



SOCCER JARGON

Soccer Terms



SOCCER JARGON
MSYSA

UNDERSTANDING THE LINGO

Maryland State Youth Soccer Association

MSYSA

is dedicated to encouraging sportsmanship and fostering increased knowledge, recognition and understanding of the game. MSYSA is constantly promoting opportunities for players to develop, train and compete while maximizing education and training for coaches.



Glossary of Soccer Terms created by Soccer Coach - L

SPEAKING THE LANGUAGE

Every sport has a language of its own and soccer is no different. Terms like “Side-on” or “Schemer” have a specific meaning within the game that first year coaches may not be familiar with. The next few pages will list just about every soccer term a coach needs to know in the world of soccer.



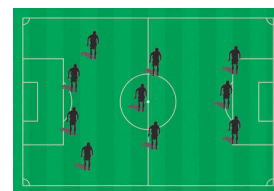
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Here are a few to get you started.

Yellow Card: A cautionary measure used by the referee to warn a player not to repeat an offense. A second yellow card in a match results in a red card.



Formation: Often used to describe the number of players positioned by a team in the different areas of the field of play. Example 4-3-3



USYS: United States Youth Soccer.



Term	Explanation
The 6	An abbreviation referring to the goal area .
6-stud cleats	Screw-in cleats
The 18	An abbreviation referring to the penalty area .
50/50 ball	A loose ball contested by a player from each team and which may be won by either one of them (a frequent cause of injury as players collide in attempting to be first to the ball).
Abandon the game	Occasionally the referee will stop the game with no chance of resuming it; in that case, the game is said to have been abandoned.
Advantage	A discretionary judgement which allows an official to permit play to continue rather than stopping play to administer a foul. This is because the foul did not put the offended team at a disadvantage, or the foul, should it have been called, may take away a favorable opportunity for the offended team.
Assist	One player passes the ball to a second player, who scores as a result of the pass.
Assistant referee	One of two assistants to the center referee. Their duties include: Calling the ball out of play, determining the team that is awarded a corner kick, goal kick or throw-in, calling offside, notifying the referee of a pending situation, monitoring for misconduct and any duty that the referee deems necessary. Formerly called "linesman".
Attacking half	Generally considered the offensive half. The half of the field where one particular team is trying to score.
Attacking third	Some coaches prefer to divide the fields into thirds in setting tactical goals for their team. The attacking third is the third of the field where one particular team is trying to score. The other two thirds are called the defensive third and middle third.
Away	Instruction issued by a goalkeeper to teammates to tell them to clear the ball without attempting to control it.
Back	1. Movement by players towards their own goal; 2. Communication to a teammate, who is carrying the ball, for a pass back; 3. Communication to a teammate letting him know that he has support behind him; 4. Another name for fullback .
Back pass	A pass made to a trailing player (one who is behind the ball carrier).
Balance	Used to describe the concurrent presence of coverage by a team in all important areas of the field of play.
Ball side	A player who is closer to the ball than to the opponent he is playing against is said to be "ball side" of the opponent. See goal side .
Bench	The physical structure or area for the substitutes and coaches.
Bicycle kick	A technique whereby a player kicks a ball while leaving his feet, and with his back to the intended target. Both feet are in the air, hence the reference to riding an imaginary bicycle. Also called a "scissors kick".
Booking	Terminology used to indicate that a player has had his name/number recorded, by the referee, for receiving a yellow or red card. The player is said to have been "booked";
Boots	Soccer shoes
Box	The penalty area .
Breakaway	An attacker who gets behind all field defenders, with possession of the ball, is said to have a breakaway.
Captain	One player who has been designated by the coach to be the one person who can communicate with the referee, while on the field. While FIFA doesn't give captains an official designation, youth soccer can utilize two or three captains. A captain is designated with a distinctive arm band.

