

PASC U7 Soccer Terminology

TECHNICAL TERMINOLOGY

PRIMARY

Passing and Receiving: Transferring the ball on the ground or in the air from one player to another from a given distance.

Dribbling: Close control of a ball in movement, with the feet and on the ground, continuously changing its trajectory.

Shooting: Striking the ball toward the goal with the objective of scoring.

SECONDARY

Running with the Ball: Control of a ball in movement with the feet and on the ground at high speed without modifying its trajectory.

Ball Control: Receiving or directing the ball efficiently in the air or on the ground.

1v1 Attacking: Offensive action with control of the ball to beat a specific defender.

PHYSICAL TERMINOLOGY

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Basic motor skills (BMS): The essential movements of the body in adapting to the external environment (e.g. walking, running, jumping, diving or changing direction). Other important BMS related to the body with external elements are catching, throwing, hitting or kicking.

Perception & Awareness: The combination of various senses to identify and assess external situations.

SECONDARY

Agility: The constant change of speed with or without the ball at high pace, depending on external conditions.

Coordination: The capacity to articulate efficient movements between different body parts.

Balance: The capacity to assess and coordinate internal and external factors affecting the body status to stay in control of the body's movement and/or position.

Reaction: The quickest possible processing of information and neuromuscular transmission with the purpose of making a movement.

PSYCHOSOCIAL TERMINOLOGY

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Motivation: Through positive encouragement from parents and coaches, players will be motivated to play the game.

Respect & Discipline: Through positive encouragement, and modeled behavior, from parents and coaches, players, like their parents and coaches, live *Our Parkland Area Soccer Behavior Code*: Treat others like you would like to be treated.

Self Confidence: Through positive encouragement from parents and coaches, players will be confident they can perform well when placed in an unfamiliar, or even an uncomfortable, environment