



# VACAVILLE LADY KNIGHTS

U-10 Girls Soccer Team - VUSC

Vacaville, CA

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



**Ricardo M. Serrano, Head Coach**  
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## KEYWORDS, 2010 SEASON

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|--------------------|---|
| <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   |