Caught square	When two or more defenders have been beaten by a through ball because they were positioned square to one another (in other words, in a line across the field parallel to the goal line) because one or more failed to drop off and provide support , they are said to have been "caught square".
Caution	When the referee shows a yellow card to a player and records that player's name because of misconduct , he is said to have "cautioned" the player.
Center circle	A circle of 10 yard (9.15 meter) radius, drawn with the center mark as its center.
Center mark	The mark that is placed on the half-line, designating the midway point on the line.
Channel	To 'channel' an opponent is to steer him or her into a more predictable, easily defended direction.
Charging	The initiation of contact with an opposing player. Not all charges are illegal.
Check away	To move away from a teammate who has the ball; frequently used before checking back to the ball in order to create space and confuse a defender.
Check to	An offensive player runs toward the ball carrier, usually to call for a pass; frequently used immediately after the player has checked away from the ball in order to create space and confuse the defenders.
Clear	A term used by defenders to send the ball rapidly upfield. This term is yelled out by defenders to alert the defender with the ball that he has impending pressure.
Clearance	Usually a long, flighted ball used by defenders to clear the ball upfield.
Cleats	Specialty footwear worn by soccer players. So called for the studs or cleats on the soles of the shoes. These are frequently permanently molded as part of the sole but may also be removable .
Close down	The technique whereby a defender gets as close as possible to an attacker, usually the ball-carrier, without letting the attacker get past.
Compress the field	As defenders push out toward the ball, thereby reducing the area in which attacking forwards can move without being in an offside position , they are said to "compress the field".
Corner arc	The quarter-circle marking, with a radius of one yard, located at each of the four corners defining the field of play.
Corner flag	Flagposts positioned at each of the four corners defining the field of play.
Corner kick	A method of restart, awarded to the attacking team when the ball, having last been touched by the defending team, crosses the goal line without entering the goal.
Cover	1. A defender who is supporting a teammate facing the attacking player on the ball is said to be providing cover; 2. A defender moving into such a position will call "Cover!" to let his or her teammate know of the presence of support.
Cross	The term used to describe a ball that has been kicked or thrown (from a throw-in) from near the touch line towards the goal.
Crossbar	The structure of the goal that connects the two upright goalposts.
Cut	A subtle adjustment made when carrying the ball. The ball carrier moves the ball in a different direction to avoid being tackled. Similar to a chop, but the action is not as forceful.
D	Abbreviation referring to the penalty arc .
Dead ball situation	Any situation when the ball is being put back into play by the attacking team, especially a direct or indirect free kick or a corner kick .

Defensive third	Some coaches prefer to divide the fields into thirds in setting tactical goals for their team. The defensive third is the third of the field where one particular team is defending their own goal. The other two thirds are called the attacking third and middle third.
Deflection	1. An uncontrolled rebound off a player or the referee. 2. A save attempt by a goalkeeper (usually with the hands) where the ball rebounds away (see parry).
Diagonal	Any action (pass, kick or run) that moves corner-to-corner with respect to the field of play. The player doesn't have to use all the space between the corners, which are simply a reference to a diagonal.
Direct free kick	A method of restarting play, where the player taking the kick may shoot the ball directly into the net. Indicated by the referee when he points in the direction of the kick.
Direct play	A tactical system in which a team attempts to play the ball forward into the attacking third as soon as possible after recovering possession, frequently by playing long balls over the top . Often contrasted with possession play .
Dissent	Expressing disagreement by word or action with any decision of the referee.
Dive	An exaggeration of the effect of contact, including falling to the ground, intended to influence the referee to award a free kick in favor of the player's team. This is considered unsporting behavior, possibly punishable by yellow card. Also a technique used by goal keepers in an attempt to stop a shot on goal.
Dive in	To attempt to tackle an opponent without first slowing one's own or the opponent's forward progress, thereby making it easy for the opponent to beat the defender with a dribbling move.
Draw	Also called a tie. When both teams score an equal number of goals, including no goals scored by either team.
Dribble	The practice of controlling the ball with the feet while moving on the field of play.
Drive	Typically a low, hard shot on goal, taken with the instep .
Drop ball	A method of restart in which the referee 'drops' the ball to the ground. The players may not kick the ball until the ball touches the ground.
Drop kick	A punting method the goal keeper uses where he drops the ball to the ground, then punts the ball just after it hits the ground.
Drop off	To move farther away from one's mark. Issued as an instruction to a player, from the coach or another player.
Drop pass	A player passes the ball, behind himself, to a teammate or leaves the ball for a teammate.
Dummy	To pretend to be about to receive the ball, but allow the ball to travel past oneself, in order to deceive the opponent.
Dummy run	A run by a teammate of the player with the ball, intended to draw one or more defenders away from the area under attack.
Encroachment	Being within 10 yards of the ball when a free kick, corner kick, goal kick or penalty kick is being taken by an opponent.
Fake	The act of a ball carrier 'faking' an action, to elicit a response from a defender, then the ball carrier performs another mover. Example- faking a shot, then passing the ball off to a teammate.
Far post	The goalpost that is farthest from the ball.

