

DSGS Terms / Vocabulary

"Play the Clock": Indicator to possess or pressure ball. Score/Time dictate scenario.

"Rotate and Recover": Balance and cover on defense in unsettled situations (2v1,3v2)

" Rotate to Open": Two players exchange positions (temporary) during flow of play to confuse or lose defensive marks.

Tackle: To steal/recover the ball with possession.

Challenge: To tip/deflect the ball away from opponent to disrupt opponents possession.

Lunge: To stab at a ball, committing early and losing ones balance in the process.

Secondary Ball: To pass to a teammate 15 yards + in the air (chip pass). Put a name to the ball.

Overload: 2 forwards play one side of the field to challenge a weak (outside) defender and leave space for outside midfielder to run in open space down sideline = weak side.

Post-up: To seal a defender out to fight for a small space to receive ball (back to net).

Diagonal run: Run a diagonal route from a forward position to free up space or receive ball.

Square pass: a flat pass across the pitch/field to a teammate.

Lead pass: To send a pass in front of a running teammate, timing of pass meets teammates run.

Head check: A glance look over the shoulder to check for pressure or support.

Hand check: A sweeping motion of the arm behind the player to feel for space or pressure.

Adjacent: Next too

Skip pass: To pass to a player next to your adjacent player. (2 players away)

Window: A look a player can get for goal without having to beat opponent. Create a space to shoot past/around defender on net.

"Echo": A indicator for players to repeat instructions given from sidelines so that all can hear.

"Green Light": Shoot on goalie from anywhere (to test a bad keeper).

"Switch": Move from strong side to weak side (east/west).

Strong side: Side ball is on.

Weak side: non-ball side.

"Take what they give you": What is the defender giving you (dribble/pass)....TAKE IT!

Identify: assess strengths and weakness of your opponent (lefty,righty,fast,slow,big, small)

1 more: the extra pass to open player (*EX. 2v1, 3v2,4v3*). *unsettled situations*

Plus one: Where we have more players on the field then our opponents due to formation.

Seal/Curl/Drift: Methods for forwards to create separation while staying on sides.

"Look both ways before you cross the street": Look at the back defending line before you make a forward run to stay on sides.

Sequence: Consecutive passes between players/teammates to develop rhythm and possession.

3 second rule: Amount of time/energy a players uses to gather the ball back after being dispossessed. After time spent separation positioning and patience.

Stand up a player: Keep players/opponents hips to the sideline not downfield. Contain and don't lunge.

Hand to hip: Distance of a defender playing on a opponent in a post up position (back to net). Can feel where player is rolling before you see it. Can use contact to hip to throw off/ contain opponents positioning.

"Take on": To face up a player 1v1 to goal or space.

Backwards to go forward: Drop back pass to a sending forward ball.

"Hold until relieved": Phrase to buy time (dribble/possession - to space) against high defending numbers until help arrives.

"Move the ball, to just move it": Phrase used to establish a mindset prioritize teammates to possess and create rhythm.

X, Wall, Stack = all phrases for set pieces/corners.

"Stand on the flag" = get the ball to the opponents corner flag area and step on the ball. Shield the ball to waste time and create corner kick opportunities.

"Check in and out' or "exchange" = timing Sequence that center midfielders use to move off ball with one another to create space to receive a throw in.