His word is final. His objective is
 to enforce the rules. The official who is in complete charge of the soccer game. The
 safety of the players is the referee's main concern. He or she is responsible for
 keeping time, enforcing the Laws of the Game (see Summary of the FIFA Laws of the
 Game, this section), stopping and restarting the game for penalties or injuries,
 cautioning or banishing offenders (including coaches or spectators) and ending the
 game, if necessary. All decisions by the referee are final! The referee is assisted by
 two linespersons.
- Regulation game two completed periods of a game, prior to any overtime or tiebreaker.
- Reverse the field/Switch the Field A strategy used against aggressive defenses
 where the attackers place a wing wide (and sometimes an extra forward) on the
 opposite side of the field from the ball and when an aggressive defense runs to the
 ball the attacking team sends a driving kick into the opposite corner which their wing
 chases down and crosses or shoots over the back of the defenders. It is an example
 of attacking your opponent's over-aggressive defense similar to a counter play in
 American (pointy) Football.

5

- SAY Soccer The <u>Soccer Association for Youth (SAY Soccer or SAY)</u> is the third largest youth soccer organizer in the USA (established in 1967). 800-233-7291
- Save the act of a goalkeeper in blocking or stopping a shot that would have gone into the goal without his intervention.
- Scorers players who score goals.

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- Scoring opportunity a situation where a team stands a good chance of scoring a goal.
- Screening see Shielding.
- Send Pass or kick to the open player
- Send It! A call to kick the ball long.
- Set play a planned strategy that a team uses when a game is restarted with a free kick, penalty kick, corner kick, goal kick, throw-in or kickoff.
- Sever's disease occurs in children when the growing part of the heel is injured. This growing part is called the growth plate. The foot is one of the first body parts to grow to full size. This usually occurs in early puberty. During this time, bones often grow faster than muscles and tendons. As a result, muscles and tendons become tight. The heel area is less flexible. During weight-bearing activity (activity performed while standing), the tight heel tendons may put too much pressure at the back of the heel (where the Achilles tendon attaches). This may injure the heel. Children are most at risk for this condition when he or she is in the early part of the growth spurt in early puberty. Sever's disease is most common in physically active girls 8 to 10 years old and in physically active boys 10 to 12 years old. Soccer players and gymnasts often get Sever's disease, but children who do any running or jumping activity may be affected. Sever's disease rarely occurs in older teenagers, because the back of the heel has finished growing by the age of 15.
- Shadow Dribbling Shadow dribbling is a great warm-up exercise. Two players, one ball. One player dribbles, the other player moves around in open space. The object is for the dribbler to attempt to keep his ball, by dribbling, in contact with or very near the other players' shadow. Kind of like tag. Younger kids laugh while doing this exercise. High school boys don't too much work.
- Shielding a technique used by a ball carrier to protect the ball from a defender closely marking him; the ball carrier keeps his body between the ball and the defender.
- Shin guards pads that strap onto a player's lower leg to protect the shins should he or she be kicked there.
- Shooting when a player kicks the ball at the opponent's net in an attempt to score a goal.
- Shorthanded a team playing with less than its full complement of 11 players.
- Shot a ball kicked or headed by a player at the opponent's net in an attempt to score a goal.
- Shoulder charge minimal shoulder-to-shoulder contact by a defender against a ball carrier; the only contact allowed by the rules unless a defender touches the ball first.
- Shutout preventing the opposition from scoring any goals in a game; for example, a score of 2-0 or 4-0; goalies are often credited with shutouts because they did not allow any goals to get past them.
- Side tackle an attempt by a defender to redirect the ball slightly with his foot away from a ball carrier running in the same direction.
- 6 Yard Box The small area in front of the goal similar to the crease in hockey.
- Shoot Take a shot on the goal

