

# The Football Coach's Arabic Phrasebook

## 500+ Essential Phrases for Coaching in Arabic

*Free guide for English-speaking coaches working in the Middle East (Saudi Arabia, UAE, Qatar, Egypt) or with Arabic-speaking players. Uses Modern Standard Arabic with Gulf dialect notes.*

### What's Inside

Training session commands	Goalkeeper-specific language
Tactical instructions	Staff & parent communication
Match day communication	Common mistakes to avoid
Player feedback phrases	Quick reference cards



## Training Session Commands

### Starting & Stopping

English	Arabic	Transliteration
Go! / Start!	بلا! / ابدأ!	YAL-la / IB-da
Stop! / Freeze!	قف! / توقف!	QIF / ta-WAQ-qaf
Again!	مرة ثانية!	MAR-ra THA-nee-ya
Reset!	ارجعوا!!	ir-JA-oo
Take a break	خذوا استراحة	KHU-doo is-ti-RA-ha
Water break	استراحة ماء	is-ti-RA-ha MAA
Gather round	تعالوا هنا	ta-AA-loo HI-na
Listen up	اسمعوا	is-MA-oo

### Tempo & Intensity

English	Arabic	Transliteration
Faster!	أسرع!	AS-ra
Slower!	أبطأ!	AB-ta
Game speed!	سرعة المباراة!	SUR-at al-mu-BA-ra
High intensity!	شدة عالية!	SHID-da AA-li-ya
Keep the tempo	حافظ على الإيقاع	HA-fith a-la al-ee-QAA
Push yourselves	ادفعوا أنفسكم	id-FA-oo an-FU-sa-kum
Don't walk	لا تمشوا	la TAM-shoo
Sprint!	اركضوا!	ir-KU-doo

### Movement Commands

English	Arabic	Transliteration
Move!	تحركوا!!	ta-HAR-ra-koo
Stay there	ابق هناك	IB-qa hu-NAK
Swap positions	بدلوا المراكز	BAD-di-loo al-ma-RA-kiz
Rotate!	دوروا!	DOO-roo
Join the other group	انضم للمجموعة الثانية	in-DAM lil-maj-MOO-a ath-THA-ni-ya
You're in	ادخل أنت	UD-khul AN-ta
You're out	اجر أنت	UKH-ruj AN-ta
Next group	المجموعة التالية	al-maj-MOO-a at-TA-li-ya

### Technical Corrections

English	Arabic	Transliteration
Use your left foot	استخدم رجلك اليسرى	is-TAKH-dim RIJ-lak al-YUS-ra
Use your right foot	استخدم رجلك اليمنى	is-TAKH-dim RIJ-lak al-YUM-na
Head up!	ارفع رأسك!	IR-fa RA-sak
First touch	اللمسة الأولى	al-LAM-sa al-OO-la
Body position	وضع الجسم	WAD al-JISM
Open your body	افتح جسمك	IF-tah JIS-mak
Check your shoulder	انظر خلفك	UN-thur KHAL-fak



## Tactical Instructions

### Formations & Positions

English	Arabic	Transliteration
Formation	تشكيلة	tash-KEE-la
We play 4-3-3	نلعب أربعة-ثلاثة-ثلاثة	NAL-ab ar-BA-a tha-LA-tha tha-LA-tha
Goalkeeper	حارس المرمى	HA-ris al-MAR-ma
Centre-back	قلب دفاع	QALB di-FAA
Full-back	ظهير	tha-HEER
Right-back	ظهير أيمن	tha-HEER AY-man
Left-back	ظهير أيسر	tha-HEER AY-sar
Defensive midfielder	لاعب وسط دفاعي	LA-ib WA-sat di-FA-ee
Central midfielder	لاعب وسط	LA-ib WA-sat
Attacking midfielder	صانع الألعاب	SA-ni al-AAB
Winger	جناح	ja-NAH
Striker	مهاجم	mu-HA-jim

### Attacking Principles

English	Arabic	Transliteration
Width!	العرض!	al-ARD
Stretch them	وسعوهم	WAS-si-oo-hum
Find the space	ابحث عن المساحة	IB-hath an al-ma-SA-ha
Between the lines	بين الخطوط	BAYN al-khu-TOOT
Third man run	الرجل الثالث	ar-RA-jul ath-THA-lith
Overlap	التفاف	il-ti-FAF
Underlap	دعم داخلي	DAAM DA-khi-lee
Switch the play	غير اتجاه اللعب	GHAY-yir it-ti-JAH al-LA-ib
Play forward	العب للأمام	IL-ab lil-a-MAM
Turn!	دري	DIR
Shoot!	سد!	SAD-did
Cross it!	عرضية!	a-RI-diy-ya
One-two	واحد-اثنين	WA-hid ith-NAYN
Give and go	مرر واجري	MAR-rir wa-IJ-ri
Support the ball	ادعم الكرة	ID-am al-KU-ra

