

Communication and Definitions

This year, we'll be expecting **MUCH** more communication between players, particularly from our keepers and defenders. In order to communicate well, we must use specific language and must all understand certain principals and definitions. We must all speak the same language. Each player must know the definitions of and/or be able to discuss the following basic concepts:

1. Pressure
2. Support
3. Cover and Balance
4. Recover
5. Track
6. Double Team
7. Transition
8. Compactness
9. Push
10. Jockey
11. Release
12. Show
13. Mark Up
14. Man On
15. Drop
16. Switch
17. Square
18. Open Up
19. Check to the Ball
20. Check Wide