

VOCABULARY TERMS — A THROUGH N

Away	The keeper is <i>not</i> coming for the ball; other players need to cover it. Used primarily on crosses and corners, or any time defenders may anticipate the keeper leaving their line	Hold	Defenders should hold their position until the next play
Be Aware <i>Ex: Be aware right shoulder</i>	Lets defenders know an opposing player is near them when the ball is not an immediate threat	Keeper	The keeper is coming for the ball and leaving the goal unguarded; make way, shield opponents as appropriate, or cover the space the keeper just left
Contain / Delay	Defenders should stay goal side 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	Keeper Back / Back / I Will Play	The keeper is an option for a back-pass. Letting your team know you are available as an option
Drop	Defenders should move toward the goal to provide defensive cover	Man On	The player receiving a pass from the keeper is under immediate pressure. Opposed to "Time/Space." One or the other should be shouted every time the keeper distributes the ball
Force Left / Right	Defenders should encourage one side or the other to force the ball carrier into a less dangerous area or to use their weaker foot. Can also use "Force inside" or "Force outside"	Mark Up	To inform players to mark up on set pieces — should be followed by specific name to number from the goalkeeper (<i>Ex: Jon, mark 10</i>)
Front / Ball-side	The defender should take a position in front of the player they are defending	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

VOCABULARY TERMS — P THROUGH 18

Pinch In	Defenders should move a step or two into a more central position; important for preventing imminent shots or crosses. Opposed to "Contain" or "Delay"	Squeeze	To move the players vertically up the field as the ball is cleared/travels forward. Similar to "Push Up / Out"
PK / Spot / 12	When stepping out after a clearance on a corner, the ball was cleared but another cross/attack is imminent. Sets the offside line at the penalty spot	Step	Defenders take two or three steps forward to tighten the gap between the midfield and back line and force forwards offside. Used every time the ball goes negative
Pressure	Defenders should close down space and pressure the ball; important for preventing imminent shots or crosses	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
Push Up / Out	Defenders should move quickly away from the goal; a more forceful, animated version of "Step." Used on big clearances or counterattacks	Time / Space	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 distributes the ball

Release	Defenders assigned to the posts for corners or free kicks are released from that responsibility and should push up the field	Track Runners	To inform players to follow their player when recovering
Right / Left Shoulder	To notify a player that the opposition are approaching on their right/left shoulder	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"
Safe	Don't take a chance — kick the ball high and wide out of bounds to let your team reset	Wall	A free kick is imminent and requires a wall; followed by commands related to the number in the wall and how/where it should be positioned
See It Out	If in possession, kick the ball out of bounds. If out of possession, shield the ball out of bounds	18	Used after the ball is cleared to quickly push up and set the offside line at the 18-yard box, anticipating another service into the box
Slide Left / Right	Defenders should move in the direction indicated to close gaps in the defensive shape		





COACHING NOTES & COMMUNICATION KEYS



GUIDELINES FOR EFFECTIVE GOALKEEPER COMMUNICATION

COACHING NOTES

The purpose of communication is **clarity and understanding** — making sure not only the goalkeeper knows these terms, but the **whole team** knows them so the information is clear

The only person who should yell "**Keeper**" is the keeper themselves. It should not come from teammates, coaches, or parents

Most terms can and should be **paired with a player name** to make the command more specific (*Ex: "Step, Jordan"*)

In many cases, the **tone of your voice** is just as important as the information you are giving. In more dangerous situations, your tone should indicate danger is present. In less dangerous situations, your tone should be more relaxed

It is **not necessary to use every term** on this list — start with a few, then add and refine them as you become more comfortable

These terms are **not only limited to games**. Communication within practices and training is a **must** as well

COMMUNICATION KEYS — THE 5 C'S

Early — Allowing teammates time to respond

Clear — Calm and with the correct tone

Concise — Short, punchy, and impactful

Consistent — Regular but without becoming overwhelming

Authoritative — Shows confidence and commands a presence

