

Glossary of Common Soccer Terms you will hear on the soccer field:

ADVANTAGE – A decision by the referee to disregard a foul by the offending team if a stoppage in play would benefit the team that committed the violation. This allows the team on offense to maintain its playing advantage.

BEAT – To get the ball around an opponent by dribbling or shooting.

BICYCLE KICK – A player extends both legs up in the air over his or her head and, using a bicyclingtype motion, kicks the ball backward before falling to the ground.

BREAKAWAY – When an attacker with the ball makes it past the last defender and is on his way toward the goal for a one-on-one with the goalkeeper.

CHARGING – A method of unbalancing the player who has possession or is attempting to gain possession of the ball. The maneuver can be made by the elbow, up to and including the shoulder, against the opponent's shoulder to gain an advantage; permissible only when the ball is playable (i.e. within three feet).

CHIP – A short, lofted pass or shot.

CLEARING – Happens when a team kicks the ball out of its defensive zone, ending an offensive threat by the opposing team.

CORNER KICK – Awarded to the attacking team if the defense knocks the ball out of bounds over their own end line. The kick is taken from the corner arc nearest where the ball went out of bounds. Opponents must be at least ten yards away from the ball when the kick is taken (modified for small-sided games). A goal can be scored directly from a corner kick.

CROSS – A pass in which the ball is kicked from one side of the field to the other side.

DANGEROUS PLAY – Play that is likely to cause injury. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in possession of the goalkeeper.

DEFENDERS – Defenders (also called fullbacks) are responsible for winning their team possession of the ball and stopping the opponents from advancing the ball. They primarily function in the defensive third of the field.

DIRECT KICK – Awarded when a serious foul is committed against another player. This is a free kick in which a goal can be scored directly by the kicker. Opponents must be at least ten yards away from the ball (modified for small-sided games), but the player taking the kick may do so without waiting if he/she wishes. The ball is not in play until it has traveled its own circumference. The ball must be stationary when kicked and the kicker may not touch the ball a second time until it has been played by another player (of either team). Some fouls resulting in a direct kick are holding, striking, tripping, pushing, and hand balls.

DRIBBLE – The basic skill of advancing the ball using a continuous series of short touches with the feet.

DROP BALL – A ball held by the referee and allowed to fall directly to the ground between the two opponents. The ball is in play after it touches the ground. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury). The ball is dropped where it was last in play or at the nearest point outside the penalty area. A goal may be scored directly from a drop ball.

DUMMY – Describes a fake move by a player who intentionally allows the ball to go past him or her in an attempt to put a defensive player out of position.

FORWARDS – The forwards (also called attackers or strikers) are the team's primary offense. Their role is to advance the ball and score goals and primarily function in the attacking third.

FREE KICK – Awarded by the referee due to an infraction of the rules. The kick is taken by the nonoffending team, generally, from the spot in which the infraction took place. The defending team must be a minimum of 10 yards away from the ball (modified for small-sided games). There are two kinds of free kicks (direct and indirect), determined by the severity of the infraction.

GOAL – A one point score occurring when the whole of the ball passes entirely over the goal line, between the vertical goal posts and under the horizontal crossbar.

GOAL AREA – A rectangular area extending from the goal line. Used to designate where goal kicks are taken.

GOAL KICK – Awarded to the defensive team when the attacking team knocks the ball out of bounds over the end line. The kick may be taken by a defensive player (often the goalkeeper) from any point within the half of the goal area nearest where the ball went out, and must clear the penalty area before being touched by another defensive player. Extremely rare and unlikely, but a goal can be scored directly from a goal kick while a player cannot be offside from his/her own team's goal kick.

GOALKEEPER – Player who functions primarily in the penalty area and whose major responsibility is to prevent the opponents' shots from entering the goal for a score. The goalkeeper is the only player allowed to touch or pick up the ball with his/her hands, and may only do so when the ball is in his/her penalty area. The keeper is the team's last line of defense.

HALF VOLLEY – Kicking the ball just as it is rebounding off the ground.

HAND BALL – A foul where a player (other than the keeper in the penalty area) deliberately touches the ball with his hand or arm. The opposing team is awarded a direct free kick.

HAT TRICK – Three goals scored in a game by a single player.

HEADER – Describes the action of a player hitting the ball with his or her forehead in an attempt to make a pass, block a shot, or put a shot on goal.

HIGH KICK – A violation on a player who swings his or her foot close to and above the waist of an opposing player. This foul generally results in a direct kick.

HOLDING – When an opponent's movement is obstructed with either hands or arms, a direct free kick is awarded.

INDIRECT KICK – Awarded when an infraction of the rules has taken place or a less serious foul has been committed. On an indirect kick, a goal cannot be scored unless the ball touches at least one other player

from either team. Some minor fouls or infractions resulting in an indirect kick are offside and dangerous play.

JUGGLING – Keeping the ball in the air with any part of the body (no hands or arms). Used for developing coordination and ball control.

