

The Football Coach's Italian Phrasebook

500+ Essential Phrases for Coaching in Italian

Free guide for English-speaking coaches working with Italian players or relocating to Italy. Home of catenaccio, calcio, and tactical innovation.

What's Inside

Training session commands	Goalkeeper-specific language
Tactical instructions	Staff & parent communication
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Training Session Commands

Starting & Stopping

English	Italian	Pronunciation
Go! / Start!	Vai! / Via!	VEE / VEE-ah
Stop! / Freeze!	Stop! / Fermi!	stop / FEHR-mee
Again!	Ancora! / Di nuovo!	ahn-KOH-rah / dee NWOH-voh
Reset!	Tornate!	tor-NAH-teh
Take a break	Fate una pausa	FAH-teh OO-nah POW-zah
Water break	Pausa acqua	POW-zah AHK-wah
Gather round	Venite qui	veh-NEE-teh kwee
Listen up	Ascoltate	ah-skol-TAH-teh

Tempo & Intensity

English	Italian	Pronunciation
Faster!	Più veloce!	pyoo veh-LOH-cheh
Slower!	Più lento!	pyoo LEN-toh
Game speed!	Ritmo partita!	REET-moh par-TEE-tah
High intensity!	Alta intensità!	AHL-tah in-ten-see-TAH
Keep the tempo	Mantieni il ritmo	mahn-TYEH-nee eel REET-moh
Push yourselves	Datevi da fare	DAH-teh-vee dah FAH-reh
Don't walk	Non camminate	non kahm-mee-NAH-teh
Sprint!	Scattate!	skaht-TAH-teh

Movement Commands

English	Italian	Pronunciation
Move!	Muovetevi!	mwoh-VEH-teh-vee
Stay there	Stai lì	sty lee
Swap positions	Cambiate posizione	kahm-BYAH-teh poh-zee-TSYOH-neh
Rotate!	Ruotate!	rwoh-TAH-teh
Join the other group	Unisciti all'altro gruppo	oo-NEE-shee-tee ahl-AHL-troh GROO-poh
You're in	Entri tu	EN-tree too
You're out	Esci tu	EH-shee too
Next group	Prossimo gruppo	PROHS-see-moh GROO-poh

Technical Corrections

English	Italian	Pronunciation
Use your left foot	Usa il piede sinistro	OO-zah eel PYEH-deh see-NEE-stroh
Use your right foot	Usa il piede destro	OO-zah eel PYEH-deh DEH-stroh
Head up!	Testa alta!	TEH-stah AHL-tah
First touch	Primo tocco / Stop	PREE-moh TOH-koh / stop
Body position	Posizione del corpo	poh-zee-TSYOH-neh del KOR-poh
Open your body	Apri il corpo	AH-pree eel KOR-poh
Check your shoulder	Guarda dietro	GWAHR-dah DYEH-troh
Bend your knees	Piega le ginocchia	PYEH-gah leh jee-NOH-kyah

Tactical Instructions

Formations & Positions

English	Italian	Pronunciation
Formation	Modulo / Schema	
We play 4-3-3	Giochiamo con il quattro-tre-tre	joh-KYAH-moh kon eel KWAHT-troh-treh-treh
Goalkeeper	Portiere	por-TYEH-reh
Centre-back	Difensore centrale	dee-fen-SOH-reh chen-TRAH-leh
Full-back	Terzino	ter-TSEE-noh
Right-back	Terzino destro	ter-TSEE-noh DEH-stroh
Left-back	Terzino sinistro	ter-TSEE-noh see-NEE-stroh
Defensive midfielder	Mediano / Regista	meh-DYAH-noh / reh-JEE-stah
Central midfielder	Centrocampista	chen-troh-kahm-PEE-stah
Attacking midfielder	Trequartista	treh-kwar-TEE-stah
Winger	Esterno / Ala	eh-STEHR-noh / AH-lah
Striker	Attaccante / Punta	aht-tahk-KAHN-teh / POON-tah