Feint	A maneuver performed by a ball carrier that is intended to get the defender to react, allowing the ball carrier to move the ball the other way. Any of the step-overs and moves created by famous players constitute feints.
Field of play	The rectangular playing area, defined by two longer touch lines and two shorter goal lines. Also called the "pitch".
FIFA	Fédération Internationale de Football Association: the world governing body of soccer.
Flat back	As in "flat back four". A defensive shape where the back three or four defenders move in tandem, maintaining a formation that is relatively straight across the field, as opposed to formations based on having at least one player stationed some distance behind the other defenders.
Flats	Footwear specially designed for training or indoor use. No cleats or studs are present.
Flick	1. The ability of a player to use his foot to 'flick' the ball into space so that he may run onto the ball (commonly referred to as a heel flick); 2. passing a high ball on to a teammate with the top of the head, whether from a throw-in, a clearance or a high pass; 3. an instruction used to request a teammate to pass the ball on in this way.
Follow	Used as a coaching instruction to get players to follow the ball after a shot has been taken. This instruction is geared to preparing the players to get a second (or more) shot should a rebound occur.
Footwear	Any of the specialty shoes that are developed especially for soccer players. See cleats , flats , turf shoes , screw-ins .
Formation	Often used to describe the number of players positioned by a team in the different areas of the field of play. Normally, the keeper is not included; thus a 4-4-2 formation is one with four fullbacks, four midfielders and two forwards, while a 3-5-2 refers to playing with three backs, five mids and two forwards. See balance and system of play .
Forward	An offensive player, playing closest to the opponent's goal.
Foul	An offense against an opponent or against the spirit of the game that results in a free kick.
Fourth official	In FIFA-sponsored competitions, an official with responsibility for supervising substitutions, keeping order in the technical areas and so forth.
Free kick	A method of restarting play. Can be either direct or indirect.
Front foot	1. The foot closest to the ball. 2. "Front [of the] foot" refers to the outside part of the foot near the shoe laces and just above the little toes.
Fullback	A defensive player, playing closest to one's own goal.
Give-and-go	A tactic used when one player passes to a teammate, the first player then sprints into an open area, then the second player returns the pass to the first. Also called a "wall pass."
Gloves	Handwear that is specifically designed for the goal keeper and field players. These differ in that the keeper's gloves provide padding and protection, the field player's gloves provide warmth and a rubber palm used to grip the ball for throw-ins.
Goal	1. The structure defined by two upright goal posts and one crossbar that is set on the goal line, a n equidistant from each corner. 2. To score
Goal area	The box that is formed when a line is drawn six yards out from each goalpost, along the goal line. The lines extend six yards into the field of play and are connected by line that is parallel to the goal line.

