



VACAVILLE LADYBUGS

U-9 Girls, Class 4 Soccer Team
Vacaville, CA

www.solano-soccer.com/ladybugs

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KEYWORDS, 2008 SEASON

BREAKAWAY	Dribble the ball charging forward at maximum speed and leaving the defenders behind
CHIP	Kick the ball (high) over the players
CLEAR	Kick the ball upfield out of the defenders area
COVER	A warning given to cover a specific area of the field, usually in the defensive zone
CROSS	The ball that has been kicked or thrown (from a throw-in) from near the touch line towards the goal
CUT	A rapid change made when carrying the ball. The ball carrier moves the ball in a different direction to avoid being tackled
DRIBBLE	Control the ball with the feet while moving on the field of play
DROP BACK	Run back toward your own goal to defend against the advance of the opponent
FAKE	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
FEINT	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
FIRST TOUCH	A beautiful way to move the ball on the field with a weaving of passes done with only one touch
GOAL SIDE	Defensive position which is near your own goal. Place yourself between your own goal and the opponent
HEEL	Also called back-heel. To pass the ball directly behind oneself by using either the heel or sole of the foot
INSTEP	The top part of the foot covered by the lower part of the shoe laces
JUGGLE	When the ball is kept in the air by a player, using any legal part of the body
KICK	When the ball is hit by the foot either to pass or score a goal
MAN ON	Warning given to the player about to receive the ball that is going to be under pressure from a defender
MARK	A defender who is guarding an opponent
MARK UP	Used to instruct players to guard an opponent so that all attacking players are marked.
OPEN	When a player is situated in an unmarked position
OPEN UP	To move to another point in the field opposite of the play or away from the ball
OVER	Pass or kick the ball on top of the players or the goalie
OVERLAP	Move on the field by changing positions with teammates on a weaving formation
PASS	To give the ball to a teammate
POSITION	Names given to where the players plays: goalie, defender, midfielder, forward, etc
PRESSURE	Instruction to a player to apply pressure to an opponent who has possession of the ball.
PUSH	Soft kick to the ball with the inside or outside of foot
PUSH UP	Move all players forward in their position
ROLL	Move the ball by stepping it with the sole of the foot (rolling motion)
SEND IT	Pass the ball forward or diagonally across the field to your team mate who is better positioned
SHIELD	Place the body between the ball and the defender
SHOT	To kick the ball attempting to score into the opponents goal.
STEP-OVER	Move the leg on top of the ball
STOP	Use of the sole, inside, outside of foot to stop the ball
TACKLE	To take the ball from the opponent while the ball is being dribbled
TAKE OVER	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
TIME	A warning to tell a player as she receives the ball that she has time to gain control of the ball.
THROW-IN	Restart of the game awarded to the team that did not touch the ball last before it went over the side line (touch line)
TOUCH	Feel the ball with the foot. Expression used to pass the ball with the first touch
TURN	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
WALL	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.
WALL PASS	The give and go. Receive the ball and rapidly pass it to the same player with a first touch