

Lebanon Soccer Club
"Soccer Talk" Coaching Tips
From the Lyman Soccer Coaching Staff
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During the season it is important that the kids encounter drill work/play that helps to develop the following:

- Receiving a ball correctly (with correct surface of body)
- First touch - receiving a ball under pressure
- Understanding the necessity of building out of the back (not just 'boot it on defense')
- Learning how to open their hips and receiving a ball with their front foot
- Tackling with the correct foot
- Finishing (not shooting, but *finishing*)
- Playing/practicing at 'game speed', etc.
- Although important, the emphasis can't be on playing games all the time, technical development is a must.
- Tactical awareness can be developed in both practice and games. Small sided games are a must (1v1, 2v2, 3v3, 4v4). They need to work on and implement some combination play in order to develop possession and keep the ball.

Some other key points:

- Knowledge of the game and its rules (soccer IQ)
- Strength and conditioning level
- Ability to play multiple positions on the field
- Development of both feet
- Development of unselfish mindset
- Understanding one's role in positioning
- Understanding terminology
- Getting one's head up and developing 360 vision, checking shoulder, etc.

The attached 'soccer talk docs' were created and used by Coach Fabry to develop drill work around each term or concept so that kids would understand fully what it means to "step" or to yell "man-on" or "turn", "contain" etc. These are terms he found himself using frequently and felt it important to define his phrases for the kids he was coaching at the time. These can be altered and modified to your coaching style and the age group you are coaching if you choose to use them.

If you have any questions for him regarding any of the information provided, you can email him at ryan.fabry@lebanonct.org

LSC

"Soccer Talk"

Part I

1. **"Stop Ball"** --- While on defense, Lebanon player, who is closest to other team's attacker with the ball, stops or slows down opponent's attack.
2. **"One Time"** - Striking the ball once (usually with a clear on defense or a pass on offense). This is done because an opposing player is closing down on you quickly when you approach the ball and you don't want it to get stolen from you.
3. **"Contain"** - While on defense, a player slows down opponent's attacking player with the ball in order to create time for other teammates to get back to help on defense.
4. **"Far Post" & "Near Post"** - When attacking/defending the ball, the "near post" is the side of the goal closest to the ball and the "far post" is the side furthest from the ball. The 'posts' of the goal are part of the goal structure itself.
5. **"Mark Up"** - Means finding a man to cover while on defense.
6. **"Goal Side/Inside"** - While "marking up" a defensive player should be "goal side" which means between the opposing player and the goal the opposing player is attacking and "inside" which means when on a angle, defensive player is "inside" or between the attacking player and "near post."
7. **"Clear" or "Away"** - While on defense, "clearing" or getting the ball "away" is simply quickly kicking it out of the defensive area.
8. **"Balance"** - Balancing the field is when players on a team move together to stay 'balanced' or with proper spacing of players and numbers of players in an area of the field. We do not want too many or too few players in a given area of the field and we move up and down the field as a unit. This keeps gaps between players from happening.
9. **"Support"** - When your team is attacking, players, who are usually on defense, move up to 'balance' the field and help out those players who are attacking. By doing so, players usually receive a 'pass back' and can then pass to another teammate or take the ball and shoot it on goal themselves.
10. **"Distribute"** - Means finding a teammate in which to pass the ball.

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Part II

1. **"Drop"** --- When losing the ball to the other team, "drop' means to get back on your defensive side, but very quickly.
2. **"Go-to-goal"** - When you have the ball, and there is no one near you to help, dribble towards the opposing goal and prepare to either shoot or pass to a teammate.
3. **"What-you-see"** - When a coach or teammate yells this at you, it means that your options with the ball are only what you see in front of you.
4. **"Carry"** - When attacking with the ball, this means to dribble and 'take the space' in front of you while 'going-to-goal.'
5. **"Half-chance"** - Means shooting the ball when you do not have a totally clear shot. Sometimes you score and sometimes not, but at least the ball is shot and positive things happen when the ball is shot low and hard at/across the net.
6. **"Anticipate"** - This means to think ahead and guess what might happen next during play. For example, where an opponent might pass, where a direct/indirect kick might be taken, or before a ball is cleared where should position you on the field.
7. **"Have it"** - This means taking the shot. It could also mean shooting when you don't think you have a good opportunity to score, which is also known as taking a 'half- chance.'
8. **"Step-up"** - When your team is attacking, players, who are usually on defense, move up. This is similar to 'support' but more of a balancing out the field term.
9. **"Direct/Indirect Kick/Penalty Kick"** - After a referee calls a foul, a team is given a 'free kick.' Direct means a goal can be scored off of the kick and Indirect means another player needs to touch the ball before it can be scored. Different fouls will result in different kicks. A Penalty Kick is rewarded when a foul is called in the penalty box and results in a direct kick it is always a shot being taken on goal.
10. **"Wide"** - If your coach tells you to "get wide", or to "open up" it usually means that you are too close to another player or to the play and that you should get away from it and help balance the attack or defense.