Attacking Principles

English	Italian	Pronunciation
Width!	Ampiezza!	ahm-PYEHT-tsah
Stretch them	Allargateli	ahl-lahr-GAH-teh-lee
Find the space	Cerca lo spazio	CHEHR-kah loh SPAH-tsyoh
Between the lines	Tra le linee	trah leh LEE-neh-eh
Third man run	Terzo uomo	TEHR-tsoh WOH-moh
Overlap	Sovraposizione	soh-vrahp-poh-zee-TSYOH-neh
Underlap	Inserimento interno	in-seh-ree-MEN-toh in-TEHR-noh
Switch the play	Cambia gioco	KAHM-byah JOH-koh
Play forward	Gioca in avanti	JOH-kah in ah-VAHN-tee
Turn!	Gira!	JEE-rah
Shoot!	Tira!	TEE-rah
Cross it!	Crossa!	KROHS-sah
One-two	Uno-due	OO-noh-DOO-eh
Give and go	Dai e vai	dye eh vye
Support the ball	Appoggia il pallone	ahp-POH-jah eel pahl-LOH-neh

Defensive Principles

English	Italian	Pronunciation
Press!	Pressa! / Aggressione!	PREHS-sah / ahg-gres-SYOH-neh
High press	Pressing alto	PREHS-sing AHL-toh
Drop!	Abbassati!	ahb-bahs-SAH-tee
Hold the line	Tieni la linea	TYEH-nee lah LEE-neh-ah
Squeeze!	Stringi!	STREEN-jee
Compact!	Compatti!	kohm-PAHT-tee
Cover!	Copri!	KOH-pree
Mark him!	Marcalo!	MAHR-kah-loh
Man on!	Uomo!	WOH-moh
Behind you!	Dietro!	DYEH-troh
Clear it!	Libera!	LEE-beh-rah

Win the ball	Conquista la palla	kohn-KWEE-stah lah PAHL-lah
Block the shot	Blocca il tiro	BLOH-kah eel TEE-roh
No foul!	Niente fallo!	NYEHN-teh FAHL-loh
Stay goalside	Resta tra lui e la porta	REH-stah trah loo-ee eh lah POR-tah

Transitions

English	Italian	Pronunciation
Transition!	Transizione!	trahn-zee-TSYOH-neh
Counter-attack!	Contropiede! / Ripartenza!	kohn-troh-PYEH-deh / ree-par-TEN-tsah
Fast break!	Veloci!	veh-LOH-chee
Get back!	Tornate!	tor-NAH-teh
Recover!	Recuperate!	reh-koo-peh-RAH-teh
Second ball	Seconda palla	seh-KOHN-dah PAHL-lah
Win the second ball	Conquista la seconda palla	kohn-KWEE-stah lah seh-KOHN-dah PAHL-lah
Counter-press	Gegenpressing / Riaggressione	GAY-gen-preh-sing / ree-ahg-gres-SYOH-neh
6 seconds!	Sei secondi!	say seh-KOHN-dee

Set Pieces

English	Italian	Pronunciation
Corner kick	Calcio d'angolo / Corner	KAHL-choh DAHN-goh-loh
Free kick	Calcio di punizione	KAHL-choh dee poo-nee-TSYOH-neh
Throw-in	Rimessa laterale	ree-MEHS-sah lah-teh-RAH-leh
Penalty	Rigore	ree-GOH-reh
Near post	Primo palo	PREE-moh PAH-loh
Far post	Secondo palo	seh-KOHN-doh PAH-loh
Attack the ball	Attacca la palla	aht-TAHK-kah lah PAHL-lah
Zonal marking	Marcatura a zona	mahr-kah-TOO-rah ah TSOH-nah
Man marking	Marcatura a uomo	mahr-kah-TOO-rah ah WOH-moh
Wall	Barriera	bahr-RYEH-rah
You're in the wall	Tu in barriera	too in bahr-RYEH-rah

