

SOCCKER TERMINOLOGY FOR ACTION

Soccer-for-Parents

www.soccer-for-parents.com

Center – a pass from either side of the field towards the middle of the field. It is used primarily to get the ball closer to the front of the goal. The words “center” and “cross” are used interchangeably.

Charging – a method of running at and unbalancing the player who has possession, or is attempting to gain possession of the ball; the act of using a "shoulder" against an opponent's shoulder to gain an advantage, allowed only when the ball is playable (i.e. within 3 feet).

Clearing – the act of moving the ball out of the area of one's own goal by throwing (goalkeeper only) or kicking it.

Cross – another word for center.

Fake – a move by a player meant to deceive an opposing player. Used to gain an advantage, it is frequently used when dribbling to get past an opponent.

Feint – another word for a fake.

Foot Trap – the use of the foot, usually the bottom, to control a rolling or low bouncing ball.

Header – When a player passes or shoots the ball with his head.

Save – the act of a goalkeeper in stopping a shot that would have otherwise gone into the goal.

Screening – another word for shielding.

Shielding –used by the person with the ball to protect the ball from a defender; the ball carrier keeps their body between the ball and the defender.

Slide Tackle – a move where a player attempts to win the ball by sliding towards the ball. If the tackling player touches the ball first, he is allowed to make contact with the player controlling the ball. If the tackling player strikes the player before the ball, a foul is assessed. A tackle from behind is always a foul regardless of whether the tackler managed to get to the ball first.

Tackle – the act of taking the ball away from a player by kicking or stopping it with one's feet.

Trap – the use of one's body to slow down and control a moving ball, most often using the chest, thighs or feet.