

The Football Coach's Spanish Phrasebook

500+ Essential Phrases for Coaching in Spanish

Free guide for English-speaking coaches working with Spanish-speaking players or relocating to Spanish-speaking countries.

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Training Session Commands

Starting & Stopping

| English | Spanish | Pronunciation |
|-----------------|---------------------|--------------------------|
| Go! / Start! | ¡Vamos! / ¡Empieza! | VAH-mohs / em-pee-EH-sah |
| Stop! / Freeze! | ¡Para! / ¡Quietos! | PAH-rah / kee-EH-tohs |
| Again! | ¡Otra vez! | OH-traH veth |
| Reset! | ¡Vuelvan! | VWEL-vahn |
| Take a break | Descansen | des-KAHN-sen |
| Water break | Pausa para agua | POW-sah PAH-rah AH-gwah |
| Gather round | Vengan aquí | VEN-gahn ah-KEE |
| Listen up | Escuchen | es-KOO-chen |

Tempo & Intensity

| English | Spanish | Pronunciation |
|-----------------|--------------------|--------------------------|
| Faster! | ¡Más rápido! | mahs RAH-pee-doh |
| Slower! | ¡Más lento! | mahs LEN-toh |
| Game speed! | ¡Ritmo de partido! | REET-moh deh par-TEE-doh |
| High intensity! | ¡Alta intensidad! | AHL-tah in-ten-see-DAHD |
| Keep the tempo | Mantén el ritmo | mahn-TEN el REET-moh |
| Push yourselves | Exiganse | ex-EE-hahn-seh |
| Don't walk | No caminen | noh kah-MEE-nen |
| Sprint! | ¡Esprinten! | es-PRIN-ten |

Movement Commands

| English | Spanish | Pronunciation |
|----------------------|---------------------|---------------------------------|
| Move! | ¡Muévanse! | MWEH-vahn-seh |
| Stay there | Quédate ahí | KEH-dah-teh ah-EE |
| Swap positions | Cambien posiciones | KAHM-bee-en po-see-see-OH-nes |
| Rotate! | ¡Roten! | ROH-ten |
| Join the other group | Únete al otro grupo | OO-neh-teh ahl OH-troh GROO-poh |
| You're in | Entras tú | EN-trahs too |
| You're out | Sales tú | SAH-les too |
| Next group | Siguiente grupo | see-gee-EN-teh GROO-poh |

Technical Corrections

| English | Spanish | Pronunciation |
|---------------------|----------------------------|-------------------------------------|
| Use your left foot | Usa el pie izquierdo | OO-sah el pee-EH eeth-kee-EHR-doh |
| Use your right foot | Usa el pie derecho | OO-sah el pee-EH deh-REH-choh |
| Head up! | ¡Cabeza arriba! | kah-BEH-sah ah-REE-bah |
| First touch | Primer toque | pree-MER TOH-keh |
| Body position | Posición del cuerpo | po-see-see-OHN del KWER-poh |
| Open your body | Abre el cuerpo | AH-breh el KWER-poh |
| Check your shoulder | Mira por encima del hombro | MEE-rah por en-SEE-mah del OHM-broh |
| Bend your knees | Flexiona las rodillas | flex-ee-OH-nah lahs roh-DEE-yahs |

Tactical Instructions

Formations & Positions

| English | Spanish | Pronunciation |
|----------------------|---------------------------|----------------------------------|
| Formation | Formación / Sistema | for-mah-see-OHN / sees-TEH-mah |
| We play 4-3-3 | Jugamos cuatro-tres-tres | hoo-GAH-mohs KWAH-troh-tres-tres |
| Goalkeeper | Portero | por-TEH-roh |
| Centre-back | Central / Defensa central | sen-TRAHL |
| Full-back | Lateral | lah-teh-RAHL |
| Right-back | Lateral derecho | lah-teh-RAHL deh-REH-choh |
| Left-back | Lateral izquierdo | lah-teh-RAHL eeth-kee-EHR-doh |
| Defensive midfielder | Pivote | pee-VOH-teh |
| Central midfielder | Mediocentro / Interior | meh-dee-oh-SEN-troh |
| Attacking midfielder | Mediapunta / Enganche | meh-dee-ah-POON-tah |
| Winger | Extremo | ex-TREH-moh |
| Striker | Delantero centro | deh-lahn-TEH-roh SEN-troh |

