



# VACAVILLE LADY KNIGHTS

U-10 Girls, Class 3 Soccer Team - VUSC

Vacaville, CA

[www.vacavilleladyknights.com](http://www.vacavilleladyknights.com)



Ricardo M. Serrano, Head Coach  
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## KEYWORDS, 2009 SEASON

<b>BREAKAWAY</b>	Dribble the ball charging forward at maximum speed and leaving the defenders behind
<b>CHIP</b>	Kick the ball (high) over the players
<b>CLEAR</b>	Kick the ball upfield out of the defenders area
<b>COVER</b>	A warning given to cover a specific area of the field, usually in the defensive zone
<b>CROSS</b>	The ball that has been kicked or thrown (from a throw-in) from near the touch line towards the goal
<b>CUT</b>	A rapid change made when carrying the ball. The ball carrier moves the ball in a different direction to avoid being tackled
<b>DRIBBLE</b>	Control the ball with the feet while moving on the field of play
<b>DROP BACK</b>	Run back toward your own goal to defend against the advance of the opponent
<b>FAKE</b>	The act of a player "faking" an action, to surprise a defender, then the player with the ball makes another move. Example- faking a shot, then passing the ball off to a teammate
<b>FEINT</b>	A move made by a player that deceives the defender, allowing the player to move the ball the other way. Example - any of the step-over moves
<b>FIRST TOUCH</b>	A beautiful way to move the ball on the field with a weaving of passes done with only one touch
<b>GOAL SIDE</b>	Defensive position which is near your own goal. Place yourself between your own goal and the opponent
<b>HEEL</b>	Also called back-heel. To pass the ball directly behind oneself by using either the heel or sole of the foot
<b>INSTEP</b>	The top part of the foot covered by the lower part of the shoe laces
<b>JUGGLE</b>	When the ball is kept in the air by a player, using any legal part of the body
<b>KICK</b>	When the ball is hit by the foot either to pass or score a goal
<b>MAN ON</b>	Warning given to the player about to receive the ball that is going to be under pressure from a defender
<b>MARK</b>	A defender who is guarding an opponent
<b>MARK UP</b>	Used to instruct players to guard an opponent so that all attacking players are marked.
<b>OPEN</b>	When a player is situated in an unmarked position
<b>OPEN UP</b>	To move to another point in the field opposite of the play or away from the ball
<b>OVER</b>	Pass or kick the ball on top of the players or the goalie
<b>OVERLAP</b>	Move on the field by changing positions with teammates on a weaving formation
<b>PASS</b>	To give the ball to a teammate
<b>POSITION</b>	Names given to where the players plays: goalie, defender, midfielder, forward, etc
<b>PRESSURE</b>	Instruction to a player to apply pressure to an opponent who has possession of the ball.
<b>PUSH</b>	Soft kick to the ball with the inside or outside of foot
<b>PUSH UP</b>	Move all players forward in their position
<b>ROLL</b>	Move the ball by stepping it with the sole of the foot (rolling motion)
<b>SEND IT</b>	Pass the ball forward or diagonally across the field to your team mate who is better positioned
<b>SHIELD</b>	Place the body between the ball and the defender
<b>SHOT</b>	To kick the ball attempting to score into the opponents goal.
<b>STEP-OVER</b>	Move the leg on top of the ball
<b>STOP</b>	Use of the sole, inside, outside of foot to stop the ball
<b>TACKLE</b>	To take the ball from the opponent while the ball is being dribbled
<b>TAKE OVER</b>	When a player with the ball moves closer to another player and allows the ball to change players rapidly without interruption and without a pass
<b>TIME</b>	A warning to tell a player as she receives the ball that she has time to gain control of the ball.
<b>THROW-IN</b>	Restart of the game awarded to the team that did not touch the ball last before it went over the side line (touch line)
<b>TOUCH</b>	Feel the ball with the foot. Expression used to pass the ball with the first touch
<b>TURN</b>	Move the ball in an opposite direction while in possession of the ball, either to go forward or to play a cross or a shot
<b>WALL</b>	The players who stand between the ball and their own goal at the time a free kick is going to be taken. These players form a human barrier between the ball and their goal.
<b>WALL PASS</b>	The give and go. Receive the ball and rapidly pass it to the same player with a first touch