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Part III

1. **"Don't let him turn"** --- While playing excellent defense, you force other team's attacker with the ball to turn away and face his own goal. Do not let him turn by getting close to him this prevents opposing player from "turning" to attack again.
2. **"360 Vision"** - 1) On offense while your team is in possession of the ball, before receiving a pass you look all around you so you know what to do with the ball before you even get it. 2) On defense, you are always aware of your surroundings, especially when a player passes a ball to the person you are to be marking. Be aware of who is behind you and anticipate what might happen.
3. **"Man On"** or **"Turn"**- Should be said after every pass made to a teammate. When passing to a teammate, you see that a defender is closing in on him, so you yell "MAN ON!" so he knows not to turn into him when trying to attack. You yell "TURN!" - When passing to a teammate and you see that there is NO defender closing in on him, so you yell "TURN" so he knows not to turn into him when trying to attack.
4. **"Stick Him"** - When containing a man on defense, sooner or later you may need to tackle and make an attempt to take the ball from him (if he doesn't pass it). Wait for the best opportunity and then tackle the ball the right way - for example, wait for his last touch, fake like you are going to tackle and then immediately follow up with tackle, etc.
5. **"Through pass"** - While in possession of the ball, you make a pass "through" or behind the defense 'line' into space for a teammate to run onto. There needs to be communication or an understanding that the pass is about to happen.
6. **"Square pass"** - While in possession of the ball, a player makes a pass to a teammate who is 'in line' with him on either the left or right side.
7. **"Give & Go"** or **"Wall Pass"** or **"1-2"** - While in possession of the ball, you and a teammate find yourselves in a 2 v 1 situation. This means there a defender who is attempting to defend against whoever has the ball - you or your teammate. The player with the ball drives at the defender and then makes a "square" pass to his teammate, keeps running and then his teammate gives the ball back to him with a through pass.

8. **"Settle"** - This means getting control of the ball and then looking for options, rather than just blindly kicking without a purpose.
9. **"Switch Fields or Switch"** - When your team has the ball, and the side of the field you are on is getting 'congested' or packed with players while trying to attack, you 'switch the field' by passing (usually square) across to a teammate and it opens up attacking possibilities.
10. **"Placement over Power"** - When shooting on net, it is better to 'place' a shot to the open area of the goal and resist the urge to shoot blindly and as hard as you can. Learn placement or accuracy first - power and placement together will come as you get better.

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Part IV

1. **"Time"** --- When receiving the ball, this means that you have time (little to no pressure) to look around and assess what the best options are - dribble or pass.
2. **"Draw"** - when you have the ball, and there is no one near you to help, dribble towards the opposing player in order to force him to come play or defend against you. This is done to open up/ create space and force the opposition to 'step' to you.
3. **"Commit"** - when a coach or teammate yells this at you that you must step to the player with the ball in order to defend him - usually to slow down an attack.
4. **"Movement"** - Coaches and players will yell this because while on attack teammates are not providing off-ball movement in order to advance the ball.
5. **"Make the run"** - means for an individual player to make a run (usually a diagonal) in order to receive a ball for advancement or scoring opportunity.
6. **"Angles"** - This is said to players in order for them to get into the proper angles in order to receive a ball. Usually said when a player (s) is standing behind a defender who is in front of a teammate with the ball. Remember, if a ball 'can't see you', it can't be passed to you.'
7. **"Take"** - Means taking the ball from your teammate - usually one who is dribbling towards you.
8. **"Leave"** - This means to leave a ball that is either in your possession or coming at you from a pass for your teammate who is running at you or behind you.
9. **"Don't get complacent"** -means do not lose focus or drop one's intensity or think that a team is weak because of a mistake, etc. Never settle or back off unless your coach instructs you or the entire team to do so.
10. **"Overlap"** - When running from behind your teammate, you run outside (or inside) of his position into the space that is (usually) created for you a lane, a channel, etc. This usually occurs when an outside back on defense, overlaps an outside midfielder.