

## SPALDING SOCCER TERMS

- 1) FASA: Fast Approach Slow Arrival- This is a technique that's used when closing down a down player with the ball. The idea is to get there quickly, but to arrive under control so that you can change direction if necessary. FASA can also be used when running to control a loose ball, again the idea is to arrive with one's body under control.
- 2) First Touch Positive: This refers to receiving the ball by making a little pass to one's self. Just a little touch in the direction that the receiving player wants to proceed in.
- 3) Pass Forward Rule: When you pass the ball in a forward direction you must give information. This is because the player receiving the ball is likely to have his or her back to the attacking area, and will need you to let them know what's going on behind.
- 4) Pass Backward Rule: When you pass the ball in a backward direction you must also give support. This is because the player receiving the ball will likely receive pressure from directly in front and will then need support to the sides.
- 5) One Touch Rule: When you receive the ball and pressure at the same time, this is generally a good time to make a one-touch pass.
- 6) Gaps: This term refers to the spaces between the opponents.
- 7) Crossing gaps: This refers to wide gaps that allow us to cross or center the ball.
- 8) Draw the Defender: This does not refer to your artistic abilities (that was a joke, folks) But instead refers to carrying the ball gently and making a defender commit to you. When the defender commits, this opens up passing options.
- 9) Combination Play: This term simply refers to a series of quick passes (usually one and two touch passes) made between two or three players. The players combine their actions to create the attack, thus the expression combination play.
- 10) Slide Against the Flow: This term refers to a movement that F's and MF's (particularly CMF's) can make to get themselves open. Quite often the opposition defenders will have their attention drawn to the movement of the ball, particularly when it is played down the sideline. This will cause them to drift towards the ball or towards their own goal. When this occurs, a good MF will take a step or two with the flow (giving the impression that they are following along), and then break and slide backwards to the new open space.
- 11) Bend Your Run: This is simply a movement that a MF or F might make. The "bend" allows you stay onside and helps disguise your intentions. It also allows you to pull your defender out of an area, and then bend into the same area. This movement can be very useful on throw-ins and other set pieces.
- 12) Run Soft; Then Break: Refers to a movement by a MF or F that relies on a sudden change of speed as well as change of direction.
- 13) Tackle VS Contain: This refers to a decision that a defender must make as he is closing down a player with the ball. While en route to the ball, the defender must size up the situation and decide if he should continue in an aggressive manner, in an attempt to make an immediate tackle, OR slow up as he arrives (FASA) and contain the play.
- 14) Check In: This refers to a player without the ball making a supporting movement in the direction of the player with the ball. **Timing** is an important element of checking in. A check in that occurs

too soon, will simply alert the defender and allow him to cover. A check in that occurs too late will result in the player with the ball being closed down. Check-ins can be enhanced by the checking player verbally calling for the ball as he makes this movement.

- 15) Point-of –Attack: This simply refers to the area from which the actual attacking ball is played. By attacking ball I mean through ball, ball over the top, or ball to the feet of the forward. Sometimes you might hear me say let's change the point of attack. This would mean we would continue to work the ball between the our defender's and midfield players, until we've found an angle to play the attacking ball that we seek.
- 16) Drop and Switch: This refers to a tactic that allows us to open up the field. Sometimes when we try our initial attack, it will be shut off by the opposition. This might cause us to **drop** the ball. When we do this we would like to try to **switch** the ball to the opposite side of the field from where the ball is dropped. This is because the other team has likely flooded the area that we are trying our initial attack in. If they have extra defenders in a particular area, that also means that they have a shortage of coverage in another area, thus making it beneficial for us to switch the ball.
- 17) Numerical Advantage: This simply refers to an attacking situation where we have more attackers than they have defenders. When this happens we have a numerical advantage or **numbers**.
- 18) Relieve Pressure: This refers to a situation where we have possession of the ball, but the player with ball is under intense pressure. In this instance, he needs an outlet that has no pressure. This is usually a situation that requires a drop, although sometimes a wide ball can be used. The point is to play the ball from a player who is under pressure to a player who has none, thus relieving the pressure. This situation will often occur when we first win the ball from the other team, and by relieving pressure we not only retain comfortable possession of the ball, but we also allow ourselves the time to reorganize into good support positions. This situation is very dangerous as the ball can be easily lost resulting in an immediate counter-attack for the other team.
- 19) Backwards Is Good (B.I.G.): This simply reminds us that dropping the ball back is a good thing to do particularly when we first win it. This allows us to relieve pressure and organize for an attack.
- 20) Second Ball: This refers to the second ball that results from a given play. For example, a corner kick might be taken against us and we might get our head on the initial cross (the first ball). That first header might not result in the ball being cleared from our area, thus we must also attack and win the ball on this new resulting play (the second ball).
- 21) Transition Defense: This refers to the defensive actions that must be undertaken in order to shut down a counter-attack, that is a situation where we are on the attack and have just lost the ball. Now as a team we must transition from an offensive mindset to a defensive mindset, and we have to do it quickly. Three main things have to happen on transition defense. 1) We must put immediate intense pressure on the ball. Our objective here is to slow the play down so that we can regroup as a team. We want to make the opposing player with the ball slow it down, cut it back, OR make a decision before he is ready. 2) We have to mark up all attacking options that the player with the ball might have. So we must quickly and verbally identify the dangerous players and get them marked. Remember, if the player with the ball has a support player to

drop to, that's fine. We just don't want him having any attacking options. 3) All other players must hustle to get behind the ball.