Goalkeeper or Goalie	The one player on the field who is permitted to use his hands while the ball is in the field of play. Though the goal keeper can only use his hands within his own penalty area.
Goalkeeper strip	Goalkeeper uniform
Goal kick	A method of restarting play, awarded to the defensive team, after the attacking team has put the ball over the defending team's goal line without scoring a goal.
Goal line	The two smaller boundary lines, forming the short ends of the rectangular field of play.
Goalposts	The two vertical structures that support the crossbar.
Goal side	A player who is closer to the goal which he is defending than to the opponent he is playing against is said to be "goal side" of the opponent. See ball side .
Golden goal	The goal in "sudden victory" overtime that wins and ends the game. These overtimes are sometimes given the unfortunate name "sudden death."
Half-line	See halfway line .
Half-time interval	The period of idle time between the two halves of the game.
Half volley	A technique where a player strikes a ball <u>just after</u> the ball has touched the ground.
Halfway line	Or "half line". The line that divides the field into two equal and mirror-image halves.
Handling or hand ball	Intentionally playing the ball with one's hand or any part of the arm.
Header or head ball	Passing, clearing, controlling or shooting the ball with one's head.
Heel	Also called backheel. To pass the ball directly behind oneself by using either the heel or sole of the foot. The term can also be used by a player to indicate that he is ready to accept a back pass.
Holding	Intentionally closing one's hand on an opposing player or any part of his equipment in an attempt to interfere with his progress.
Home strip	Home uniform
Indirect free kick	A method of restarting play, in which the ball <u>must</u> be touched by another player after it is kicked in order for a goal to be scored. Signaled by the referee holding one arm extended above his head until the ball has been touched by another player.
Injury time	See time lost .
Inside	1. Refers to the part of the field closer to the mid-line, as opposed to the touchline. 2. Inside of the foot: the big toe side of the foot near the arch.
Instep	The top part of the foot corresponding to the lower part of the laces portion of the boot.
Into touch	When the ball goes into the area outside of the field of play, beyond the touch lines.
Jersey	The team uniform that distinguishes the teams as different. Also, the goal keeper must have a shirt that distinguishes himself different than his team and the opponent.
Jockey	1. To delay the forward progress of an opponent with the ball by holding a position close to and goal side of the opponent so that he or she can be tackled once support arrives. 2. An instruction to a player to tell him or her not to tackle but to jockey an opponent.

Juggling	A training exercise in which the ball is kept in the air, using any legal part of the body, by one player.
Jumping	Intentionally jumping at an opponent.
Keeper	See goal keeper .
Kicking	Intentionally kicking or trying to kick an opponent.
Kick-off	A method of starting and restarting play. A game is started with a kick-off and a kick-off is performed following a goal that has been scored. The restart kick-off is performed by the team that did not score.
Lay off	To play the ball to one side for a teammate, normally when one has one's back to the opponents' goal.
Libero	Position name given to a player playing in one of the positions normally associated with a stopper , a defensive screen or sweeper . Unlike these players, however, the libero frequently comes forward to join the attack. .
Linesman	See assistant referee .
Man on	A term used for communicating that the ball carrier or the player about to receive the ball is going to be under pressure from a defender.
Man-to-man defense	A defensive system in which a player (usually a marking back) will be assigned responsibility to mark a specific individual opponent. Often used to neutralize a particularly dangerous and mobile attacking player; if the strategy is effective, the neutralized player is said to have been "marked out of the game". See zone defense .
Mark	1. A defender who is guarding an opponent is said to be marking him or her; 2. A player guarded by another player (as in "Who's your mark?").
Mark up	Used to instruct players to guard an opponent so that all attacking players are marked.
Marking back	A fullback with primary responsibility for marking one of the opposing forwards.
Match	A game of soccer. In Britain, a regularly scheduled league meeting between two teams is frequently referred to as a "fixture", while a match in the context of a Cup competition is often called a "tie".
Micro-soccer	Any one of a number of small-sided formats (frequently 3, 4 or 5 players a side) used with very young players.
Middle third	See attacking third .
Midfielder	Player occupying a position between the forwards and fullbacks.
Misconduct	An offense that is a serious breach of the spirit of the game and results in either a caution or an ejection
Movement	1. A player moving with the ball. 2. Players moving, who are not carrying the ball, in an attempt to move to an unoccupied area to bring defenders with them or create an area where they can receive a pass.
Near post	The goalpost that is nearest to the ball.
Nets	Netting that is attached to the goalposts, crossbar and the ground, to ensure (barring any gaping holes or loose fittings) that a goal has indeed gone through the opening created by the goalposts and crossbar.
Nutmeg	Describing the action of putting a ball through the space created when a defender has his legs spread. A player is said to have been "nutmegged" or "megged."
Obstruction	"Impeding a player's progress." Playing the player, not the ball. A player uses his body as an impediment or an obstruction merely to prevent a play on the ball.
Offside	See offside position and offside infraction .
Offside infraction	A player in an offside position while his team has the ball becomes involved in active play, such as by being the recipient of a pass.