Match Day Communication

Pre-Match Talk

English	Italian	Pronunciation
Today we play against...	Oggi giochiamo contro...	OH-jee joh-KYAH-moh KOHN-troh
Their strengths are...	I loro punti di forza sono...	ee LOH-roh POON-tee dee FOR-tsah SOH-noh
Their weaknesses are...	I loro punti deboli sono...	ee LOH-roh POON-tee DEH-boh-lee SOH-noh
Focus on...	Concentratevi su...	kohn-chen-TRAH-teh-vee soo
Remember what we trained	Ricordate quello che abbiamo allenato	ree-kor-DAH-teh KWEL-loh keh ahb-BYAH-moh ahl-leh-NAH-toh
Play with confidence	Giocate con fiducia	joh-KAH-teh kohn fee-DOO-chah
Trust each other	Fidatevi dei compagni	fee-DAH-teh-vee day kohm-FAH-nyee
Leave everything on the pitch	Lasciate tutto in campo	lah-SHAH-teh TOOT-toh in KAHM-poh
Enjoy it	Divertitevi	dee-vehr-TEE-teh-vee
Let's go!	Andiamo! / Forza!	ahn-DYAH-moh / FOR-tsah

Halftime Adjustments

English	Italian	Pronunciation
Good first half	Buon primo tempo	bwon PREE-moh TEM-poh
We need to improve...	Dobbiamo migliorare...	doh-BYAH-moh mee-lyoh-RAH-reh
Push higher	Alzatevi di più	aht-TSAH-teh-vee dee pyoo
Drop deeper	Abbassatevi di più	ahb-bahs-SAHS-teh-vee dee pyoo
Change of formation	Cambio di modulo	KAHM-byoh dee MOH-doo-loh
You're coming off	Esci tu	EH-shee too
You're going on	Entri tu	EN-tree too
Stay calm	State calmi	STAHS-teh KAHL-mee
Keep doing what we're doing	Continuate così	kohn-tee-noo-AH-teh koh-ZEE

Touchline Instructions

English	Italian	Pronunciation
Time!	Tempo!	TEM-poh
Slow it down	Calma con la palla	KAHL-mah kohn lah PAHL-lah
Speed it up	Veloci!	veh-LOH-chee
Wide!	Larghi!	LAHR-ghee
Tighter!	Più stretti!	pyoo STREHT-tee
Push up!	Salite!	sah-LEE-teh
Get back!	Indietro!	in-DYEH-troh
Wake up!	Svegliatevi!	sveh-LYAH-teh-vee
Concentrate!	Concentrat!	kohn-chen-TRAH-tee
Well done!	Bravo! / Bravi!	BRAH-voh / BRAH-vee
That's it!	Così! / Esatto!	koh-ZEE / eh-ZAHT-toh
Keep going!	Continua così!	kohn-TEE-noo-ah koh-ZEE

Individual Player Feedback

Positive Reinforcement

English	Italian	Pronunciation
Great work!	Ottimo lavoro!	OHT-tee-moh lah-VOH-roh
Excellent!	Eccellente!	eh-chel-LEN-teh
That's exactly what I want	È esattamente quello che voglio	eh eh-zaht-tah-MEN-teh KWEL-loh keh VOH-lyoh
You've improved a lot	Sei migliorato molto	say mee-lyoh-RAH-toh MOHL-toh
Keep it up	Continua così	kohn-TEE-noo-ah koh-ZEE
I'm proud of you	Sono orgoglioso di te	SOH-noh or-goh-LYOH-zoh dee teh
You're working hard	Stai lavorando bene	sty lah-voh-RAHN-doh BEH-neh
That was brave	È stato coraggioso	eh STAHH-toh koh-raah-JOH-zoh
Great decision	Ottima decisione	OHT-tee-mah deh-chee-ZYOH-neh
You're a leader	Sei un leader	say oon LEE-der

