

GOALKEEPER VOCABULARY



with **Lisa Cole**
& **Washington Spirit**

Away The goalkeeper is *not* coming for the ball, and other players need to cover it; used on crosses and corners or any time defenders may anticipate the keeper leaving his line

Back See "Keeper Back"

Ball-Side The defender should take a position between the ball and the marked opponent; Riskier and more aggressive than "Goal-Side"; Can also use "Front" (more often during throw-ins)

Contain Defenders should stay goalside of the ball-carrier without risking a tackle; Used when a shot is less threatening than being beat on the dribble; Gives the defense time to organize behind the play; Opposed to "Pressure"; Can also use "Delay"

Delay See "Contain"

Drop Defenders should move toward the goal to provide defensive cover

Force Left/Right Defenders should favor one side or the other to force the ball-carrier into a less advantageous area or to encourage her to use her weaker foot; Can also use "Force Out" or "Force In"

Goal-Side The defender should take a position between the goal and the marked opponent

Hold Defenders should resist the urge to step or drop too soon; the next play will dictate the proper reaction

Keeper! The keeper is coming for the ball and leaving the goal unguarded; make way or shield opponents as appropriate

Keeper Back The keeper is an option for a back pass; Less insistent than "Keeper! Play me!"; Can also use "Back," "I'm here," etc.

Coaching Notes

- These terms are *not* universal and may vary region to region and club to club.
- The purpose of communication is clarity and understanding, so a preseason meeting is a great way to select and refine the terminology that you'll use.
- Most terms can be paired with a player name to make the command more specific.
- In many cases, the *force* of your communication is at least as important as the words you use.
- It's not necessary to use every term on this list; start with a few and then add to and refine them as it becomes necessary, and as you become more comfortable with them.
- If you expect goalkeeper communication in games, it *must* be a point of emphasis in training.

Keeper! The player in possession should pass back to the keeper; Best if accompanied by clear arm directions; More insistent than "Keeper Back"; Can also use "Play Me!"

Man On The player receiving a pass from the keeper is under immediate pressure; Opposed to "Time"; One or the other should be shouted every time the keeper plays a pass

**No Shot/
Cross/Turn** The defender should prevent the ball-carrier from taking a shot, executing a cross or turning with the ball to face goal; Used to emphasize priority and present danger

Out Defenders should move quickly away from the goal; a more forceful, animated version of "Step", used on big clearances or counterattacks; Can also use "Push Up"

Outside Defenders should not attempt to play a central pass or a back pass to the keeper, and should instead turn, play or clear the ball to the sideline

Pinch In Defenders should move a step or two into a more central position, closing gaps in the defensive shape; A less forceful version of "Tuck in"

Pressure Defenders should close down space and pressure the ball; important for preventing imminent shots or crosses; Opposed to "Contain" or "Delay"

Push Up See "Out"

Release Defenders assigned to the posts for corners or free kicks are released from that responsibility; Can also be used to release outside backs to join an attack when your team has clear possession

**Slide
Left/Right** Defenders should move in the direction indicated, to close gaps in the defensive shape

Step Defenders should take two or three steps forward to tighten the gap between the midfield and the back line and to force opposing forwards into offside positions; used every time the ball goes negative

Tackle Defenders should attempt to tackle the ball; A more forceful – and riskier – alternative to "Pressure"; Used when the defense is organized behind the play, in case the tackle fails

Time The player receiving a pass from the keeper is not under immediate pressure; Opposed to "Man On"; One or the other should be shouted every time the keeper plays a pass

Tuck In Defenders should move several steps into a more central position, closing gaps in the defensive shape; A more forceful version of "Pinch in"

**Turn
Outside** See "Outside"

Wall A free kick is imminent, and it requires a wall; Followed by commands related to the number in the wall and how it should be positioned; [More information in Episode 009.](#)