

The Football Coach's Dutch Phrasebook

500+ Essential Phrases for Coaching in Dutch

Free guide for English-speaking coaches working with Dutch players or studying in the Netherlands. Home of Total Football and the Ajax academy philosophy.

What's Inside

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Training Session Commands

Starting & Stopping

English	Dutch	Pronunciation
Go! / Start!	Ga! / Begin!	khah / buh-KHIN
Stop! / Freeze!	Stop! / Sta stil!	stop / stah stil
Again!	Nog een keer!	nokh ayn keer
Reset!	Terug!	tuh-RUKH
Take a break	Neem pauze	naym POW-zuh
Water break	Drinkpauze	DRINK-pow-zuh
Gather round	Kom hier	kom heer
Listen up	Luister	LOW-stur

Tempo & Intensity

English	Dutch	Pronunciation
Faster!	Sneller!	SNEL-ur
Slower!	Langzamer!	LAHNG-zah-mur
Game speed!	Wedstrijdtempo!	WET-strydt-tem-poh
High intensity!	Hoge intensiteit!	HOH-khuh in-t-en-see-TAYT
Keep the tempo	Houd het tempo	howt het TEM-poh
Push yourselves	Geef alles	khayf AH-lus
Don't walk	Niet lopen	neet LOH-pun
Sprint!	Sprint!	sprint

Movement Commands

English	Dutch	Pronunciation
Move!	Beweeg!	buh-WAYKH
Stay there	Blijf daar	blyf dahr
Swap positions	Wissel van positie	WIS-ul vahn poh-ZEE-tsee
Rotate!	Roteer!	roh-TAYR
Join the other group	Ga naar de andere groep	khah nahr duh AHN-duh-ruh khroep
You're in	Jij erin	yay er-IN
You're out	Jij eruit	yay er-OWT
Next group	Volgende groep	VOL-khun-duh khroep

Technical Corrections

English	Dutch	Pronunciation
Use your left foot	Gebruik je linkervoet	khuh-BROWK yuh LINK-ur-foot
Use your right foot	Gebruik je rechtervoet	khuh-BROWK yuh REKH-tur-foot
Head up!	Hoofd omhoog!	hohft om-HOHKH
First touch	Eerste aanname	AYR-stuh AHN-nah-muh
Body position	Lichaamshouding	lee-KAHAMS-how-ding
Open your body	Open je lichaam	OH-pun yuh lee-KHAHM
Check your shoulder	Kijk over je schouder	kayk OH-vur yuh SKOW-dur
Bend your knees	Buig je knieën	bowkh yuh KNEE-un

Tactical Instructions

Formations & Positions

English	Dutch	Pronunciation
Formation	Opstelling / Systeem	OP-stel-ing / sees-TAYM
We play 4-3-3	We spelen vier-drie-drie	wuh SPAY-lun veer-dree-dree
Goalkeeper	Keeper / Doelman	KEE-pur / DOOL-mahn
Centre-back	Centrale verdediger	sen-TRAH-luh vur-DAY-dikh-ur
Full-back	Verdediger / Back	vur-DAY-dikh-ur / bek
Right-back	Rechtsback	REKHTS-bek
Left-back	Linksback	LINKS-bek
Defensive midfielder	Verdedigende middenvelder	vur-DAY-dikh-un-duh MID-un-vel-dur
Central midfielder	Centrale middenvelder	sen-TRAH-luh MID-un-vel-dur
Attacking midfielder	Aanvallende middenvelder / Nummer 10	ahn-vah-lun-duh MID-un-vel-dur
Winger	Buitenspeler / Vleugelspeler	BOW-tun-spay-lur
Striker	Spits	spits

Attacking Principles

English	Dutch	Pronunciation
Width!	Breedte!	BRAYT-tuh
Stretch them	Rek ze uit	rek zuh owt
Find the space	Zoek de ruimte	zook duh ROWM-tuh
Between the lines	Tussen de linies	TUS-un duh LEE-nees
Third man run	Derde man	DER-duh mahn
Overlap	Overlap	OH-vur-lep
Underlap	Binnendoor	BIN-un-dohr
Switch the play	Verplaats het spel	vur-PLAHTS het spel
Play forward	Speel vooruit	spayl VOHR-owt
Turn!	Draai!	dray
Shoot!	Schiet!	skheet
Cross it!	Voorzet!	VOHR-zet
One-two	Een-tweetje	ayn-TWAY-tyuh
Give and go	Geef en ga	khayf en khah
Support the ball	Steun de bal	sturn duh bahl