### Defensive Principles

English	Arabic	Transliteration
Press!	اضغط!	ID-ghat
High press	ضغط عالي	DIGHT AA-li
Drop!	ارجع!	IR-ja
Hold the line	حافظ على الخط	HA-fith a-la al-KHAT
Squeeze!	تقربوا!	ta-QA-ra-boo
Compact!	تماسك!	ta-MA-suk

Cover!	غطي!	GHAT-ti
Mark him!	راقبه!	RA-qib-hu
Man on!	رجل!	RA-jul
Behind you!	خلفك!	KHAL-fak
Clear it!	أبعدها!	AB-id-ha
Win the ball	اكسب الكرة	IK-sib al-KU-ra
Block the shot	صد التسديدة	SUD at-tas-DEE-da
No foul!	بدون خطأ!	bi-DOON KHA-ta
Stay goalseide	ابق بين اللاعب والمرمي	IB-qa BAYN al-LA-ib wal-MAR-ma

**Transitions**

English	Arabic	Transliteration
Transition!	تحول!	ta-HAW-wul
Counter-attack!	هجمة مرتجدة!	HAJ-ma mur-TAD-da
Fast break!	بسريعة!	bi-SUR-a
Get back!	ارجعوا!!	ir-JA-oo
Recover!	استعديو!!	is-ta-EE-doo
Second ball	الكرة الثانية	al-KU-ra ath-THA-ni-ya
Win the second ball	اكسب الكرة الثانية	IK-sib al-KU-ra ath-THA-ni-ya
Counter-press	ضغط مباشر	DIGHT mu-BA-shir
6 seconds!	ست ثوانٍ!	SIT tha-WA-ni

**Set Pieces**

English	Arabic	Transliteration
Corner kick	ركلة ركنية	RAK-la ruk-NI-ya
Free kick	ركلة حرة	RAK-la HUR-ra
Throw-in	رمية تماس	RAM-ya ta-MAS
Penalty	ركلة جزاء	RAK-la ja-ZAA
Near post	القائم القريب	al-QA-im al-qa-REEB
Far post	القائم بعيد	al-QA-im al-ba-EED
Attack the ball	هاجم الكرة	HA-jim al-KU-ra
Zonal marking	مراقبة منطقية	mu-RA-qa-ba man-TI-qi-ya
Man marking	مراقبة فردية	mu-RA-qa-ba FAR-di-ya
Wall	حائط بشري	HA-it ba-SHA-ri
You're in the wall	أنت في الحائط	AN-ta fil-HA-it

## Match Day Communication

### Pre-Match Talk

English	Arabic	Transliteration
Today we play against...	اليوم نلعب ضد...	al-YAWM NAL-ab DID...
Their strengths are...	نقاط قوتهم هي...	ni-QAT qu-WAT-hum HI-ya
Their weaknesses are...	نقاط ضعفهم هي...	ni-QAT DA-fi-him HI-ya
Focus on...	ركزوا على...	RAK-ki-zoo A-la
Remember what we trained	تذكروا ما تدرينا عليه	ta-DHAK-ka-roo ma ta-DAR-rab-na a-LAYH
Play with confidence	العبوا بثقة	IL-a-boo bi-THI-qa
Trust each other	ثقوا بعضكم	THI-qoo bi-BAD-i-kum
Leave everything on the pitch	أعطوا كل شيء في الملعب	A-too KUL shay fil-MAL-ab
Enjoy it	استمتعوا	is-tam-TI-oo
Let's go!	يلاء!	YAL-la

### Halftime Adjustments

English	Arabic	Transliteration
Good first half	شوط أول جيد	SHAWT AW-wal JAY-yid
We need to improve...	نحتاج أن نحسن...	nah-TAJ an nu-HAS-sin
Push higher	تقدموا أكثر	ta-QAD-da-moo AK-thar
Drop deeper	ارجعوا أكثر	ir-JA-oo AK-thar
Change of formation	تغيير التشكيلة	tagh-YEER at-tash-KEE-la
You're coming off	ستخرج	sa-TAKH-ruj
You're going on	ستدخل	sa-TAD-khul
Stay calm	حافظوا على هدوئكم	HA-fi-thoo a-la hu-DOO-i-kum
Keep doing what we're doing	استمروا كما أنتم	is-ta-MIR-roo KA-ma AN-tum