Constructive Correction

English	Italian	Pronunciation
Next time, try to...	La prossima volta, prova a...	lah PROHS-see-mah VOHL-tah, PROH-vah ah
Think about...	Pensa a...	PEN-sah ah
You can do better	Puoi fare meglio	pwoy FAH-reh MEH-lyoh
What could you do differently?	Cosa potresti fare diversamente?	KOH-zah poh-TREH-stee FAH-reh dee-ver-sah-MEN-teh
Let's work on this	Lavoriamo su questo	lah-voh-RYAH-moh soo KWEH-stoh
I know you can do this	So che puoi farcela	soh keh pwoy fahr-CHEH-lah
Don't give up	Non mollare	non mohl-LAH-reh
Trust the process	Fidati del processo	FEE-dah-tee del proh-CHEES-soh

Motivational Phrases

English	Italian	Pronunciation
I believe in you	Credo in te	KREH-doh in teh
You have talent	Hai talento	eye tah-LEN-toh
Keep working	Continua a lavorare	kohn-TEE-noo-ah ah lah-voh-RAH-reh
Your moment will come	Il tuo momento arriverà	eel TOO-oh moh-MEN-toh ahr-ree-veh-RAH
Show me what you can do	Fammi vedere cosa sai fare	FAHM-mee veh-DEH-reh KOH-zah sye FAH-reh
Fight for your place	Lotta per il tuo posto	LOHT-tah pehr eel TOO-oh POH-stoh
Be patient	Abbi pazienza	AHB-bee pah-TSYEN-tsah
Hard work pays off	Il duro lavoro paga	eel DOO-roh lah-VOH-roh PAH-gah

Goalkeeper-Specific Language

Shot-Stopping

English	Italian	Pronunciation
Set position	Posizione di base	poh-zee-TSYOH-neh dee BAH-zeh
Get set!	Piazzati!	pyaht-TSAH-tee
Stay big	Fatti grande	FAHT-tee GRAHN-deh
Attack the ball	Attacca la palla	aht-TAHK-kah lah PAHL-lah
Dive!	Tuffati!	toof-FAH-tee
Catch it!	Prendila!	PREN-dee-lah
Punch it!	Respingi di pugno!	reh-SPIN-jee dee POO-nyoh
Hold it!	Tienila!	TYEH-neel-ah

Distribution

English	Italian	Pronunciation
Play short	Gioca corto	JOH-kah KOR-toh
Play long	Gioca lungo	JOH-kah LOON-goh
Roll it	Falla rotolare	FAHL-lah roh-toh-LAH-reh
Throw it	Lanciala	LAHN-chah-lah
Kick it	Calciala	KAHL-chah-lah
Goal kick	Rinvio dal fondo	rin-VEE-oh dahl FOHN-doh
Find the full-back	Cerca il terzino	CHEHR-kah eel ter-TSEE-noh
Take your time	Prenditi tempo	PREN-dee-tee TEM-poh

Organizing the Defense

English	Italian	Pronunciation
Keeper's ball!	Mia!	MEE-ah
Away!	Fuori!	FWOH-ree
Leave it!	Lascia!	LAH-shah
I've got it!	Ce l'ho!	cheh loh
Push out!	Uscite!	oo-SHEE-teh
Watch the runner!	Occhio a chi arriva!	OH-kyoh ah kee ahr-REE-vah
Near post!	Primo palo!	PREE-moh PAH-loh
Far post!	Secondo palo!	seh-KOHN-doh PAH-loh

Staff & Club Communication

Assistant Coach

English	Italian	Pronunciation
Set up the drill	Prepara l'esercizio	preh-PAH-rah leh-zehr-CHEE-tsyoh
You take this group	Tu prendi questo gruppo	too PREN-dee KWEH-stoh GROO-poh
What did you see?	Cosa hai visto?	KOH-zah eye VEE-stoh
Warm them up	Riscaldali	ree-SKAHL-dah-lee
Get the bibs	Prendi i pettorine	PREN-dee ee peht-toh-REE-neh
Set up the cones	Metti i coni	MEHT-tee ee KOH-nee

