

The Football Coach's Portuguese Phrasebook

500+ Essential Phrases for Coaching in Portuguese

Free guide for English-speaking coaches working with Portuguese or Brazilian players, or relocating to Portuguese-speaking countries.

What's Inside

Training session commands

Tactical instructions

Match day communication

Player feedback phrases

Goalkeeper-specific language

Staff & parent communication

Common mistakes to avoid

Quick reference cards



Training Session Commands

Starting & Stopping

English	Portuguese	Pronunciation
Go! / Start!	Vai! / Começa!	vye / koh-MEH-sah
Stop! / Freeze!	Para! / Parados!	PAH-rah / pah-RAH-doosh
Again!	Outra vez!	OH-trah vesh
Reset!	Voltem!	VOHL-teng
Take a break	Descansem	desh-KAHN-seng
Water break	Pausa para água	POW-zah PAH-rah AH-gwah
Gather round	Venham cá	VEN-yam kah
Listen up	Escutem	esh-KOO-teng

Tempo & Intensity

English	Portuguese	Pronunciation
Faster!	Mais rápido!	mysh HAH-pee-doo
Slower!	Mais devagar!	mysh deh-vah-GAR
Game speed!	Ritmo de jogo!	HEET-moo deh JOH-goo
High intensity!	Alta intensidade!	AHL-tah in-ten-see-DAH-deh
Keep the tempo	Mantém o ritmo	mahn-TENG oo HEET-moo
Push yourselves	Esforcem-se	esh-FOR-seng-seh
Don't walk	Não andem	nowng AHN-deng
Sprint!	Sprintem!	SHPRIN-teng

Movement Commands

English	Portuguese	Pronunciation
Move!	Mexam-se!	MEH-shang-seh
Stay there	Fica aí	FEE-kah ah-EE
Swap positions	Troquem de posição	TROH-keng deh poh-zee-SOWNG
Rotate!	Rodem!	HOH-deng
Join the other group	Junta-te ao outro grupo	ZHOON-tah-teh ow OH-troo GROO-poo
You're in	Entras tu	EN-trash too
You're out	Sais tu	sysh too
Next group	Próximo grupo	PROH-see-moo GROO-poo

Technical Corrections

English	Portuguese	Pronunciation
Use your left foot	Usa o pé esquerdo	OO-zah oo peh esh-KEHR-doo
Use your right foot	Usa o pé direito	OO-zah oo peh dee-RAY-too
Head up!	Cabeça levantada!	kah-BEH-sah leh-vahn-TAH-dah
First touch	Primeiro toque	pree-MAY-roo TOH-keh
Body position	Posição do corpo	poh-zee-SOWNG doo KOR-poo
Open your body	Abre o corpo	AH-breh oo KOR-poo
Check your shoulder	Olha por cima do ombro	OH-lyah poor SEE-mah doo OHM-broo
Bend your knees	Dobra os joelhos	DOH-brah oosh zhoo-EH-lyoosh

Tactical Instructions

Formations & Positions

English	Portuguese	Pronunciation
Formation	Formação / Sistema	for-mah-SOWNG / sees-TEH-mah
We play 4-3-3	Jogamos quatro-três-três	zhoo-GAH-moosh KWAH-troo-tresh-tresh
Goalkeeper	Guarda-redes / Goleiro	GWAHR-dah-HEH-desh / goh-LAY-roo
Centre-back	Defesa central	deh-FEH-zah sen-TRAHL
Full-back	Lateral	lah-teh-RAHL
Right-back	Lateral direito	lah-teh-RAHL dee-RAY-too
Left-back	Lateral esquerdo	lah-teh-RAHL esh-KEHR-doo
Defensive midfielder	Trinco / Volante	TREEN-koo / voh-LAHN-teh
Central midfielder	Médio centro	MEH-dee-oo SEN-troo
Attacking midfielder	Médio ofensivo / Meia	MEH-dee-oo oh-fen-SEE-voo
Winger	Extremo / Ponta	esh-TREH-moo / POHN-tah
Striker	Avançado / Atacante	ah-vahn-SAH-doo / ah-tah-KAHN-teh

Attacking Principles

English	Portuguese	Pronunciation
Width!	Largura!	lahr-GOO-rah
Stretch them	Estica-os	esh-TEE-kah-oosh
Find the space	Procura o espaço	proh-KOO-rah oo esh-PAH-soo
Between the lines	Entre linhas	EN-treh LEE-nyash
Third man run	Terceiro homem	ter-SAY-roo OH-meng
Overlap	Sobreposição	soh-breh-poh-zee-SOWNG
Underlap	Apoio interior	ah-POY-oo in-teh-ree-OR
Switch the play	Muda o jogo	MOO-dah oo JOH-goo
Play forward	Joga para a frente	JOH-gah PAH-rah ah FREN-teh
Turn!	Vira!	VEE-rah
Shoot!	Chuta! / Remata!	SHOO-tah / heh-MAH-tah
Cross it!	Cruza!	KROO-zah
One-two	Tabela / Parede	tah-BEH-lah / pah-REH-deh
Give and go	Passa e vai	PAH-sah ee vye
Support the ball	Apoia a bola	ah-POY-ah ah BOH-lah