Attacking Principles

| English | Spanish | Pronunciation |
|-------------------|----------------------|------------------------------------|
| Width! | ¡Amplitud! | ahm-plee-TOOD |
| Stretch them | Estíralos | es-TEE-rah-lohs |
| Find the space | Busca el espacio | BOOS-kah el es-PAH-see-oh |
| Between the lines | Entre líneas | EN-treh LEE-neh-ahs |
| Third man run | Tercer hombre | ter-SER OHM-breh |
| Overlap | Desdoblamiento | des-doh-blah-mee-EN-toh |
| Underlap | Apoyo interior | ah-POH-yoh in-teh-ree-OR |
| Switch the play | Cambia el juego | KAHM-bee-ah el HWEH-goh |
| Play forward | Juega hacia adelante | HWEH-gah AH-see-ah ah-deh-LAHN-teh |
| Turn! | ¡Gira! | HEE-rah |
| Shoot! | ¡Tira! / ¡Dispara! | TEE-rah / dees-PAH-rah |
| Cross it! | ¡Centra! | SEN-trah |
| One-two | Pared | pah-RED |
| Give and go | Pase y va | PAH-seh ee vah |
| Support the ball | Apoya el balón | ah-POH-yah el bah-LOHN |

Defensive Principles

| English | Spanish | Pronunciation |
|---------------|-----------------|-------------------------|
| Press! | ¡Presiona! | preh-see-OH-nah |
| High press | Presión alta | preh-see-OHN AHL-tah |
| Drop! | ¡Baja! | BAH-hah |
| Hold the line | Mantén la línea | mahn-TEN lah LEE-neh-ah |
| Squeeze! | ¡Aprieta! | ah-pree-EH-tah |
| Compact! | ¡Compactos! | coh-m-PAHK-tohs |
| Cover! | ¡Cubre! | KOO-breh |
| Mark him! | ¡Márcalo! | MAR-kah-loh |
| Man on! | ¡Hombre! | OHM-breh |
| Behind you! | ¡Detrás! | deh-TRAHS |
| Clear it! | ¡Despeja! | des-PEH-hah |

| | | |
|----------------|--------------------------------|--|
| Win the ball | Gana el balón | GAH-nah el bah-LOHN |
| Block the shot | Bloquea el tiro | bloh-KEH-ah el TEE-roh |
| No foul! | ¡Sin falta! | seen FAHL-tah |
| Stay goalside | Quédate entre él y la portería | KEH-dah-teh EN-treh el ee lah por-teh-REE-ah |

Transitions

| English | Spanish | Pronunciation |
|---------------------|-----------------------|----------------------------------|
| Transition! | ¡Transición! | trahn-see-see-OHN |
| Counter-attack! | ¡Contraataque! | kohn-trah-ah-TAH-keh |
| Fast break! | ¡Rápido! | RAH-pee-doh |
| Get back! | ¡Vuelvan! | VWEL-vahn |
| Recover! | ¡Recuperen! | reh-koo-PEH-ren |
| Second ball | Segundo balón | seh-GOON-doh bah-LOHN |
| Win the second ball | Gana el segundo balón | GAH-nah el seh-GOON-doh bah-LOHN |
| Counter-press | Presión tras pérdida | preh-see-OHN trahs PER-dee-dah |
| 6 seconds! | ¡Seis segundos! | says seh-GOON-dohs |

Set Pieces

| English | Spanish | Pronunciation |
|--------------------|---------------------------|----------------------------------|
| Corner kick | Córner / Saque de esquina | KOR-ner / SAH-keh deh es-KEE-nah |
| Free kick | Tiro libre | TEE-roh LEE-breh |
| Throw-in | Saque de banda | SAH-keh deh BAHN-dah |
| Penalty | Penalti | peh-NAHL-tee |
| Near post | Primer palo | pree-MER PAH-loh |
| Far post | Segundo palo | seh-GOON-doh PAH-loh |
| Attack the ball | Ataca el balón | ah-TAH-kah el bah-LOHN |
| Zonal marking | Marcaje zonal | mar-KAH-heh thoh-NAHL |
| Man marking | Marcaje individual | mar-KAH-heh in-dee-vee-doo-AHL |
| Wall | Barrera | bah-REH-rah |
| You're in the wall | Tú en la barrera | too en lah bah-REH-rah |

