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| **Defensive Terms** |
| **Term** | **Age** | **Description** |
| Goalside | 8 | Get between the opponent and our goal |
| Mark "#" | 8 | Used to tell teammate to mark a particular opponent |
| Mark up | 8 | Used to tell teammates to be sure they have taken responsibility for marking an opponent man-to-man, especially on free kicks and corners |
| No turn | 8 | Get tight to the opponent to keep him facing his own goal |
| Pressure | 8 | Asks 1st defender to reduce distance to force the 1st attacker's eyes down on the ball |
| Clear | 10 | Used by GK to instruct teammates to clear the ball immediately without attempting to control it |
| Help | 10 | Asks teammates to provide defensive support for an unsupported 1st defender |
| Contain | 12 | Tells teammate to delay the attacker until defensive support arrives so he can tackle |
| Double | 12 | Tells teammate to assist in double-teaming the first attacker (i.e. defender combine to win the ball) |
| Make a wall / Wall | 12 | Used by GK to tell teammates to line up between a dead ball and the goal before a free kick |
| Shift (right or left) | 14 | Moves the defensive formation to mirror the movement of the ball |
| Switch | 14 | Used to exchange marking assignments as opponents criss-cross |
| Take ball | 14 | Used to ask teammate to take 1st defender role so you can track you mark |