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- Short Corner A corner kick that is played to a teammate who is not around the 6 yard box and who is fairly close to the kicker as opposed to a long corner which is kicked directly to a player in front of the goal.
- Sliding tackle an attempt by a defender to take the ball away from a ball carrier by sliding on the ground feet-first into the ball.
- Small-sided game a match played with fewer than 11 players per side. This is currently "in" in American recreational soccer because it allows more touches on the ball during a game and promotes ball control and confidence in younger players.
- Snapshot a mental picture. Strikers are often told to take a snapshot of the goal (steal a glimpse) so they know the position of the other players. That allows them to shoot on one touch without having to look up at the goal.
- Soccer In the late 1800s it was the practice of the well-to-do students at Oxford University in England to shorten the length of some common words. At the same time they would add -er to the end of the word. For example, breakfast became known as "brekkers". There were two forms of "football" being played on campus at the time. One used the Rugby Rules and the other form used the rules governed by the Football Association of London. The prior was called "ruggers" on campus and the latter as "soccer" which was short for association and included the popular "-er" ending used by the "in" students. The phrasing caught on and became the popular nickname for the sport. In the United States it is used to differentiate soccer from what the rest of the world refers to as American Football the pointy variety. In recent years the term soccer has actually become acceptable in the rest of the world.
- Soft Goal A goal given up by a goalkeeper on what should be an easy save i.e. no pressure, weak shot, etc.
- S.O.T.G. Spirit of The Game
- Spread distance on the field
- Square pass across to another player
- Square pass a pass made by a player to a teammate running alongside him.
- Starter a player who is on the field to play at the start of a game; a team usually makes its best players starters.
- "Stay wide" Yelled to wings and outside midfielders to remind them to hold their positions and not run to the ball.
- Steal when a player takes the ball away from an opposing player.
- Step defense move up command
- Stick go for the tackle
- Stopper the defender that marks the best scorer on the attacking team, often the opposition's striker; exists only in a man-to-man defense.
- Stretch Out asking forward to go as far forward as the defense allows
- Striker a team's most powerful and best-scoring forward who plays towards the center of the field; also, the name of the mascot for the 1994 World Cup.
- Substitution replacement of one player on the field with another player not on the field; FIFA rules allow only 2 substitutions per game.
- Sudden death a type of overtime where the first goal scored by a team ends the game and gives that team the victory; most overtime in soccer is not sudden death.
- Sunday Shot a desperation shot from long out that remarkably results in a goal.

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- Support support teammate in trouble (offensively or defensively)
- Sweeper the defender that plays closest to his own goal behind the rest of the defenders; a team's last line of defense in front of the goalkeeper.
- Sweeper's in charge Yelled to the sweeper and fullbacks to let them know that the sweeper is responsible for communicating to the fullbacks and defenders which defender is to mark which attacker. Also that the sweeper is in charge of calling for the offside trap.
- Switch changing positions with another player up field
- Switch the Field/Reverse the field A strategy used against aggressive defenses where the attackers place a wing wide (and sometimes an extra forward) on the opposite side of the field from the ball and when an agressive defense runs to the ball the attacking team sends a driving kick into the opposite corner which their wing chases down and crosses or shoots over the back of the defenders. It is an example of attacking your opponent's defense at its weakest point similar to a counter play in American Football.

т

- Tackling the act of taking the ball away from a player by kicking or stopping it with one's feet; only a minimal amount of shoulder-to-shoulder contact, called a charge, is permitted to knock the ball carrier off balance. A method of gaining possession of the ball by use of the feet. Unnecessary roughness and use of the hands are not permitted.
- Territory the half of the field which a team defends.
- The ball has no lungs. A Brazilian saying meaning to pass the ball to cover ground rather than dribble or run after it. Save your energy by passing!
- The three D's of Defense Deny, Delay & Destroy
- Third Man Running an offensive attack characterized by movement away from the ball and passes into space.
- Thigh trap when a player uses his thigh to slow down and control a ball in the air.
- Three Stripes Three stripes on a sock signifies a certified FIFA referee
- Through Pass/Through Ball a ball delivered through the defensive line to a teammate to get him the ball behind his defender; used to penetrate a line of defenders.
- Throw-in a type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline; taken by a player opposite the team that last touched the ball before it went out of bounds across a sideline. Taken to restart the game after the whole of the ball crosses the outside edge of the touchline. The throw in, by any member of the team that did not touch the ball last, is taken at the point where the ball went out of play. The thrower must face the field and throw the ball with both hands, in one continuous motion from the back of his/her head and over the top of his/her head. When the ball is

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released, the thrower must have some part of <u>both</u> feet on the ground on or behind the touchline.

- Tie game when two teams have scored the same number of goals in a match; if the game ends tied, it is a draw.
- Tiebreaker a way to choose the winner of a match when teams are tied after overtime; in FIFA tournament play, a series of penalty kicks are taken by players from both teams, and the team that scores on more of them is declared the winner.
- Timekeeper the job of the referee, who keeps track of the official time to notify teams and fans when, each period is completed.
- Time Settle down, get the ball under control There is no pressure from the defenders.
- Timeout an official break in the action of a sport; the rules of soccer do not allow for any timeouts; timeouts for television advertising breaks are permitted by NCAA collegiate rules.
- Touch me requesting a quick one-touch or flick pass
- Trailing running behind another player.
- Trap when a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet. Trap can also be the command yelled for an offside trap by the defense.
- TRIAR Abbreviation meaning the referee is always right.
- Turnover the loss of possession of the ball.

П

- Unlucky a phrase used by soccer coaches to tell a player that he/she was doing what they were supposed to be doing and just because the result wasn't good that they should not change what they were doing because they were doing it properly. For example, if a goalkeeper plays a corner kick properly and the opponents still score the coach might yell "unlucky" to let him know that it was not his fault. This is a difficult concept for newcomers from other sports to understand. For the longest I refused to use the term as I felt that luck has little to do with performance. I now understand that acceptance of the term has as much to do with understanding that the score of a game is not the most important part of a soccer match.
- Unsportsmanlike conduct rude behavior.
- USSF United States Soccer Federation organization formed in 1913 to govern soccer in America; America's link to FIFA, providing soccer rules and guidelines to players, referees and spectators nationwide.
- USYSA United States Youth Soccer Association US Youth Soccer provides a
 healthy activity through its recreational and small sided games programs. These
 programs emphasize FUN, and de-emphasize winning at all costs. Every child is
 guaranteed playing time and the game is taught in a fun and enjoyable atmosphere.
 The official Youth Division that organizes and administers youth league competitions,

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establishes rules and guidelines, and holds clinics and workshops to support players, coaches and referees. USSF and the largest youth soccer organization in the U.S.