Offside position	The situation where an attacking player, on the offensive half of the field, has put himself in a position where there are fewer than two opponents between him and the goal. This positioning does not constitute a foul, until he becomes involved in the play.
Offside trap	The act of the defenders moving forward in unison to place an opponent in an offside position , thereby creating an offside infraction .
On goal	A shot which will enter the goal if nothing stops it is said to be "on goal", "on frame" or "on target".
One-touch play	When a player redirects a moving ball with the first touch, either as a pass to another player or as a shot, without using the first touch to control the ball. See two-touch play .
Onside	Not being offside.
Open up	1. To turn slightly away from the direction of an approaching ball which one is about to receive in order to improve one's vision of the field of play by having more of the field in view. 2. Issued as an instruction to a player to tell him or her to open up.
Over the top	To play "over the top" is to send long high balls forward into the attacking third so that they drop behind the fullbacks, with the intention of creating attacking opportunities for strikers or wing forwards.
Overlap	A tactic used by the attacking team. One player will run past the ball carrier in order to put himself in a better position to receive the ball.
Overtime	If the score is tied after regulation and the rules call for more time to be played, then two periods of equal and predetermined time must be played, team changing ends after each period. Normally, the periods must be played in their entirety, regardless of the score. In some cases, provisions are made for a sudden death type overtime where the game is over once there is a score. See golden goal .
Own goal	A goal scored by a player into his own team's net. If a shot is taken and the ball deflects off a defender for a goal, the goal is considered to have been scored by the player taking the shot, and is not an own goal.
Parry	A controlled and deliberate deflection by the goalkeeper using the hands. The goalkeeper is considered to have been in possession of the ball at the time it touched the hands.
Pass	To transfer possession of the ball to a teammate.
Penalty	A synonym for penalty kick . Also for calling a foul that will result in a penalty kick.
Penalty arc	The arc that is present on the line, parallel to the goal line, that defines the penalty area. This arc has a 10 yard radius from the penalty mark. Also called "the D."
Penalty area	The box that is formed when a line is drawn 18 yards out from each goalpost, along the goal line. The lines extend 18 yards into the field of play and are connected with a line that is parallel to the goal line.
Penalty kick	A direct kick, taken by a player, from the penalty mark as a result of a foul committed by the defensive team in their penalty area. All players except the goal keeper and the player taking the kick must be outside the penalty area and 10 yards from the ball.
Penalty mark	Also called the penalty spot. A circular mark 9" in diameter made 12 yards out from the center of the goal, where the ball is placed when a penalty kick is to be taken.
Pitch	See field of play .
PK	See penalty kick .
Play in	To play a teammate in is to play a through ball for him to run on to.

