

Terminology

Starting Positions: When the ball is out of play the positions where we should all get to in advance of the ball being put back into play. Players should understand that getting to “*starting*” as quickly as possible: that they will have longer to rest.

Kill Zone: Area in which team has determined that they must win possession of the ball.

Other: The furthest channel away from the ball

Neck: The furthest central channel away from the ball

Early: Reminder to players to get the hard work done as soon as possible

Reference: Players must position themselves so they can see their defensive responsibilities (player or space they are defending) while also seeing the ball. To have good defensive positioning while in possession of the ball.

Swivel: Constantly scanning the field for options both offensively & defensively

Exits: Positioning hips to be able to see as much of the field as possible and preparing the ball to be able to play with minimal touches on the ball

Hips: To have the hips turned and facing as much of the field as possible prior to the ball being played in to you.

Yeah, Yeah: Opposition is pressuring high up the field and they are leaving a lot of space in behind them; play a ball in behind

Rhythm: Play the way you face, play the first thing you see and play quickly

Balance: Equal distribution of players across the field to allow us to maximize space.

Shape: Player on the ball must have options right, left and someone stepping into the split. Also, if possible, an option behind.

Show: To give a passing lane to the player on the ball without closing the space for the player on the ball.

Balance point: One point on the ball that will make the ball go where you want it to

Possession: Finding a path to goal; Making the play of the opposition predictable

Yavash: Slow down

Koocheek: Small or short

Jockey/delay/channel: To pressure and contain the first attacker to a particular area of the field.

Close/pressure: To take away all passing lanes for the player on the ball, to get the player on the ball to drop his head and not allow him to see his options.

Discipline: To do the right thing at the right time

Ready Position: Having good body positioning and balance to be able to move in whatever direction the game asks of us.

Aggressive: To attack without provocation

Excellence: Possessing outstanding quality or superior merit; remarkably good

Take possession of the field: Moving our team up the field so that we are able to put the opposition under more pressure offensively or defensively.

Communication = Thinking