Defensive Principles

English	Dutch	Pronunciation
Press!	Druk! / Afjagen!	druk / AF-yah-khun
High press	Hoge druk	HOH-khuh druk
Drop!	Zakken!	ZAH-kun
Hold the line	Houd de lijn	howt duh layn
Squeeze!	Samenballen!	SAH-mun-bah-lun
Compact!	Compact!	kom-PAKT
Cover!	Dek!	dek
Mark him!	Pak hem!	pahk hem
Man on!	Man!	mahn
Behind you!	Achter je!	AKH-tur yuh
Clear it!	Weg ermee!	wekh er-MAY

Win the ball	Win de bal	win duh bahl
Block the shot	Blok het schot	blok het skhot
No foul!	Geen overtreding!	khayn OH-vur-tray-ding
Stay goalseide	Blijf tussen hem en het doel	blyf TUS-un hem en het dool

Transitions

English	Dutch	Pronunciation
Transition!	Omschakeling!	OM-skah-kuh-ling
Counter-attack!	Counter! / Tegenaanval!	KOWN-tur / TAY-khun-ahn-vahl
Fast break!	Snell	snel
Get back!	Terug!	tuh-RUKH
Recover!	Herstellen!	her-STEL-un
Second ball	Tweede bal	TWAY-duh bahl
Win the second ball	Win de tweede bal	win duh TWAY-duh bahl
Counter-press	Gegenpressing	KHAYkhun-preh-sing
6 seconds!	Zes seconden!	zes suh-KON-dun

Set Pieces

English	Dutch	Pronunciation
Corner kick	Hoekschap / Corner	HOOK-skhop / KOR-nur
Free kick	Vrije trap	VRAY-uh trahp
Throw-in	Ingooi	IN-khoy
Penalty	Strafschap / Penalty	STRAHF-skhop
Near post	Eerste paal	AYR-stuh pahl
Far post	Tweede paal	TWAY-duh pahl
Attack the ball	Val de bal aan	vahl duh bahl ahn
Zonal marking	Zone dekking	ZOH-nuh DEK-ing
Man marking	Man dekking	mahn DEK-ing
Wall	Muur	muur
You're in the wall	Jij in de muur	yay in duh muur

Match Day Communication

Pre-Match Talk

English	Dutch	Pronunciation
Today we play against...	Vandaag spelen we tegen...	vahn-DAHKH SPAY-lun wuh TAY-khun
Their strengths are...	Hun sterke punten zijn...	hun STER-kuh PUN-tun zayn
Their weaknesses are...	Hun zwakke punten zijn...	hun ZWAH-kuh PUN-tun zayn
Focus on...	Concentreer je op...	kon-sun-TRAYR yuh op
Remember what we trained	Denk aan wat we getraind hebben	denk ahn waht wuh khuh-TRAYNT HEB-un
Play with confidence	Speel met vertrouwen	spayl met vur-TROW-un
Trust each other	Vertrouw op elkaar	vur-TROW op el-KAHR
Leave everything on the pitch	Geef alles op het veld	khayf AH-lus op het velt
Enjoy it	Geniet ervan	khuh-NEET er-VAHN
Let's go!	Kom op!	kom op

Halftime Adjustments

English	Dutch	Pronunciation
Good first half	Goede eerste helft	KHOO-duh AYR-stuh helft
We need to improve...	We moeten verbeteren...	wuh MOO-tun vur-BAY-tur-un
Push higher	Hoger druk zetten	HOH-khur druk ZET-un
Drop deeper	Verder zakken	VER-dur ZAH-kun
Change of formation	Systeemwissel	sees-TAYM-wis-ul
You're coming off	Jij eruit	yay er-OWT
You're going on	Jij erin	yay er-IN
Stay calm	Blijf rustig	blyf RUS-tikh
Keep doing what we're doing	Zo doorgaan	zoh DOHR-khahn