Player	Each of the 11 (or fewer) members of a team who is legally on the field of play and taking part in the match. See substitute .
Position	1. Any one of the names which describes where a player plays and what his or her role is; see goal keeper , fullback , sweeper , stopper , screen , wheel man , libero , midfielder , forward , wingback , striker , window player , hole player , wing . 2. Defensive position: placing oneself in a proper position to defend against attack.
Possession	Having control of the ball. For a goal keeper, control (possession) is having any part of the hand or arm touching the ball.
Possession play	An attacking system in which a team tries to retain possession of the ball while advancing toward the attacking third and while in the attacking third, with the object of trying to create scoring opportunities. Frequently contrasted with direct play .
Pressure	1. A tactic used to attempt to dispossess an opponent of the ball. Generally refers to the close proximity of the defender. 2. Used as an instruction to tell a player to apply pressure to an opponent who has possession of the ball.
Punt	A method of kicking that goal keepers use to clear the ball upfield, wherein the ball is dropped from the hand and kicked before touching the ground or as a half-volley .
Push	A coaching instruction used to tell players to move forward, towards the opponents' goal, in order to put opponents in an offside position, as in "push up" or "push out." Also "out", "step", "step up" and "pull".
Pushing	Intentionally pushing an opposing player.
Recovery	The act of defenders to get back into a defensive position.
Recreational	Less competitive soccer where players have the chance to sign up to play the sport regardless of ability.
Red Card	Disciplinary action of sending a player, or players off the field of play.
Referee	The official who have been given full authority to enforce the Laws of the Game in connection with the match to which he has been appointed. FIFA matches will have one referee and two assistant referees. Other leagues may have two referees and no assistants.
Restart	The use of a kick, throw or dropped ball to restart play after play has been stopped because the ball goes out of the field of play or the referee stops play for any reason.
Reverse field	See switch field .
Save	An action that stops a shot on goal from scoring.
Schemer	Central player who takes charge and organizes the play.
Scissors kick	See bicycle kick .
Screen	1. Position name (from 'windscreen wiper'); applied to a defensive midfielder playing in front of the fullbacks with responsibility for collecting loose balls across the width of the field and then distributing them; also called "defensive screen". 2. To block the keeper's view of the ball.
Screw-ins	Shoes with removable (and therefore replaceable) studs (as opposed to permanently fixed molded cleats) designed for use in wet conditions or soft ground. Often called "six-stud cleats" after the number of studs usually found on the sole of each boot.
Select	More competitive soccer where players are 'selected' to be on a team following tryouts or some other prearranged qualifying standard.
Set piece	See set play .
Set play	A rehearsed series of actions normally initiated in a dead ball situation to attempt to create or take advantage of a scoring opportunity. These involve misdirecting opponents, usually on free kicks, or taking advantage of positions of vulnerability, for example on corner kicks.

Shape	Refers to the characteristic placement of players in a given formation . If players wander a way from their assigned roles and are not replaced by teammates, a team may be said to have "lost its shape".
Shielding	The tactic of a ball carrier putting his body between the ball and the defender.
Shinguards	Protective equipment worn by players to aid in prevention of injuries to the shin.
Shootout	A tie-breaking device that pits one player against the goalkeeper in either penalty kicks or a breakaway type run from 35 yards away. In both cases, the winner is determined after a best of five chances alternating with each team. If tied after five, the contest continues with different players until one team scores and the other team doesn't.
Shot	An attempt to score into the opponents goal.
Sideways-on	The body position of a player, normally on defense, such that the player is turned so the hips face one touchline or the other more than either goalline. The purpose is to allow the player to react quicker in the direction of either goalline.
Sliding tackle	Executing a baseball type slide in an attempt to dispossess the ball from a ball carrier.
Small-sided game	Any one of numerous types of exercise or competition in which the number of players involved is less than (usually much less than) the "normal" 11 a side. Many different small-sided games are frequently used as training exercises with older players and as the normal competition format with younger players. See micro-soccer .
Space	Used to define an area on the field that is free from opponents and pressure. The ball can be passed into space for a player to run on to. A player can run into space to get open for a pass or to bring defenders with him to rid the area under attack of defenders (see dummy run).
Square	1. A player situated at any point on a line parallel to the goal line with respect to a teammate is said to be in a "square" position. 2. A term used to communicate to a player that a teammate is supporting him in a square position .
Square ball	A pass played "square", in other words parallel to the goal line or perpendicular to the touch line.
Step	Or "step up". Or move up
Stockings	Socks that cover the shinguards.
Stoppage time	See time lost .
Stopper	Name of a position; usually applied to a single central defender playing in front of a sweeper .
Striker	A position name given to a player in a central attacking position.
Striking	Intentional or intent to strike an opponent.
Strip	The uniform worn by all team members, consisting of jersey, shorts and stockings. Professional teams, and many competitive teams, will have both a home strip in the club colors and a contrasting away strip . Professional teams often have a third strip for occasions when a visiting team's away strip is too close a match to their own home strip. The goalkeeper wears a distinctive uniform often referred to as a team goalkeeper strip .
Studs	See cleats .
Substitute	Any one of a team's idle players, on the bench, waiting to enter the field of play as players .

