



Standardised Language Definitions

Terminology or phrases we use regularly at Justfootball Academy. The intention is to develop players' awareness of the concepts behind the language by implementing a consistent message regularly from all their coaches in all their training sessions. These will form the foundation of what makes a "Justfootball player". You will often need to provide definitions of these for players before being able to use them as a coaching tool.

"Staying on the ball"

- Continue dribbling/protecting the ball under pressure instead of releasing or turning over

"Hiding the ball"

- Protect the ball from defenders using your body

"Being direct"

- Try to dribble beyond defenders quickly and confidently

"Lending the ball"

- Passing the ball to a teammate with emphasis on finding a chance to receive the ball again soon

"Staying active"

- Seeking out opportunities to affect and engage with the play rather than remaining passive
- May not demand "energy or excessive movement. Focused on taking responsibility and involvement in play.

"Being brave"

- Used to encourage players to take a higher risk but potentially rewarding option (taking on a defender, taking a shot early, playing a difficult pass, etc.)

"Being hard to beat"

- When defending: Striving to make the attacker's job as difficult as possible.
- Avoiding lunging in to tackles unnecessarily
- Stay on our feet
- Forcing attackers to their weakest option



“Dribble to freeze a defender”

- Dribbling at a defender with the intention to freeze them to the spot, so that they are unable to defend the space around/behind them

“Dribble to beat a defender”

- Dribbling at a defender with the intention to go beyond them with the ball.