### Touchline Instructions

English	Arabic	Transliteration
Time!	وقت!	WAQT
Slow it down	هدئوا اللعب	HAD-di-oo al-LA-ib
Speed it up	بسريعة!	bi-SUR-a
Wide!	انتشروا!!	in-ta-SHI-roo
Tighter!	تقربوا!!	ta-QA-ra-boo
Push up!	تقدموا!!	ta-QAD-da-moo
Get back!	ارجعوا!!	ir-JA-oo
Wake up!	صحووا!!	SA-hoo
Concentrate!	ركزوا!!	RAK-ki-zoo
Well done!	أحسنت!	AH-sant
That's it!	هذا هو!	HA-dha HU-wa
Keep going!	استمر!	is-ta-MIR

## Individual Player Feedback

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### Positive Reinforcement

English	Arabic	Transliteration
Great work!	عمل رائع!	A-mal RA-i
Excellent!	ممتاز!	mum-TAZ
That's exactly what I want	هذا بالضبط ما أريد	HA-dha bid-DABT ma u-REED
You've improved a lot	تحسنـت كثيراً	ta-HAS-sant ka-THEE-ran
Keep it up	استمر هكذا	is-ta-MIR HA-ka-dha
I'm proud of you	أنا فخور بك	A-na FAK-hoor BIK
You're working hard	أنت تعمل بجد	AN-ta TA-mal bi-JID
That was brave	كان ذلك شجاعاً	KAN DHA-lik shu-JAA-an
Great decision	قرار ممتاز	qa-RAR mum-TAZ
You're a leader	أنت قائد	AN-ta QA-id

### Constructive Correction

English	Arabic	Transliteration
Next time, try to...	المرة القادمة، حاول أن...	al-MAR-ra al-QA-di-ma, HA-wil AN...
Think about...	فـكر في...	FAK-kir FI...
You can do better	يمـكنك أن تفعل أـفضل	YUM-ki-nak an TAF-al AF-dal
What could you do differently?	ماـذا كـنت سـتفعل بـشكل مختلف؟	MA-dha KUN-ta sa-TAF-al bi-SHAKL mukh-TA-lif
Let's work on this	دعـنا نـعمل عـلى هـذا	DA-na NA-mal a-la HA-dha
I know you can do this	أـعلم أـنـك تـسـتـطـيـع	A-lam AN-nak tas-ta-TEE
Don't give up	لا تـسـتـسـلـم	la tas-tas-LIM
Trust the process	ثـق بـالـعـلـمـيـة	THIQ bil-a-ma-LI-ya

### Motivational Phrases

English	Arabic	Transliteration
I believe in you	أـنـا أـؤـمـن بـك	A-na U-min BIK
You have talent	لـديـك موـهـبـة	LA-dayk maw-HI-ba
Keep working	اسـتـمـر فـي الـعـمـل	is-ta-MIR fil-A-mal
Your moment will come	لحـظـتـك سـتـأـتـي	LAH-tha-tak sa-TA-ti
Show me what you can do	أـزـنـي مـا تـسـتـطـيـع فـعـلـه	A-ri-ni MA tas-ta-TEE FI-la-hu
Fight for your place	قاتـل مـن أـجـل مـكـانـك	QA-til min AJL ma-KA-nak
Be patient	كن صـبورـاً	KUN sa-BOO-ran
Hard work pays off	الـعـمـل الجـاد يـؤـتـي ثـمـارـه	al-A-mal al-JAD yu-TI thi-MA-ra-hu

## Goalkeeper-Specific Language

### Shot-Stopping

English	Arabic	Transliteration
Set position	وضع الاستعداد	WAD al-is-ti-DAD
Get set!	استعد!	is-ta-ID
Stay big	ابق كبيراً	IB-qa ka-BEE-ran
Attack the ball	هاجم الكرة	HA-jim al-KU-ra
Dive!	اقفز!	IQ-fiz
Catch it!	امسكيها!	IM-sik-ha
Punch it!	ابعدها بقبضتيك!	AB-id-ha bi-QAB-da-tak
Hold it!	احفظ بها!!	ih-ta-FITH BI-ha

### Distribution

English	Arabic	Transliteration
Play short	العب قصير	IL-ab qa-SEER
Play long	العب طويل	IL-ab ta-WEEL
Roll it	دحرجها	DAH-rij-ha
Throw it	ارمها	IR-mi-ha
Kick it	اركلها	IR-kul-ha
Goal kick	ركلة مرمى	RAK-lat MAR-ma
Find the full-back	ابحث عن الظهير	IB-hath an ath-tha-HEER
Take your time	خذ وقتك	KHUDH WAQT-ak

