Example: This is what the game is all about! The ball is large and round. Most modern footballs are made from 32 panels of plastic or leather, stitched together.

Example: When footballers are learning new skills, the trainers make them do drills. Drills are when players practise the same action again and again to make it automatic.

Example: A player's fitness describes how strong and healthy they are. Premier League teams have special fitness coaches.

Example: How the players are arranged on the pitch is called their formation. Some formations are better for attacking and some are better for defending.

Example: In football, a medical is a type of examination. The club uses a doctor to check that new players are healthy and don’t have any condition that might stop them playing.

Example: A strategy is a plan to win the match. The manager will make a strategy before every match.

Example: Stretching is a way to prepare a player's muscles before training or a match. It is important because it helps prevent injuries.

Example: Tactics are the short plans that form the strategy. A tactic might involve two or three players. A strategy involves the whole team.

Example: The trainer is a type of coach that focuses on skills. It is a trainer's job to make sure that players practise set pieces and tactics.

Example: Training describes the activity players do when they are developing their skills, tactics and fitness.
Test Your Football Vocabulary
Football Vocabulary: More coaching

Write the English words under the pictures.

Fill in the gaps in the sentences with the correct form of the English football vocabulary.

1. The coach told the players to keep possession of the ball. This ________ will force the opponents to try to tackle more and will tire them out.

2. The ________ was being very tough with the players. He made them do lots of drills and everyone had to work very hard.

3. The player had been injured for three weeks and the coach was worried about his ________. He would need to train hard.

4. The coach wanted to practise some new tactics. He made the players do lots of ________, over and over again.

5. The new player was going to join the club as long as he didn’t have any injuries and passed his ________.

6. Before the players started the training session, they spent some time ________ to make sure their muscles were warmed up.

7. The Premier League’s official ________ is the Nike Ordem 3. It was developed and tested by some of the best player in the Premier League.

8. The manager analysed the opposition’s playing style, strengths and weaknesses to come up with a ________ that would win the match.

9. The manager prefers a traditional 4-4-2 ________ with 2 strikers working together up front.

10. Professional players have to go to ________ sessions everyday. Afterwards, they might focus on special drills or work on their fitness.

Answers:
1 - tactic, 2 - trainer, 3 - fitness, 4 - drills
5 - medical, 6 - stretching, 7 - ball, 8 - strategy, 9 - formation, 10 - training.

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