



**COASTAL SOCCER**  
*"A New Generation of Training"*

## **Terms**

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**Advantage rule:**

a clause in the rules that directs the referee to refrain from stopping play for a foul if a stoppage would benefit the team that committed the violation.

**Assist:**

the pass or passes which immediately precede a goal; a maximum of two assists can be credited for one goal.

**Ball Side:**

position of the defender in relation to the ball and player they are marking. Defender should be between the ball and the attacking player.

**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.

**Dangerous play:**

when a player attempts a play that the referee considers dangerous to that player or others, such as trying to kick the ball out of the goalie's hands, even if no contact is made.

**End Line or Goal line:**

out of bounds lines the goal is on

**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 Post:**

post of goal furthest from ball

**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.

**Goal Side:**

position of defender in relation to the goal and the player they are marking. Defender should be between the goal and the attacking player.

**Hand ball:**

a foul where a player touches the ball with his hand or arm; the opposing team is awarded a direct free kick.

**Near Post:**

post of goal that is closest to ball

**Obstruction:**

when a defensive player, instead of going after the ball, uses his body to prevent an offensive player from playing it.

**Offsides:**

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.

**Offsides 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.

**Overlap:**

when a winger 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.



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### **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.

### **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.

### **Red card:**

a playing card-sized card that a referee holds up to signal a player's removal from the game; the player's team must play the rest of the game shorthanded; presented for violent behavior or multiple rule infractions (two yellow cards = one red card)

### **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.

### **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.

### **Touch Line:**

out of bounds line are on side of field

### **Wall:**

a line of 2 to 5 defending players pressed together shoulder-to-shoulder to protect their goal against a close free kick; creates a more difficult shot by reducing the amount of open goal area the kicker has to shoot at.

### **Yellow card:**

a playing card-sized card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also called a caution; 2 yellow cards in one game earns a player an automatic red card, signaling his removal from the game.

## **Positions**

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### **Forwards:**

the 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.

### **Striker:**

a team's most powerful and best-scoring forward who plays towards the center of the field

### **Wings or wingers:**

the outside forwards who play to the sides of the strikers and whose primary task is to provide them with accurate crossing passes so they can shoot at the goal; often the fastest players and best dribblers on a team.

### **Midfielders:**

the 2, 3 or 4 players who link together the offensive and defensive functions of a team; they play behind their forwards and in front of defenders.

### **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.

### **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.



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### **Defensemen:**

the 3 or 4 players on a team whose primary task is to stop the opposition from scoring; also called fullbacks.

### **Central fullback:**

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.

### **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.

### **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.

## **Restarts**

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### **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.

### **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.

### **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 yards of him.

### **Direct free kick:**

a kick awarded to a player for a serious foul committed by the opposition; the player kicks a stationary ball with no opposing players within 10 yards of him; a goal can be scored directly from this kick without the ball touching another player.

### **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.

### **Indirect free kick:**

a kick awarded to a player for a less-serious foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of him; a goal can only be scored on this kick after the ball has touched another player.

### **Drop ball:**

a method of restarting a game where the referee drops the ball between 2 players facing each other.

### **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.

### **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.

### **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.



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## **Strikes and Passes**

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**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.

**Instep shot (finesse):**

a shot taken with the instep of a player's foot; usually the most accurate of shots.

**Laces shot (power):**

a shot taken with the laces of a player's foot; usually the most powerful of shots

**Lead pass:**

a pass sent ahead of a moving teammate to arrive at a location at the same time he does.

**Square pass:**

a pass made by a player to a teammate running alongside him.

**Through pass:**

a pass sent to a teammate to get him the ball behind his defender; used to penetrate a line of defenders.

**Cross:**

A pass sent into the penalty area from the sidelines. Can either be in air or ground to be shot immediately.

**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.

**Volley:**

any ball kicked by a player when it is off the ground.

## **Do's and Don'ts**

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**Pass/Cross/Clear** instead of "Kick it" or "Boot it"

**Contain/Pressure/Tackle** instead of "Get it"

**Other words to use during games:**

**Drop** – defense falls back

**Push Up** – defensive moves up

**Control** – trap ball and see the field, not just kicking it when receiving

**Man On** – Defender is present, do not turn, play back to where it came from

**Time** – No defender present

**Turn** – Receive ball and dribble

**Get Your Shape** – Defensively regrouping

**Other words/phrases to avoid during games:**

Shoot it!!!!

"Not Through the Middle!" – the ball should and can be played anywhere

Joy Sticking – telling the players exactly what to do all the time