Touchline Instructions

English	Dutch	Pronunciation
Time!	Tijd!	tayt
Slow it down	Rustig aan de bal	RUS-tikh ahn duh bahl
Speed it up	Snel!	snel
Wide!	Breed!	brayt
Tighter!	Dichter!	DIKH-tur
Push up!	Vooruit!	VOHR-owt
Get back!	Terug!	tuh-RUKH
Wake up!	Word wakker!	wort WAH-kur
Concentrate!	Concentratie!	kon-sun-TRAH-tsee
Well done!	Goed zo!	khoot zoh
That's it!	Zo ja!	zoh yah
Keep going!	Doorgaan!	DOHR-khahn

Individual Player Feedback

Positive Reinforcement

English	Dutch	Pronunciation
Great work!	Goed gedaan!	khoot khuh-DAHN
Excellent!	Uitstekend!	OWT-stay-kunt
That's exactly what I want	Dat is precies wat ik wil	daht is pruh-SEES waht ik wil
You've improved a lot	Je bent veel verbeterd	yuh bent vayl vur-BAY-turt
Keep it up	Zo doorgaan	zoh DOHR-khahn
I'm proud of you	Ik ben trots op je	ik ben trots op yuh
You're working hard	Je werkt hard	yuh werkt hahrt
That was brave	Dat was dapper	daht wahs DAH-pur
Great decision	Goede beslissing	KHOO-duh buh-SLIS-ing
You're a leader	Je bent een leider	yuh bent uhn LAY-dur

Constructive Correction

English	Dutch	Pronunciation
Next time, try to...	Volgende keer, probeer...	VOL-khun-duh kayr, proh-BAYR
Think about...	Denk aan...	denk ahn
You can do better	Je kan beter	yuh kahn BAY-tur
What could you do differently?	Wat kan je anders doen?	waht kahn yuh AHN-durs doon
Let's work on this	Laten we hieraan werken	LAH-tun huh heer-AHN WER-kun
I know you can do this	Ik weet dat je dit kan	ik wayt daht yuh dit kahn
Don't give up	Geef niet op	khayf neet op
Trust the process	Vertrouw op het proces	vur-TROW op het proh-SES

Motivational Phrases

English	Dutch	Pronunciation
I believe in you	Ik geloof in jou	ik khuh-LOHF in yow
You have talent	Je hebt talent	yuh hebt tah-LENT
Keep working	Blijf werken	blyf WER-kun
Your moment will come	Jouw moment komt	yow moh-MENT komt
Show me what you can do	Laat zien wat je kan	laht zeen waht yuh kahn
Fight for your place	Vecht voor je plek	vekht vohr yuh plek
Be patient	Heb geduld	hep khuh-DULT
Hard work pays off	Hard werken betaalt zich uit	hahrt WER-kun buh-TAHLT zikh owt

Goalkeeper-Specific Language

Shot-Stopping

English	Dutch	Pronunciation
Set position	Basishouding	BAH-sis-how-ding
Get set!	Sta klaar!	stah klahr
Stay big	Maak jezelf groot	mahk yuh-ZELF khroht
Attack the ball	Val de bal aan	vahl duh bahl ahn
Dive!	Duik!	dowk
Catch it!	Pak hem!	pahk hem
Punch it!	Boks hem weg!	boks hem wekh
Hold it!	Houd hem vast!	howt hem vahst

Distribution

English	Dutch	Pronunciation
Play short	Speel kort	spayl kort
Play long	Speel lang	spayl lahng
Roll it	Rol hem	rol hem
Throw it	Gooi	khoy
Kick it	Schiet	skheet
Goal kick	Doeltrap	DOOL-trahp
Find the full-back	Zoek de back	zook duh bek
Take your time	Neem je tijd	naym yuh tayt

