



# EDEN PRAIRIE SOCCER CLUB

## Field Commands

**Up!** — Move 3-5 yards up the field. We may have just won the ball and are beginning to attack; or, we're waiting to see if we'll win the ball; or, the opponent has the ball and passed back toward their end of the field.

**Out!** — Sprint up the field. Our keeper may have punted a long ball or we may have just won it for a quick break; or, simply a quick progression forward toward the attacking third.

**Drop!** — Get back into defense positions (compact – short and tight) as the opponent is attacking with the ball.

**Slide left!** or **slide right!** — Move diagonally left or right in the direction of the ball.

**These first four commands should come from one of the center backs or the keeper!**

## Field Player Commands

**Man on** — You have immediate pressure on you.

**Turn (Left/Right)** — After receiving, turn one way or the other to avoid pressure. **Turn right** to indicate it's clear on your right, or **turn left** to indicate it's clear on your left.

**Time** — You're in possession of the ball and you have no immediate pressure anywhere around you.

**Hold** — You've just passed the ball to a teammate who is under pressure and cannot turn with the ball, or pass it back to you. This command lets her know that she must hold up the ball until support arrives.

**Back** — You've passed the ball to a teammate and want the ball passed back, or your teammate is in possession of the ball as has no good options to go forward, but you have good options to do so, if she first passes the ball back to you (use this command instead of calling "support").

**I go ball** — You are the player pressuring the opponent on the ball.

## Keeper Commands

**Keeper!** — Command from the keeper when she wants to field the ball.

**Away!** — Command from the keeper when she wants teammates to clear the ball.

**Back** — Command the keeper will use when she wants the ball passed back to her.