Match Day Communication

Pre-Match Talk

| English | Spanish | Pronunciation |
|-------------------------------|-----------------------------|--|
| Today we play against... | Hoy jugamos contra... | oy hoo-GAH-mohs KOHN-trah |
| Their strengths are... | Sus puntos fuertes son... | soos POON-tohs FWER-tes sohn |
| Their weaknesses are... | Sus debilidades son... | soos deh-bee-lee-DAH-des sohn |
| Focus on... | Concéntrese en... | kohn-SEN-tren-seh en |
| Remember what we trained | Recuerden lo que entrenamos | reh-KWER-den loh keh en-treh-NAH-mohs |
| Play with confidence | Jueguen con confianza | HWEH-gen kohn kohn-fee-AHN-sah |
| Trust each other | Confíen en sus compañeros | kohn-FEE-en en soos kohm-pah-NYEH-rohs |
| Leave everything on the pitch | Déjenlo todo en el campo | DEH-hen-loh TOH-doh en el KAHM-poh |
| Enjoy it | Disfrútenlo | dees-FROO-ten-loh |
| Let's go! | ¡Vamos! | VAH-mohs |

Halftime Adjustments

| English | Spanish | Pronunciation |
|-----------------------------|------------------------|------------------------------|
| Good first half | Buen primer tiempo | bwen pree-MER tee-EM-poh |
| We need to improve... | Tenemos que mejorar... | teh-NEH-mohs keh meh-hoh-RAR |
| Push higher | Suban más | SOO-bahn mahs |
| Drop deeper | Bajen más | BAH-hen mahs |
| Change of formation | Cambio de sistema | KAHM-bee-oh deh sees-TEH-mah |
| You're coming off | Sales tú | SAH-les too |
| You're going on | Entras tú | EN-trahs too |
| Stay calm | Tranquilos | trahn-KEE-lohs |
| Keep doing what we're doing | Sigamos igual | see-GAH-mohs ee-GWAHL |

Touchline Instructions

| English | Spanish | Pronunciation |
|--------------|-------------------------|---------------------------------|
| Time! | ¡Tiempo! | tee-EM-poh |
| Slow it down | Tranquilos con el balón | trahn-KEE-lohs kohn el bah-LOHN |
| Speed it up | ¡Rápido! | RAH-pee-doh |
| Wide! | ¡Abiertos! | ah-bee-EHR-tohs |
| Tighter! | ¡Más juntos! | mahs HOON-tohs |
| Push up! | ¡Arriba! | ah-REE-bah |
| Get back! | ¡Atrás! | ah-TRAHS |
| Wake up! | ¡Despiertos! | des-pee-EHR-tohs |
| Concentrate! | ¡Concentrados! | kohn-sen-TRAH-dohs |
| Well done! | ¡Muy bien! | mwee bee-EN |
| That's it! | ¡Eso es! | EH-soh es |
| Keep going! | ¡Sigue así! | SEE-geh ah-SEE |

Individual Player Feedback

Positive Reinforcement

| English | Spanish | Pronunciation |
|----------------------------|----------------------------------|---|
| Great work! | ¡Buen trabajo! | bwen trah-BAH-hoh |
| Excellent! | ¡Excelente! | ex-seh-LEN-teh |
| That's exactly what I want | Eso es exactamente lo que quiero | EH-soh es ex-ahk-tah-MEN-teh loh keh kee-EH-roh |
| You've improved a lot | Has mejorado mucho | ahs meh-hoh-RAH-doh MOO-choh |
| Keep it up | Sigue así | SEE-geh ah-SEE |
| I'm proud of you | Estoy orgulloso de ti | es-TOY or-goo-YOH-soh deh tee |
| You're working hard | Estás trabajando duro | es-TAHS trah-bah-HAHN-doh DOO-roh |
| That was brave | Eso fue valiente | EH-soh fweh vah-lee-EN-teh |
| Great decision | Buena decisión | BWEH-nah deh-see-see-OHN |
| You're a leader | Eres un líder | EH-res oon LEE-der |