Organizing the Defense

English	Dutch	Pronunciation
Keeper's ball!	Keeper!	KEE-pur
Away!	Weg!	wekh
Leave it!	Laat!	laht
I've got it!	Ik heb hem!	ik hep hem
Push out!	Kom uit!	kom owt
Watch the runner!	Let op de inkomer!	let op duh IN-koh-mur
Near post!	Eerste paal!	AYR-stuh pahl
Far post!	Tweede paal!	TWAY-duh pahl

Staff & Club Communication

Assistant Coach

English	Dutch	Pronunciation
Set up the drill	Zet de oefening op	zeh duh oo-fuh-ning op
You take this group	Jij neemt deze groep	yay naymt DAY-zuh khroep
What did you see?	Wat zag je?	waht zahkh yuh
Warm them up	Warm ze op	wahrm zuh op
Get the bibs	Pak de hesjes	pahk duh HES-yuhhs
Set up the cones	Zet de pionnen neer	zeh duh pee-ON-un nayr

Medical Staff

English	Dutch	Pronunciation
He's injured	Hij is geblesseerd	hay is khuh-bleh-SAYRT
Come check on him	Kom even kijken	kom AY-vun KAY-kun
How serious is it?	Hoe erg is het?	hoo erkh is het
Can he continue?	Kan hij doorgaan?	kahn hay DOHR-kahn
He needs ice	Hij heeft ijs nodig	hay hayft ays NOH-dikh
When will he be back?	Wanneer is hij terug?	wahn-NAYR is hay tuh-RUKH

Parent Communication

English	Dutch	Pronunciation
Hello, I'm the coach	Hallo, ik ben de trainer	HAH-loh, ik ben duh TRAY-nur
Your son/daughter is doing well	Uw zoon/dochter doet het goed	oo zohn/DOKH-tur doot het khoot
Training is at...	De training is om...	duh TRAY-ning is om
Please arrive on time	Kom alsjeblieft op tijd	kom als-yuh-BLEEFT op tayt
Any concerns?	Zijn er vragen?	zayn er VRAH-khun

Common Mistakes & False Friends

Warning: These words look similar but have very different meanings!

English Word	Dutch Trap	Actual Meaning	Correct Dutch
Brave	Braaf	Well-behaved/obedient	Dapper
Eventually	Eventueel	Possibly/perhaps	Uiteindelijk
Blank	Blank	White/pale-skinned	Leeg
Chief	Chef	Boss/supervisor	Hoofdman
Act	Akte	Document/certificate	Handeling
Slim	Slim	Smart/clever	Slank

Cultural Notes:

Direct communication: Dutch people are famously direct. What may seem blunt is considered honest and efficient.

Total Football philosophy: The Netherlands is home to Total Football - expect players to understand positional fluidity and pressing concepts.

Informal address: Use "je/jij" (informal you) with players and even parents in sports settings. "U" (formal) sounds overly stiff.

Punctuality: Like Germans, Dutch people value being on time.

Quick Reference: Training Commands

English	Dutch	Pronunciation
Go!	Ga!	kah
Stop!	Stop!	stop
Again!	Nog een keer!	nokh ayn keer
Faster!	Sneller!	SNEL-ur
Slower!	Langzamer!	LAHNG-zah-mur
Move!	Beweeg!	buh-WAYKH
Good!	Goed!	khoot
Come here	Kom hier	kom heer
Listen	Luister	LOW-stur
Watch	Kijk	kayk

Quick Reference: Match Day Commands

English	Dutch	Pronunciation
Press!	Druk!	druk
Drop!	Zakken!	ZAH-kun
Wide!	Breed!	brayt
Shoot!	Schiet!	skheet
Pass!	Pass!	pahs
Hold it!	Houd vast!	howt vahst
Time!	Tijd!	tayt
Man on!	Man!	mahn
Switch!	Wissel!	WIS-ul
Well done!	Goed zo!	khoot zoh

Quick Reference: Numbers for Formations

Number	Dutch	Pronunciation
1	Een	ayn
2	Twee	tway
3	Drie	dree
4	Vier	veer
5	Vijf	vayf
6	Zes	zes
7	Zeven	ZAY-vun
8	Acht	ahkht
9	Negen	NAY-khun
10	Tien	teen
11	Elf	elf

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