



Rochdale AFC Academy

Academy Vocabulary 3.1.2d

At Rochdale AFC Academy we believe our coaching programme should equip coaches with a unique coaching vocabulary, for a number of reasons.

Players should be able to understand a consistent use of vocabulary from coaches throughout their Academy journey.

The vocabulary used should be simple and effective, to allow all players to develop their full potential.

The vocabulary should be aligned to the Academy Coaching Programme/Syllabus to allow coaches and players to cross reference the set programme and session content.

The vocabulary will change slightly through the developmental phases of the Academy and should be aligned to the Child Development phase of players, and if possible, also aligned to their school lesson Learning Outcomes/Intentions/We Are Learning To etc.

The vocabulary produced by the Academy is a guide and is not prescriptive.

We believe a good vocabulary for the Foundation Phase is:

General

- **“Learning Objective”** – The desired outcomes from the session/game
- **“Team Learning Objective”** – The desired outcomes for the team
- **“Try to”** – Provides a Challenge & Support environment
- **“Desire”** – Player wants to aspire to be the best in all situations
- **“Intensity”** – A quicker and more enthusiastic approach by the player/team
- **“Balance”** – In relation to Attacking & Defending
- **“Start Position”** – In relation to ball/space/team mates/opposition

Attacking

- **“Target/Goals”** - Shoot to hit the target Goals will flow
- **“1v1”** - opportunity to attack opponent
- **“Open up the pitch”** - Players create space high & wide on the pitch
- **“Transition”** - When we win the ball back be ready or get into position to attack quickly
- **“Counter Attack”** - Play forward as quickly as possible
- **“Positive”** - Be positive
- **“Movement”/“Move and Move again”** - Players to pick up new positions
- **“Drive & Slide”** - Drive with ball and slide through with a pass
- **“Drive & Shoot”** - “Target/Goal”
- **“Drop Off”** - Defenders to go deep to create passing options
- **“Disguise”** - Body shapes/Eyes/Finger pointing to deceive the opposition.
- **“End Product”** - Be positive and gain a positive outcome
- **“Be Creative”** - Try out new things, not the norm
- **“Express Yourself”** - Show off your skill and understanding
- **“Decisions”** - Quick decisive thinking
- **“Transition”** – Try to have an end product within 6 seconds
- **“Lock Down or Pivot”** – Holding midfielder in front of central defenders

Defending

- **“Shape”** - Move and react to Transition of Ball as an unit/individual
- **“Decisions”** - Quick decisive thinking
- **“Be strong”** - Win the ball
- **“Cover”** - Cover team mate in relation to the ball + Team mate
- **“Delay”** - Allow recovering players time
- **“Recover”** - React early Recover position or ball
- **“Press”** - With intent pressurise the player in possession
- **“Surf”** - Get low, arms out quick feet and defend
- **“Hula Hoop”** - Press player and get within a yard of space to him
- **“Switch on”** - Be very alert and responsible for your job at Set Plays and at times make own decisions to nullify danger if others are not “Switched on”
- **“Transition”** - When ball switches possession to opposition be or get into position to deal with attack
- **“Screen”** – Shut off passing lanes
- **“Transition”** – Try to win the ball back in 4 seconds

We believe a good vocabulary for the Youth Development Phase is:

General

- **“Learning Objective”** – The desired outcomes from the session/game
- **“Team Learning Objective”** – The agreed desired outcomes for the team
- **“Individual Learning Objective”** – The agreed desired outcome for the player
- **“Individual Goal”** – The longer term learning outcome for the individual player, linked to his latest report
- **“Try to”** – Provides a Challenge & Support environment
- **“Desire”** – Player wants to aspire to be the best in all situations
- **“Intensity”** – A quicker and more enthusiastic approach by the player/team
- **“Dynamic”** – A more powerful and stronger approach by the player/team
- **“Balance”** – In relation to Attacking & Defending
- **“Start Position”** – In relation to ball/space/team mates/opposition
- **“Outnumbered”** - Opposition has more players in that situation