Constructive Correction

| English | Spanish | Pronunciation |
|--------------------------------|-------------------------------|---|
| Next time, try to... | La próxima vez, intenta... | lah PROHK-see-mah veth, in-TEN-tah |
| Think about... | Piensa en... | pee-EN-sah en |
| You can do better | Puedes hacerlo mejor | PWEH-des ah-SER-loh meh-HOR |
| What could you do differently? | ¿Qué podrías hacer diferente? | keh poh-DREE-ahs ah-SER dee-feh-REN-teh |
| Let's work on this | Vamos a trabajar en esto | VAH-mohs ah trah-bah-HAR en ES-toh |
| I know you can do this | Sé que puedes hacerlo | seh keh PWEH-des ah-SER-loh |
| Don't give up | No te rindas | noh teh REEN-dahs |
| Trust the process | Confía en el proceso | kohn-FEE-ah en el proh-SEH-soh |

Motivational Phrases

| English | Spanish | Pronunciation |
|-------------------------|---------------------------------|---|
| I believe in you | Creo en ti | KREH-oh en tee |
| You have talent | Tienes talento | tee-EH-nes tah-LEN-toh |
| Keep working | Sigue trabajando | SEE-geh trah-bah-HAHN-doh |
| Your moment will come | Tu momento llegará | too moh-MEN-toh yeh-gah-RAH |
| Show me what you can do | Demuéstrame lo que puedes hacer | deh-MWES-trah-meh loh keh PWEH-des ah-SER |
| Fight for your place | Pelea por tu puesto | peh-LEH-ah por too PWES-toh |
| Be patient | Ten paciencia | ten pah-see-EN-see-ah |
| Hard work pays off | El trabajo duro da resultados | el trah-BAH-hoh DOO-roh dah reh-sool-TAH-dohs |

Goalkeeper-Specific Language

Shot-Stopping

| English | Spanish | Pronunciation |
|-----------------|---------------------------|-------------------------------------|
| Set position | Posición base | poh-see-see-OHN BAH-seh |
| Get set! | ¡Colócate! | koh-LOH-kah-teh |
| Stay big | Hazte grande | AHS-teh GRAHN-deh |
| Attack the ball | Ataca el balón | ah-TAH-kah el bah-LOHN |
| Dive! | ¡Tírate! | TEE-rah-teh |
| Catch it! | ¡Atrápala! | ah-TRAH-pah-lah |
| Punch it! | ¡Despéjala con los puños! | des-PEH-hah-lah kohn lohs POO-nyohs |
| Hold it! | ¡Sujétala! | soo-HEH-tah-lah |

Distribution

| English | Spanish | Pronunciation |
|--------------------|------------------|----------------------------|
| Play short | Juega corto | HWEH-gah KOR-toh |
| Play long | Juega largo | HWEH-gah LAHR-goh |
| Roll it | Ruédala | RWEH-dah-lah |
| Throw it | Lánzala | LAHN-sah-lah |
| Kick it | Pégale | PEH-gah-leh |
| Goal kick | Saque de meta | SAH-keh deh MEH-tah |
| Find the full-back | Busca al lateral | BOOS-kah ahl lah-teh-RAHL |
| Take your time | Tómate tu tiempo | TOH-mah-teh too tee-EM-poh |

Organizing the Defense

| English | Spanish | Pronunciation |
|-------------------|------------------------|-------------------------------|
| Keeper's ball! | ¡Mía! | MEE-ah |
| Away! | ¡Fuera! | FWEH-rah |
| Leave it! | ¡Déjala! | DEH-hah-lah |
| I've got it! | ¡La tengo! | lah TEN-goh |
| Push out! | ¡Salgan! | SAHL-gahn |
| Watch the runner! | ¡Ojo con el que viene! | OH-hoh kohn el keh vee-EH-neh |
| Near post! | ¡Primer palo! | pree-MER PAH-loh |
| Far post! | ¡Segundo palo! | seh-GOON-doh PAH-loh |

Staff & Club Communication

Assistant Coach

| English | Spanish | Pronunciation |
|---------------------|----------------------|-----------------------------------|
| Set up the drill | Prepara el ejercicio | preh-PAH-rah el eh-her-SEE-see-oh |
| You take this group | Tú con este grupo | too kohn ES-teh GROO-poh |
| What did you see? | ¿Qué viste? | keh VEES-teh |
| Warm them up | Calíentalos | kah-lee-EN-tah-lohs |
| Get the bibs | Trae los petos | TRAH-eh lohs PEH-tohs |
| Set up the cones | Pon los conos | pohn lohs KOH-nohs |

