

# Coaching Vocabulary

## DEFENDING:

RUN  
Press  
Triggers  
Compete  
Tight early  
Contact  
Screen  
Stop the cross  
Balance  
Squeeze  
Narrow  
Recover  
Concentrate  
Arms  
Discipline  
2<sup>nd</sup> Balls  
Decision  
Regain

## ATTACKING

RUN  
Tempo  
Multi Movements  
Stretch  
1v1's  
Body Shapes  
Soft touches / Fast Passes  
Combine / 2's  
Drive & slide / drive & shoot  
Target  
End Product  
2<sup>nd</sup> Balls  
Balance  
Decision Making  
Retain 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup> Pass

## GENERAL

RUN  
Press (try to regain within 4 seconds)  
Track  
Recover  
Regain Retain / Secure  
Counter  
Balance  
Decision Making

## GOALKEEPING

AWAY  
Don't drop  
SCREENER  
GET OUT  
HOLD (the line)  
KEEPERS  
See it out  
Man on left/right shoulder  
Down the line  
Inside  
Turn  
Time

## Non Negotiables"

RUN  
PRESS  
COMPETE  
CONTACT  
REGAIN  
RETAIN 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup> PASS