Medical Staff

English	Italian	Pronunciation
He's injured	Si è fatto male	see eh FAHT-toh MAH-leh
Come check on him	Vieni a vederlo	VYEH-nee ah veh-DEHR-loh
How serious is it?	È grave?	eh GRAH-veh
Can he continue?	Può continuare?	pwoh kohn-tee-noo-AH-reh
He needs ice	Ha bisogno di ghiaccio	ah bee-ZOH-nyoh dee GYAH-choh
When will he be back?	Quando torna?	KWAHN-doh TOR-nah

Parent Communication

English	Italian	Pronunciation
Hello, I'm the coach	Buongiorno, sono l'allenatore	bwon-JOR-noh, SOH-noh lahl-leh-nah-TOH-reh
Your son/daughter is doing well	Suo figlio/Sua figlia sta andando bene	SOO-oh FEE-lyoh/SOO-ah FEE-lyah stah ahn-DAHN-doh BEH-neh
Training is at...	L'allenamento è alle...	lahl-leh-nah-MEN-toh eh AHL-leh
Please arrive on time	Per favore arrivate puntuali	pehr fah-VOH-reh ahr-ree-VAH-teh poon-too-AH-lee
Any concerns?	Domande?	doh-MAHN-deh

Common Mistakes & False Friends

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

English Word	Italian Trap	Actual Meaning	Correct Italian
Camera	Camera	Room/bedroom	Macchina fotografica
Factory	Fattoria	Farm	Fabbrica
Parents	Parenti	Relatives	Genitori
Sensible	Sensibile	Sensitive	Ragionevole
Attend	Attendere	To wait	Frequentare
Actually	Attualmente	Currently	In realtà

Cultural Notes:

Gesture is language: Italians communicate heavily with hand gestures. Learn the common ones - they add meaning to what you're saying.

Respect for the coach: Italian football culture has deep respect for the "Mister" (coach). Your role carries authority.

Tactical culture: Italy is known for tactical sophistication. Players expect detailed tactical instructions.

Emotion: Italian football is emotional. Passionate feedback is expected and appreciated.

Quick Reference: Training Commands

English	Italian	Pronunciation
Go!	Vai!	VYE
Stop!	Stop! / Fermi!	stop / FEHR-mee
Again!	Ancora!	ahn-KOH-rah
Faster!	Più veloce!	pyoo veh-LOH-cheh
Slower!	Più lento!	pyoo LEN-toh
Move!	Muovetevi!	mwoh-VEH-teh-vee
Good!	Bene!	BEH-neh
Come here	Vieni qui	VYEH-nee kwee
Listen	Ascolta	ah-SKOHL-tah
Watch	Guarda	GWAHR-dah

Quick Reference: Match Day Commands

English	Italian	Pronunciation
Press!	Pressa!	PREHS-sah
Drop!	Abbassati!	ahb-bahs-SAH-tee
Wide!	Larghi!	LAHR-ghee
Shoot!	Tira!	TEE-rah
Pass!	Passa!	PAHS-sah
Hold it!	Tieni!	TYEH-nee
Time!	Tempo!	TEM-poh
Man on!	Uomo!	WOH-moh
Switch!	Cambia!	KAHM-byah
Well done!	Bravo!	BRAH-voh

Quick Reference: Numbers for Formations

Number	Italian	Pronunciation
1	Uno	OO-noh
2	Due	DOO-eh
3	Tre	treh
4	Quattro	KWAHT-troh
5	Cinque	CHEEN-kweh
6	Sei	say
7	Sette	SEHT-teh
8	Otto	OHT-toh
9	Nove	NOH-veh
10	Dieci	DYEH-chee
11	Undici	OON-dee-chee

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Part of the 360TFT ecosystem