Support	A player on the ball is said to have support when he has one or more teammates in position and ready to receive a pass. A defending player, challenging the player on the ball, is said to have support when a teammate is ready to cover if he is beaten by the attacker.
Sweeper	Position name; usually applied to a central defender playing behind the stopper and wing fullbacks with responsibility for "sweeping up" loose through balls which are played in behind the other defenders.
Switch	1. Word used to notify a player that another player has left his position, requiring that the open area needs to be filled. 2. Instruction to a player on the ball to switch the point of attack to another area of the field. 3. Instruction to a teammate to trade positions.
Switch field	The act of directing the ball from one side of the field to the other (in other words, from an area near one touch line to an area nearer the other touch line). Frequently used as a tactic to catch the defense which has been drawn to one side of the field and lost its shape .
Switch off	To trade marking assignments.
System of play	A term used to describe the specific manner in which a given formation is implemented. For example, a 4-4-2 (four fullbacks, four midfielders and two forwards) may be implemented with two center backs or with a sweeper-stopper combination. The system of play will impose a characteristic shape on a team.
Tackle	A defensive player's ability to dispossess the opponent of the ball while the ball is being dribbled.
Tactics	A description of 'when' and 'why' some action, or reaction, is occurring.
Takeover	A means of transferring possession of the ball whereby a teammate of the ball carrier runs toward and past him or her; as the teammate passes by, the ballcarrier leaves the ball for him or her to take.
Technical area	A defined area in proximity to a team's bench to which the substitutes and coaching staff are normally restricted.
Technique	'How' an activity is done.
Third strip	See strip .
Through ball	Also "through pass". A pass played into the space behind the defenders for a teammate to run on to.
Throw-in	A method of restart which is awarded to the team that did not touch the ball last before it went over the touch line.
Tie	1. See draw .
Time	An instruction to tell a player as he receives the ball that he has time to gain control of the ball.
Time added on	See time lost .
Time lost	The referee has the ability to add time at the end of either half for time lost because of treatment or removal of injured players, wasted time, substitutions or any other cause.
Toe punch	Or, "toe poke." Typically used for tackling, the player is able to touch the ball with his toe, attempting to dispossess the ball carrier.
Touch	1. Developing a 'feel' for the ball. 2. Defines the number of times a ball is touched: One-touch, two-touch. 3. A call to a teammate who is about to receive the ball to pass the ball on with his or her first touch.
Touch line	The lines forming the long sides of the rectangular field of play.
Transition	Going from offensive to defensive play (sometimes called "negative transition") and vice versa (sometimes called "positive transition").
Tripping	Intentionally causing or attempting to cause an opponent to fall.
Turf shoes	Footwear with many small studs designed for use on artificial turf or very hard ground.

Turn	1. To reverse direction while in possession of the ball, normally in order to go forward or to play a cross or a shot. 2. An instruction to tell a teammate about to receive the ball that he has time and space to turn. 3. To "get turned": for the ball carrier to put himself in a position facing the defender in order to try to beat him. 4. To "turn a defender": to cause him to overcommit to one side so as to dribble the ball behind him.
Two-touch play	When a player first controls a moving ball with one touch and with the next touch, passes to another player or shoots. See one-touch play .
Up	1. Pass the ball forward, towards the opponents goal. 2. Movement of players towards the opponents goal.
Upper V	Also "upper 90". Refers to the intersection of the crossbar and goalpost.
USSF	United States Soccer Federation. The governing body of soccer in the United States.
USYSA	United States Youth Soccer Association. The youth division of the USSF.
Volley	A technique used by a player where he is able to strike the ball while it is in the air.
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	See give-and-go .
Wing	Or "winger". As in "wing forward" or "wing midfielder". A player who normally plays near the touchline, often with an attacking responsibility.
Wingback	A fullback playing in a wide position with responsibility for making attacking overlapping runs down the flank.
Yellow card	A cautionary measure used by the referee to warn a player not to repeat an offense. A second yellow card in a match results in a red card.
Vision	The ability to see the happenings on the field of play. Players with excellent 'vision' have the ability to see and know where their teammates are located in relation to the defenders.
Zone defense	A defensive system in which players are assigned responsibility for particular areas of the defensive third rather than for individual opponents. See man-to-man defense .