### Organizing the Defense

English	Arabic	Transliteration
Keeper's ball!	لي!	LEE
Away!	بره!	BAR-ra
Leave it!	اتركها!	UT-ruk-ha
I've got it!	عندى!	IN-di
Push out!	اخرجوا!	UKH-ru-joo
Watch the runner!	انته للقادم!	in-ta-BIH lil-QA-dim
Near post!	القائم القريب!	al-QA-im al-qa-REEB
Far post!	القائم البعيد!	al-QA-im al-ba-EED

## Staff & Club Communication

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### Assistant Coach

English	Arabic	Transliteration
Set up the drill	جهز التمرين	JAH-hiz at-tam-REEN
You take this group	أنت خذ هذه المجموعة	AN-ta KHUDH HA-dhi-hi al-maj-MOO-a
What did you see?	ماذا رأيت؟	MA-dha ra-AYT
Warm them up	سخنهم	SAK-khin-hum
Get the bibs	احضر الصدريات	AH-dir as-sad-RI-yat
Set up the cones	رتب الأقماع	RAT-tib al-aq-MAA

### Medical Staff

English	Arabic	Transliteration
He's injured	هو مصاب	HU-wa mu-SAB
Come check on him	تعال اكتشف عليه	ta-AAL IK-shif a-LAYH
How serious is it?	ما مدى خطورتها؟	ma MA-da khu-TOO-rat-ha
Can he continue?	هل يستطيع الاستمرار؟	hal yas-ta-TEE al-is-tim-RAR
He needs ice	يحتاج ثلج	yah-TAJ THALJ
When will he be back?	متى سيعود؟	MA-ta sa-ya-OOD

### Parent Communication

English	Arabic	Transliteration
Hello, I'm the coach	مرحباً، أنا المدرب	MAR-ha-ban, A-na al-mu-DAR-rib
Your son/daughter is doing well	ابنك/ابنتك يقوم بعمل جيد	IB-nak/IB-na-tak ya-QOOM bi-A-mal JAY-yid
Training is at...	التدريب في الساعة...	at-tad-REEB fis-SA-a
Please arrive on time	رجاء تعالوا في الوقت	RA-ja-an ta-AA-loo fil-WAQT
Any concerns?	أي استفسارات؟	AY is-tif-SA-rat

## Common Mistakes & False Friends

**Warning:** Arabic pronunciation varies by region. Gulf Arabic differs from Egyptian Arabic!

English	Gulf Arabic	Egyptian Arabic	Notes
Ball	KU-ra	KO-ra	Vowel differs
How are you?	shlon-ak	iz-ZAY-yak	Completely different
Good	zayn	KWA-yes	Different words
What?	shno	eh	Different words
Now	il-HEEN	DIL-wa-ti	Different words

### Cultural Notes:

**Respect is paramount:** Always greet with "As-salamu alaykum" (Peace be upon you). The response is "Wa alaykum as-salam".

**Ramadan:** During Ramadan, training times shift and players fast from dawn to sunset. Be mindful of intensity and hydration around Iftar time.

**Prayer times:** Players may need breaks for prayer (5 times daily). Build flexibility into your schedule.

**Physical contact:** Handshakes are common between men. Be culturally sensitive about interactions.

**Hierarchy:** Age and seniority are respected. Address seniors and officials formally.

## Quick Reference: Training Commands

English	Arabic	Transliteration
Go!	يَا لَّا!	YAL-la
Stop!	قُفْ!	QIF
Again!	مرة ثانية!	MAR-ra THA-ni-ya
Faster!	أَسْرِعْ!	AS-ra
Slower!	أَبْطِأْ!	AB-ta
Move!	تَحْرِكْ!	ta-HAR-rak
Good!	مُمْتَازٌ!	mum-TAZ
Come here	تعال هنا	ta-AAL HI-na
Listen	اسْمَعْ	IS-ma
Watch	شَاهِدْ	SHA-hid

## Quick Reference: Numbers for Formations

Number	Arabic	Transliteration
1	واحد	WA-hid
2	اثْنَيْنِ	iTH-NAYN
3	ثُلَّةٌ	tha-LA-tha
4	أَرْبَعَةٌ	ar-BA-a
5	خَمْسَةٌ	KHAM-sa
6	سَتَّةٌ	SIT-ta
7	سَبْعَةٌ	SAB-a
8	ثَمَانِيَةٌ	tha-MA-ni-ya
9	تَسْعَةٌ	TIS-a
10	عَشْرَةٌ	A-sha-ra

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By Kevin Middleton / Football Coaching Academy  
Part of the 360TFT ecosystem

