



Arlington Soccer Style of Play Terminology

Defending Terms:

Press – When a team plays high pressure to win the ball back from an opponent

Close him/her – Asking a player to apply touch-tight pressure on an opponent and not get beat off the dribble. Force their eyes to go to the ball

Double It – Asking 2 players to high pressure an opponent to win the ball – don't get split off dribble

Get Behind the Ball – Asking players that are on the attacking side of the ball to get onto the defensive side of the ball quickly

Tuck in – Asking a player that is too wide to slide towards the middle of the field to provide defensive support

Play with some Bite - Asking player to play a more physical style of defense and win 50/50 balls

Force Right/Left – asking the primary defender to force an opponent with the ball to a specific side or direction in order to make them more predictable and force into pressure or away from goal

Win Your Space - asking players to use the necessary physical means to come away with the ball in a 50/50 situation

Front Foot – asking player to use their front foot to make the tackle or poke the ball away

Stand him/her Up – Asking defender to just contain an attacking player with the ball and not get beat off the dribble

Step or Step Up – back line trying to pull attacking player offside – usually comes from deepest defender

Up! – asking the back 3 or 4 to push out of the back and shrink the field

Attacking Terms:

Run At Him/Her – Take the player on off the dribble

Split – Try to make a penetrating or out of pressure pass that splits 2 or more defenders

Put him/her in – Try to play the ball in behind the defense to create a fast break or give higher player the chance to get in behind the defense

Face Up – receiving a ball fairly close to your body and getting your body facing opposite direction

Turn – Letting a ball move across your body or between your legs to get facing opposite direction



Move the ball – Playing of the ball quickly between 2 players or more players

Connect – Find an open player and play them the ball

Weight – Asking players to properly weight their passes

Swing It – change the point of attack – multiple passes

Switch It – play long diagonal/driven ball to opposite side of the field. Can be square, but must be driven – single ball

Wrap It – Switching the ball from one side to the other through the back line or Goal keeper

On Frame – hit set piece on the frame of the goal – usually with tons of pace

Over Cook/Hit It – Hit the ball twice as far as you think you need to – do not under-weight pass

Seal Them – sliding your body between the defender and the ball to maintain possession or draw a foul heading to goal

Shield It – maintain possession by using body to protect the ball – side on

Win corner – asking player to play the ball off opponent to win a corner kick

Touch the Chalk - Get as wide as possible to provide wide option

Turn your Hips – Get yourself facing the direction you want to play – play with shoulder facing direction ball is coming from to speed your play up

Play the Way You Face – asking the player with the ball to pass the ball in the direction they are facing