KICK OFF – Officially begins the game at each half and restarts the game after a goal has been scored. The kick-off must travel toward the opponent's goal. The ball is in play when the ball is kicked and moves in a forward direction. The ball must go forward into the opponents half of the field and is in play after rolling its own circumference. The player kicking off must not play the ball again until another player of either team has played it. If the ball is kicked backward, then it never went into play and the kick is retaken. If the kicker touches the ball a second time without another player touching it, then the opposing team is awarded a free kick. Opponents must be at least 10 yards away (modified for small-sided games) from the ball in their own half of the field when the kick off is taken.

MARKING – Closely defending a player to prevent him from receiving the ball or advancing the ball by dribbling or passing.

MIDFIELDERS – Midfielders play behind the forwards and in front of the defense and their job is to assist both of these groups. Generally, they function in the center or neutral third of the field and tend to receive the ball from the defenders and advance it to the forwards to score goals.

NUTMEG – also called Megs, occurs when a player dribbles or passes the ball through the legs of an opponent.

OFFICIALS – also called Referees, protect the players and enforce the rules. The referee officiates the games and is on the field with the players. The referee keeps the official time. The assistant referees (ARs) each patrol one half of the field, from the opposing sidelines. Their job is to provide assistance to the referee only. They use a flag to signal to the referee and to the players when the ball is out of bounds, when a player is potentially offside, or they have seen a foul committed. The referee makes the final determination whether or not to blow the whistle.

OFFSIDE – Occurs when a player positions himself nearer to the opponent's goal line than both the ball and the second-to-last opponent except when the ball is in play from a goal kick, a corner kick, or a throw, or if the player is in his/her defending half of the field. No fewer than two defenders (usually the goalkeeper and one other defender) must be nearer to the goal line than the attacker. The person advancing with the ball must be the first to cross the line of defense. A player in an offside position is only penalized if, at the moment the ball is played by a teammate, he is, in the opinion of the referee, involved in active play, interfering with play or any opponent, or gaining an advantage by being in that position. When a player who is in an offside position receives the ball from a teammate or is involved directly in the play, an offside is called and an indirect free kick is awarded to the defense.

OUT OF BOUNDS – The ball is in play unless the entire ball passes beyond all of the sideline (touchline) or goal line (end line).

PASS BACK – A deliberate pass by a defensive player back to his or her own goalkeeper in the penalty area. The keeper may only pick up the ball if it was headed back. If passed from the feet, the keeper may not use his or her hands; otherwise a free kick is awarded to the opposition.

PENALTY AREA – A marked rectangular area extending 18 yards from the goal line (modified for small-sided games). Goalkeepers can only use their hands within their penalty area. Any foul on the defending team results in a direct kick inside this area. Any foul on the attacking team results in a penalty kick.

PENALTY KICK – A direct kick is awarded to the attacking team when a defender inside his own penalty area commits a major foul. The kick is taken from the penalty spot. Only the kicker and the goalkeeper are allowed in the penalty area. Goalkeepers are allowed to move laterally along the goal line while waiting for the kick to be taken. The player taking the kick must kick the ball forward and may not touch the ball a second time until another player of either team has played it. A goal may be scored directly from a penalty kick.

PENALTY SPOT – A mark on the field from which penalty kicks are taken; also called the penalty mark. It is located 12 yards from the goal line (modified for small-sided games), equally spaced between the goal posts.

Program Direction Daniel is Awesome – A term commonly heard on MJCCA fields during Sundays. Unless it is raining. If it is raining, the word “awesome” is commonly replaced with “the worst”. 😊

RECEIVING – When a player uses his body to slow down and control a moving ball. Most often this is done using the chest, thigh or foot.

RED CARD – When a player receives this, he is immediately ejected from the game. The team may not replace this player and will play down a man for the remainder of the game. Results from serious misconduct, violent play, offensive language, or intentionally denying a goal.

SLIDE TACKLE – An attempt by a defender to take the ball away from a dribbler by sliding on the ground feet first into the ball. The sliding player must first touch the ball before making contact with the other player - otherwise it is a foul.

SUBSTITUTES – Any player who does not start the game, but is eligible to come off the bench. Substitutes may only enter the field with the referee’s permission during a stoppage of play, and when their team has possession of the ball on throw-ins and goal kicks.

TACKLE – A method of gaining possession of the ball from an opponent by use of the feet. Unnecessary roughness and use of the hands are not permitted.

THROW-IN – The only time a field player may use their hands. Used to bring the ball back in play after it has crossed out of bounds on the sidelines. Two hands must be used and the ball must be thrown from behind the player’s head. Both feet must be on the ground and behind the sideline.

TOUCH – Describes a player’s contact with the ball. A “one touch” is to receive and pass the ball in one kicking motion.

TRAPPING – The ability of a player to control the ball after it has been passed to him or her. The chest and foot trap are the most commonly used techniques.

TRIPPING – If a player uses any part of his body to trip an opposing player, a direct kick is awarded.

VOLLEY – A kick made while the ball is in the air, before it touches the ground. Can be for a clearance or to shoot on goal.

WALL – On a direct or indirect free kick, defensive players may line up side-by-side ten yards away from the ball (modified for small-sided games). This is done in an effort to block a direct line to the goal.

YELLOW CARD – Also called a caution or booking. Shown to a player by the referee for dangerous or unsportsmanlike behavior. If a player is shown two yellow cards in one game, it results in a red card and that player is ejected from the game.