



St Johnstone FC Junior Academy

Football Glossary of Terms

TERM	DESCRIPTION
Distribution Box	This is the area the St Johnstone GK will distribute the ball from. GK to show urgency to get to this starting point.
Look Twice Throw Once	GKs should scan to assess options before throwing.
Goal Side	When the St Johnstone coach instructs ' get goal side ', he simply wants you to position yourself between the opponent and the goal you are defending. You cannot allow your opponent a free run on goal.
Touch Tight/Lock On	This term in the academy is used to encourage the St Johnstone player to mark his opponent tightly and to be aware of his opponent's movement. It is important not to simply look at the ball when the opposition are in possession – you must be aware of the movement of your direct opponent.
Drop Off	Term used to encourage a St Johnstone player(s) to move back from ball. An example being when opposition GK has the ball we would want our strikers/front men to ' drop off ' so that our team is more condensed and more difficult to play through.
Zonal Marking	To be responsible for covering a particular area of the pitch rather than marking a specific opponent.
Man Marking	To be responsible for picking up tightly a specific opponent.
Narrow Off	When a player is asked to ' narrow off ', we want them to move towards the middle of the pitch. We would normally do this when the opposition have the ball and we want to reduce the space they have to play in.
Overload	If we have an 'overload' in midfield, it means we have numerical advantage i.e. we have more players in this area than the opposition. An overload can be created tactically or by a player being out of position.



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Safe Side	This term is related to passing the ball to our own players furthest from side the defender is operating.
Twin-Strikers	Two strikers combining play and movement with understanding, playing as one.
False 9 (Shadow Striker)	A unconventional main striker, who drops deep into midfield 1/3 rd . Famous players who play this role include Lionel Messi and
Inverted Wide Players (Wingers)	Wingers used the opposite side of pitch to which their stronger foot would dictate – a left footed player on right side and right sided player on the left.
1 If You Can, 2 If You Must, 3 If You Have To	Try to reduce the number of unnecessary touches of the ball you take. Speed up decision –making and ball speed in your play.
Transitions	The transitional stage in play is when a team moves from defending mode to attacking, or attacking to defending.
The 5 R' Attributes	The attributes that help make a footballer: Receiving Skills, Retaining Skills, Running with the ball, Release Skills, Regaining Possession.
Check the Shoulder/Scan	Players to be encouraged to be aware of what is happening around them on a football pitch. We want them to constantly look around them to constantly look around them to identify opponents and space.
Late and Fast	This term is used when we wish you to utilise space – but not too early. For example, we would want you to delay your run across the defender until the ball was about to be delivered.
Play Between The Lines	The ability of a player to identify and utilise space. Footballers should not play all their game in front of opponents, players to be encouraged to make angled runs behind opponents e.g. Between oppositions midfield and defence.
Plan The Pass	Special players know what they are going do to with the ball before they receive it. They analyse the situation around them and they know in advance what they will do when they gain possession, They Plan The Pass!



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Pass with a Purpose	Take care of the ball when in possession and when releasing the ball, take pride in the quality of the pass you deliver, direction and weight of pass must be good.
Switch Play	Tactic in which a team quickly moves the ball from one side of pitch to the other in order to utilise additional space and time. Special players are required to identify when the switch is on. Position often has a huge role to play when switching play.
Overlap	Attacking move where a player runs from behind his team mate to a position nearer the side line and overtakes him to receive the ball.
Press The Ball	Tactic where our team put pressure on the opposition team when they have the ball. The purpose is to deny the opposition time to play and to win back possession as quickly as possible. Note that this tactic only succeeds if all players are prepared to press together as a team.
Circulate The Ball	Ball circulation requires a collective effort by team members to pass; move and show for ball again. It is a measure of the team's ability to keep possession by moving the ball around the pitch quickly.
See It, Play It, Don't Delay It	Coaches want you to demonstrate speed of thought and speed of play. When you identify a passing option, execute the delivery of the pass without taking extra touches.