Attacking

- **“Target/Goals”** - Shoot to hit the target Goals will flow
- **“1v1”** - opportunity to attack opponent
- **“2nds”** - Pick up loose ball and be positive
- **“High & Wide”** - Wingers create space high & wide on the pitch
- **“Attack Outside”** - Attack player on the outside
- **“Positive”** - Be positive
- **“Movement”/“Move and Move again”** - Players to pick up new positions
- **“Drive & Slide”** - Drive with ball and slide through with a pass
- **“Drive & Shoot”** - “Target/Goal”
- **“Drop Off”** - Defenders to go deep to create passing options
- **“Bend Run”** - Forwards to run in behind the defence by setting off along the line of the opposition ready to get onto the through ball
- **“Opposites”** - Move one way to receive the ball the other
- **“Fingers”** - Point with disguised finger where to receive the ball.
- **“2s”** - Play 1-2
- **“Split High & Wide”** - Defenders to split to receive ball
- **“End Product”** - Be positive and gain a positive outcome
- **“Decisions”** - Quick decisive thinking
- **“Crosses”** - Final 1/3 Cross the ball into a goal scoring Area.
- **“Critical Zones”** - Areas of Pitch where goals can be scored
- **“Pass for a purpose”** - Keep possession but be positive with pass
- **“Fast Pass”** - Pass the ball quickly and punched in
- **“Pre move/Pre Pass”** - Movements to receive the ball
- **“Lock Down or Pivot”** – Holding midfielder in front of central defenders

- **“Transition”** – Try to have an end product within 6 seconds

Defending

- **“Yards”** - Move and react to clearance of Ball as an unit/individual
- **“High/Wide/Long”** - Clear ball away from Critical Zones (Where Goals are scored)
- **“Front foot Tackle”** - Defend stay on feet stab ball away from opponent
- **“Be strong”** - Win the ball
- **“Cover”** - Cover team mate in relation to the ball + Team mate
- **“Defend as a unit”** - Defend as individual within a small structure
- **“Recover”** - React early Recover position or ball
- **“Press”** - With intent pressurise the player in possession
- **“Focus”** - Concentrate at a high specific level throughout game
- **“Surf”** - Get low, arms out quick feet and defend
- **“Dustbin Lid”** - Press player and get within a yard of space to him
- **“Switch on”** - Be very alert and responsible for your job at Set Plays and at times make own decisions to nullify danger if others are not “Switched on”
- **“Discipline”** - Don’t foul giving advantage to opposing players
- **“Transition”** - When ball switches possession to opposition be or get into position to deal with attack
- **“Near/middle/far”** - Defenders to cover areas which are of high priority
- **“2nds”** - Alert and ease pressure winning loose balls
- **“Screen”** – Shut off passing lanes
- **“Transition”** – Try to win the ball back in 4 seconds

We believe a good vocabulary for the Professional Development Phase is:

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- **“Learning Objective”** – The desired outcomes from the session/game
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- **“Individual Goal”** – The longer term learning outcome for the individual player, linked to his latest report
- **“Try to”** – Provides a Challenge & Support environment
- **“Desire”** – Player wants to aspire to be the best in all situations
- **“Intensity”** – A quicker and more enthusiastic approach by the player/team
- **“Dynamic”** – A more powerful and stronger approach by the player/team
- **“Balance”** – In relation to Attacking & Defending
- **“Start Position”** – In relation to ball/space/team mates/opposition
- **“Outnumbered”** - Opposition has more players in that situation

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- **“2nds”** - Pick up loose ball and be positive
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- **“Drop Off”** - Defenders to go deep to create passing options
- **“Bend Run”** - Forwards to run in behind the defence by setting off along the line of the opposition ready to get onto the through ball
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- **“Fingers”** - Point with disguised finger where to receive the ball.
- **“2s”** - Play 1-2
- **“Split High & Wide”** - Defenders to split to receive ball
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