

A

Advantage Side

Space where your teammate has the best chance to win the ball.

Advantage Side of a Contest

Space in a contest that a teammate controls and has the best chance of winning the football.

Aerial Contest

Players competing to win the football in the air.

Attack Zone

Being in a positive position on the field to connect inside 50m and score.

B

Balance players around the ball carrier

Having multiple players at different angles from the ball carrier to provide support.

Balanced positioning

Maintaining an even spread of players across an area of the ground or contest.

Ball Handling

Individual ability to control the ball in their hands.

C

Carry the Ball

To attack the game and create fast ball movement.

Change Lanes

Also known as: Switch

Moving the football laterally to change the side of the field the football is on.

Clean Possession

Taking possession of the football without fumbling.

Clear the Ball

Moving the football into space from congestion or a contest.

Clearance

Winning possession and clearing the ball from a stoppage.

Clearing Kick

Clearing the football from a congested area with a kick.

Connect Inside 50m

Finding a target inside 50m to create an opportunity to score.

Contested Ball

No players from either team have control of the ball and players from each team are competing for it.

Controlled kick

A deliberate, measured kick that is not rushed.

Corridor

The central part of the ground, running up and down the ground.

Counter Attack

Quick ball movement to take ground after winning the ball off the opposition.

Cover the Drop

Having coverage of the drop zone, players positioned around the contest using width and balance.

Create overlap

Players from behind the ball running forward to provide support and an outnumber advantage.

Crumbing

Also known as: Crumbing From a Contest

Positioning and timing to win a groundball off an aerial contest.

D

Dangerous players

The team without the ball identifying opposition players that are in direct position to impact the next multiple movements.

Dangerous space

The area on the field or a contest that the team in possession will want to attack to create efficient forward movement or a greater opportunity to score.

Defensive Transition

A teams strategy to move the football out of defense.

Delay ball

A key to pressure defence, that focuses on slowing down the oppositions ability to move the football.

Deny ball

A key to pressure defence, that focuses on taking away the ball carriers options adding pressure to their decision making.

Dictate opponent

Physically influencing the movement of an opponent so they go where you want them to go.

Dictate space

Physically influencing the movement of an opponent so they go where you want them to go.

Dispossess ball

A key to pressure defence, that focuses on putting intense pressure at the ball carrier to directly force a turnover.

Drop of the Ball

Where the ball is likely to land off a contest.

Drop zone

Where the ball is likely to land from the air.

E

Energiser Activity

Activity typically used at the start of a session to get players moving and thinking.

Engage a defender

To initiate body contact with the defensive opponent.

Engage in the contest

Initiating body contact with an opponent to gain an advantage in the contest.

Evade Opponents

To avoid pressure from an opponent using evasive skills.

Execute quick skills

Making quick decisions with ball in hand effectively.

F

Fast ball movement

Using attacking skills of overlap running, handballing and short kicking to generate penetrating movement forward.

Fat side

When one side of the field has the majority of players in it, it then opens up the opposite side, allowing a greater space to move the ball and attack.

Fight for Position

Competing for best position in a contest. Best position is determined by the position to best impact the game.

Finishing

To execute an opportunity to score a goal.

Floating Player

Player who has no direct opponent therefore can move freely to impact the game.

Follow up Kick

Also known as: Follow up a Kick, Follow up your Kick, Follow up the Kick

Moving to where the ball is going once the ball is kicked.

Force a Turnover

By adding pressure, cause the team with the ball to make a skill error or a poor decision.

Forward Press

A strategy to cause a turnover in the forward part of the ground. Generally includes players pushing to put intense pressure on the opposition ball carriers.

Forward Structure

How the forward line is set up and structured for creating opportunities to score.

Forward of the ball

Anywhere in front of the ball towards where the team is attacking.

Free Player

A player who has no opposition player as a direct opponent.

Front and Square

The position that has the greatest percentage of likelihood for a ball to fall from an aerial contest. Looking at the contest this is generally from the sides around to the front of the contest.

Fundamentals

The key skill components that make up the game.

G

Game Sense

The ability to vary your decision making in offence, defence and contest and execute different skills based on the context of the game.

Gather Cleanly

Take clean possession of the football, generally from a teammate or a groundball.

Glossary

The list of football related terms

H

Help Defence

Timing the opportunity to zone off an opponent and help out a teammate in defense.

Hit the Corridor

Get the ball to the intended player in the central part of the ground to open up the field to attack.

Hitting a Target

Executing a skill where the ball effectively gets to the intended player.

Hold Ground

Maintaining your position on the ground and not moving forward or back.

Hot Spot

Approximately 20m in front of the attacking goals. A dangerous spot on the ground where teams can increase their chances of scoring.

I

Impact or Locate

The decision on whether to influence the contest by going to it or finding the most dangerous opposition player.

Impact the Contest

Going into the contest having an influence on it.

In Dispute

Where neither team has the ball and it is available to be contested.

Intercept Mark

Taking a mark from an opposition kick.

Isolate advantage

When the team is able to locate and maximise their outnumber advantage.

K

Kick to Advantage

Kicking the ball to the favoured side of a team-mate who is in good position to win the ball.

