

1. What do you shout to a team mate when he or she is under pressure from an opponent?
  - a. Man near
  - b. Man on
  - c. Man nearby
  - d. Man it
  - e. Man
  
2. You want to receive a pass on the ground from your team mate as it is easier to control. What do you say?
  - a. On my head
  - b. On my foot
  - c. To feet
  - d. To my foot
  - e. Here
  
3. You are defending a corner and you want your team mates to get closer to the opponent's forwards. What would you say?
  - a. Mark along
  - b. Mark up
  - c. Man on
  - d. Mark on
  - e. Push up
  
4. What would you say to a team mate when they have the ball and no opponent is near them?
  - a. Man on
  - b. Time up
  - c. Easy
  - d. Time
  - e. Time in
  
5. It's a throw-in and you want to receive the ball on your chest. What is the best thing to say?
  - a. Over
  - b. Chesting
  - c. Chest
  - d. Throw it to me at my chest
  - e. Square
  
6. Someone says 'time' to you when you receive the ball. Do you...
  - a. not panic, control the ball and look up?
  - b. quickly move away from the ball?
  - c. hit the ball first time?
  - d. mark a defender from the opposing side?
  - e. do nothing?
  
7. One of your team mates shouts 'one-two'. What does this mean?
  - a. Tackle him / her
  - b. Fall down like Cristiano Ronaldo
  - c. Take a corner
  - d. Give a pass to him / her and run on to receive the ball back again
  - e. Shoot

8. What is a through ball?
- a. A back pass to the keeper
  - b. A pass that beats the opponent's defence and sets up a scoring chance
  - c. A long clearance
  - d. A one-two
  - e. A backheel
9. Your captain screams 'push up' after a defensive corner has been taken. What do you do?
- a. Raise your hand and ask for offside
  - b. Ignore your captain, he is always screaming at you.
  - c. Move out of your defensive area quickly
  - d. Kick the opponent's centre forward
  - e. Run towards your keeper very quickly
10. Your midfield player shouts 'square ball'. What does he or she mean?
- a. Nothing. There is no such thing as a square ball.
  - b. They want you to clear it
  - c. They are behind you and want the ball
  - d. They want the ball played forward
  - e. They want a sideways pass played