• Venue - location where a sporting competition is held.

V

- v Short for versus used to denote how many attackers are facing how many defenders in drills or game situations such as "We had 3v2 in their end most of the match" meaning we had three attackers versus two defenders in their third of the field.
- Volley any ball kicked by a player when it is off the ground.

W

- Wall A defensive line of players posted to protect their own goal against a
 defender's direct or indirect free kick. The idea is to give the shooter very little area
 of the goal to aim for.
- Wall Pass/Give and Go a series of passes where one player passes to nearby teammate and then sprints forward to receive pass that's returned. Similar to passing the ball off of a wall and then receiving the return ball.
- Width
- Wing A forward who stays wide to either side of the field. The main responsibilities of a wing are to feed the ball to the strikers and to take shots when they are open.
- W-M formation A team shape used for years which forces attacking teams wide while maintaining strength in the midfield area. It provides for two sweepers and is a good defensive shape. It can be weak on the offensive end especially if the other team is also playing a W-M. The general shape is usually a 3-2-3-2.

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- Yellow Card a warning card issued by the referee for repeated or blatant fouls or abusive language. Anyone receiving two yellow cards in a single match is automatically ejected for the game and his team must play the remainder of the game shorthanded. They may not substitute for an ejected player.
- "You'll always miss 100% of the shots you don't take." This is an old soccer maxim that all coaches abide by. While some shots are not "good shots" even poor or bad shots are preferred to no shots at all since you can't usually win without shooting.
- "You're either part of the steamroller or part of the pavement." Soccer is not a passive sport. Players sometimes have to make ten or twenty runs before the ball is played to them. So even if you are not involved in the play you must be involved in the action.

Z

• Zone - a type of defense that assigns each defender to a particular area in front of or around his team's goal in which he is responsible for marking any attacker that enters; often used in youth league games but rarely in professional competition.

Miscellaneous Soccer Abreviations:

- IFAB International Football Association Board
- FIFA Federation Internationale de Football Association
- USSF United States Soccer Association
- CONCACF Confederation of US, Can, Mex, Carribean nations
- UEFA Europe
- AFC Asian Confederation
- CAF African
- OFC Down Under Confed.
- CONMEBOL South American Confed.
- NF national high school soccer governing body
- NCAA college Soccer governing body
- AYSO a runaway soccer org.
- YSA another runaway soccer org.
- HS high school
- US Referee ranks:
 - 010 Assistant Referee only
 - 09 Referee of small sided games
 - 08 (R2) Entry level referee rank
 - 07 (R1) advanced beyond entry level
 - 06 (S2) junior State referee: CR in amateur leagues

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- 05 (S1) senior State referee: CR in Div III professional
- 04 (N2) junior National referee: CR in Div II pro/AR in in DivI
- 03 (N1) National referee: CR the highest national level
- 02 FIFA AR
- 01 (IP) FIFA Referee
- SOTG Spirit of the Game
- LOTG the Laws Of The Game: the written laws
- IBD International (FA) Board Decision
- AIRTLOTG Additional Instructions Regarding The Laws Of The Game
- Law-0 Spirit of the Laws
- Law-18 Common Sense
- CR Center Referee
- AR Assistant Referee
- CAR Club Assistant Referee
- ITOOTR In The Opinion Of The Referee
- 2LD 2nd to the Last Defender
- OSP Off-Side Position
- K Keeper
- DSC Diagonal System of Control: one referee two ARs
- DSR Dual System of Refereeing: 2 referees with no ARs.
- OGSO Obvious Goal Scoring Opportunity
- FP Serious Foul Play
- F&A Foul and Abusive language
- VC Violent Conduct
- FRD Failure to Respect the Distance
- FK Free Kick
- DFK Direct Free Kick
- IFK Indirect Free Kick
- GK Goal Kick
- CK Corner Kick
- PK Penalty Kick
- KO Kick Off
- TI Throw In
- DP Dangerous Play
- DB Drop Ball
- AOAP Area Of Active Play or AOA: Area Of Activity; referred to where the ball's trajectory will end (in judging Offside)
- CC Center Circle
- GA Goal Area
- PA Penalty Area
- GL Goal Line (end lines)
- TL Touch Line (side lines)
- OC Quarter Circle (at the corner flag)
- CF Corner Flag
- HL Halfway Line

"How to sound like an expert"

- HT Half Time
- OT Over Time
- CF Corner Flag