L

Loose Man in Defence

Having an extra player in defence behind the football to influence the oppositions attack forward.

M

Maintain Possession

Also known as: Retain Possession

Controlling possession of the football for a period of time.

Marking up

Also known as: Man up

Locating and defending an opponent one-on-one.

Match Simulation

Also known as: Game Simulation

Playing a controlled game with match-like situations at training.

Move in and out of open space

Constant movement that allows players to create space and opportunities for others.

Move to Receive

Move yourself into a positive position to be visible and receive the football from a team-mate.

O

Opposition Set Up

How the opposition is structured and their positioning of players on ground.

Outhunt

In a contested situation, the ability to compete against the opposition for the football.

Outnumber

Also known as: Outnumber Advantage

One team having an extra player in a situation.

Overlap Run

Providing run from behind to help with support and speed of ball movement going forward.

P

Passing options

Creating options on multiple angles for the player with the ball to pass to.

Penetrate

Move the football quickly in a direct manner towards the attacking goals.

Penetrating Kick

A kick that is direct and gets to it's target quickly.

Perform Under Fatigue

To execute skills consistently and make good decisions when tired.

Positioning to dictate

Getting into a position to force the opposition where you want them.

Positioning to support fast ball movement

Positive positioning using depth and width to support the player with the ball to move the ball quickly forward.

Positive Ball Movement

Moving the ball with energy and the intention to go forward and score.

Positive body position

Reading the play and getting in a position that gives you the best opportunity to win the ball.

Possess

To control possession of the ball.

Pressure defence

The application of pressure in the area directly surrounding the ball carrier. Usually anywhere within 20m of the ball.

R

Reading Cues

Watching for signals on what a player or team will do.

Reading the Flight

Ability to follow the trajectory of the ball and anticipate where it is going.

Rebound Through the Corridor

After winning the football in your defensive 50m, moving it by hand or foot through the central part of the ground.

Rebound from Defence

After winning the football in your defensive 50m, moving it by hand or foot in a forward direction.

Release Option

Also known as: Release Player

Providing an option for a teammate with the ball who is under pressure.

Release Outside

Providing an option for a teammate that is in space and on the outside of the opposition or the contest.

Run Across Vision

To time your run and get in the vision of a teammate to receive the ball.

Run and Carry

To gather or receive the ball and run with it for a period of time. Attached to taking the game on with speed to catch out defences and having an attacking mentality.

Run in Waves

Multiple players running in a motion, increasing opportunities for overlap and support.

S

Scoring Position

A position on the field that you can create scoring opportunities.

Sell a skill

Tricking an opponent into believing you are about to execute a certain skill, but you do something different.

Shape by Hand

Also known as: Support the ball carrier

After a player has possession of the football, teammates position around the ball carrier to support ball movement by handballing.

Skill Execution

To complete a certain skill efficiently.

Slow Tempo Football

Moving the ball from player to player slowly and in a more controlled manner. Usually used to take time off the clock, try a different way to score or wrestle the momentum back in a game.

Small Sided Game

Playing a game with less players than normal and with altered game rules to focus on something specific. Gives players more opportunity to touch the ball and make decisions.

Split the Defender

Two players being able to separate and force the defender to make a decision on who to cover.

Spread to Rebound

After the ball is won by your team, players move away in multiple directions to help increase chances of providing more options and get the ball going forward.

Spread to Receive

Moving from ball carrier to a positive position to help transition.

Starting positions

Where you start prior to attacking a moment in a game.

This can be for a contest like stoppages, or defending 1v1 or where you stand on an opponent outside a contest to cover their run.

Staying Goalside

Staying between your direct opponent and their attacking goals.

Stoppage

The ball is neutral and teams compete to win the ball when the umpire restarts with a centre-bounce, ball-up or throw-in.

Stoppage Clearance

Also known as: Clearance From a Stoppage

When a team is able to clear the ball from the stoppage to their advantage.

Stoppage Craft

The skills needed by players that are involved in stoppage play.

Stoppage Simulation

Also known as: Simulated Stoppage

Practicing a stoppage that is in a controlled environment at training.

Swing Player

A player that can play multiple roles or positions within a game.

Switch

Also known as: Changing lanes

Moving the ball from one side of the ground to the other, generally through lateral ball movement.

T

Taking Ground

Also known as: Attack the game

A willingness to keep the football moving forward, either through controlled or fast movement.

Timing your Run

Deciding when to start your run to impact the current moment in the game. This can be leading, receiving a ball from a teammate or pressing up to defend an opponent.

Transition to Attack

Also known as: Defence to Offence Transition

A team moving into attacking positions when it wins the ball off the opposition.

Transition to Defence

A team moving into defending positions when it loses the ball to the opposition.

U

Use angles

Moving the ball in all different directions instead of straight up and down. This opens up opportunities for the attacking team to be less predictable with their ball movement.

W

Weighted kicks

A kick that isn't as penetrating, a more controlled kick to a target.

Workrate

The effort a player is giving.

Z

Zone

A form of defence where players mark space as opposed to a direct opponent.

Zoning Space

An educated decision to position in space rather than marking a direct opponent.