Medical Staff

| English | Spanish | Pronunciation |
|-----------------------|--------------------|---------------------------|
| He's injured | Está lesionado | es-TAH leh-see-oh-NAH-doh |
| Come check on him | Ven a verlo | ven ah VER-loh |
| How serious is it? | ¿Qué tan grave es? | keh tahn GRAH-veh es |
| Can he continue? | ¿Puede seguir? | PWEH-deh seh-GEER |
| He needs ice | Necesita hielo | neh-seh-SEE-tah ee-EH-loh |
| When will he be back? | ¿Cuándo vuelve? | KWAHN-doh VWEL-veh |

Parent Communication

| English | Spanish | Pronunciation |
|---------------------------------|------------------------------------|---|
| Hello, I'm the coach | Hola, soy el entrenador | OH-lah, soy el en-treh-nah-DOR |
| Your son/daughter is doing well | Su hijo/hija lo está haciendo bien | soo EE-hoh/EE-hah loh es-TAH ah-see-EN-doh bee-EN |
| Training is at... | El entrenamiento es a las... | el en-treh-nah-mee-EN-toh es ah lahs |
| Please arrive on time | Por favor lleguen a tiempo | por fah-VOR YEH-gen ah tee-EM-poh |
| Any concerns? | ¿Alguna preocupación? | ahl-GOO-nah preh-oh-koo-pah-see-OHN |

Common Mistakes & False Friends

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

| English Word | Spanish Trap | Actual Meaning | Correct Spanish |
|-------------------|--------------|--------------------------|-----------------|
| Assist (football) | Asistir | To attend | Asistencia |
| Embarrassed | Embarazada | Pregnant! | Avergonzado |
| Excited | Excitado | Sexually aroused! | Emocionado |
| Sensible | Sensible | Sensitive | Sensato |
| Actually | Actualmente | Currently | En realidad |
| Support | Soportar | To tolerate | Apoyar |

Cultural Notes: Spanish/Latin American cultures often soften criticism and prioritize relationships. Time flexibility varies by country. Physical greetings typically include a handshake with shoulder touch. Volume and animation are generally higher than UK/US norms.

Quick Reference: Training Commands

| English | Spanish | Pronunciation |
|-----------|--------------|------------------|
| Go! | ¡Vamos! | VAH-mohs |
| Stop! | ¡Para! | PAH-rah |
| Again! | ¡Otra vez! | OH-trah veth |
| Faster! | ¡Más rápido! | mahs RAH-pee-doh |
| Slower! | ¡Más lento! | mahs LEN-toh |
| Move! | ¡Muévanse! | MWEH-vahn-seh |
| Good! | ¡Bien! | bee-EN |
| Come here | Ven aquí | ven ah-KEE |
| Listen | Escucha | es-KOO-chah |
| Watch | Mira | MEE-rah |

Quick Reference: Match Day Commands

| English | Spanish | Pronunciation |
|------------|------------|-----------------|
| Press! | ¡Presiona! | preh-see-OH-nah |
| Drop! | ¡Baja! | BAH-hah |
| Wide! | ¡Abiertos! | ah-bee-EHR-tohs |
| Shoot! | ¡Tira! | TEE-rah |
| Pass! | ¡Pasa! | PAH-sah |
| Hold it! | ¡Aguanta! | ah-GWAHN-tah |
| Time! | ¡Tiempo! | tee-EM-poh |
| Man on! | ¡Hombre! | OHM-breh |
| Switch! | ¡Cambia! | KAHM-bee-ah |
| Well done! | ¡Muy bien! | mwee bee-EN |

Quick Reference: Numbers for Formations

| Number | Spanish | Pronunciation |
|--------|---------|---------------|
|--------|---------|---------------|

| | | |
|----|--------|------------|
| 1 | Uno | OO-noh |
| 2 | Dos | dohs |
| 3 | Tres | tres |
| 4 | Cuatro | KWAH-troh |
| 5 | Cinco | SEEN-koh |
| 6 | Seis | says |
| 7 | Siete | see-EH-teh |
| 8 | Ocho | OH-choh |
| 9 | Nueve | NWEH-veh |
| 10 | Diez | dee-ETH |
| 11 | Once | OHN-seh |

The Football Coach's Spanish Phrasebook

By [Kevin Middleton](#) / [Football Coaching Academy](#)

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