Defensive Principles

English	Portuguese	Pronunciation
Press!	Pressiona!	preh-see-OH-nah
High press	Pressão alta	preh-SOWNG AHL-tah
Drop!	Baixa!	BYE-shah
Hold the line	Mantém a linha	mahn-TENG ah LEE-nyah
Squeeze!	Aperta!	ah-PEHR-tah
Compact!	Compactos!	kohm-PAHK-toosh
Cover!	Cobre!	KOH-breh
Mark him!	Marca-o!	MAHR-kah-oo
Man on!	Homem!	OH-meng
Behind you!	Atrás!	ah-TRASH
Clear it!	Afasta!	ah-FAHSH-tah

Win the ball	Ganha a bola	GAH-nyah ah BOH-lah
Block the shot	Bloqueia o remate	bloh-KAY-ah oo heh-MAH-teh
No foul!	Sem falta!	seng FAHL-tah
Stay goalside	Fica entre ele e a baliza	FEE-kah EN-treh EH-leh ee ah bah-LEE-zah

Transitions

English	Portuguese	Pronunciation
Transition!	Transição!	trahn-zee-SOWNG
Counter-attack!	Contra-ataque!	KOHN-trah-ah-TAH-keh
Fast break!	Rápido!	HAH-pee-doo
Get back!	Voltem!	VOHL-teng
Recover!	Recuperem!	heh-koo-PEH-reng
Second ball	Segunda bola	seh-GOON-dah BOH-lah
Win the second ball	Ganha a segunda bola	GAH-nyah ah seh-GOON-dah BOH-lah
Counter-press	Pressão após perda	preh-SOWNG ah-POHSH PEHR-dah
6 seconds!	Seis segundos!	saysh seh-GOON-doosh

Set Pieces

English	Portuguese	Pronunciation
Corner kick	Pontapé de canto / Escanteio	pohn-tah-PEH deh KAHN-too
Free kick	Livre / Falta	LEE-vreh / FAHL-tah
Throw-in	Lançamento lateral	lahn-sah-MEN-too lah-teh-RAHL
Penalty	Penáti	peh-NAHL-tee
Near post	Primeiro poste	pree-MAY-roo POHSH-teh
Far post	Segundo poste	seh-GOON-doo POHSH-teh
Attack the ball	Ataca a bola	ah-TAH-kah ah BOH-lah
Zonal marking	Marcação à zona	mahr-kah-SOWNG ah ZOH-nah
Man marking	Marcação individual	mahr-kah-SOWNG in-dee-vee-doo-AHL
Wall	Barreira	bah-HAY-rah
You're in the wall	Tu na barreira	too nah bah-HAY-rah

Match Day Communication

Pre-Match Talk

English	Portuguese	Pronunciation
Today we play against...	Hoje jogamos contra...	OH-zheh zhoo-GAH-moosh KOHN-trah
Their strengths are...	Os pontos fortes deles são...	oosh POHN-toosh FOR-tehsh DEH-lehsh sowng
Their weaknesses are...	As fraquezas deles são...	ahsh frah-KEH-zahsh DEH-lehsh sowng
Focus on...	Concentrem-se em...	kohn-sen-TRENG-seh eng
Remember what we trained	Lembrem-se do que treinámos	LEM-breng-seh doo keh tray-NAH-moosh
Play with confidence	Joguem com confiança	JOH-geng kohng kohn-fee-AHN-sah
Trust each other	Confiem nos companheiros	kohn-FEE-eng noosh kohm-pahn-YAY-roosh
Leave everything on the pitch	Deixem tudo no campo	DAY-sheng TOO-doo noo KAHM-poo
Enjoy it	Divirtam-se	dee-VEER-tahng-seh
Let's go!	Vamos!	VAH-moosh

Halftime Adjustments

English	Portuguese	Pronunciation
Good first half	Boa primeira parte	BOH-ah pree-MAY-rah PAHR-teh
We need to improve...	Temos de melhorar...	TEH-moosh deh meh-lyoh-RAHR
Push higher	Subam mais	SOO-bahng mysh
Drop deeper	Baixem mais	BYE-sheng mysh
Change of formation	Mudança de sistema	moo-DAHN-sah deh sees-TEH-mah
You're coming off	Sais tu	sysh too
You're going on	Entras tu	EN-trash too
Stay calm	Calma	KAHL-mah
Keep doing what we're doing	Continuem assim	kohn-tee-NOO-eng ah-SEEM

Touchline Instructions

English	Portuguese	Pronunciation
Time!	Tempo!	TEM-poo
Slow it down	Calma com a bola	KAHL-mah kohng ah BOH-lah
Speed it up	Rápido!	HAH-pee-doo
Wide!	Abertos!	ah-BEHR-toosh
Tighter!	Mais juntos!	mysh ZHOON-toosh
Push up!	Subam!	SOO-bahng
Get back!	Atrás!	ah-TRASH
Wake up!	Acordem!	ah-KOR-deng
Concentrate!	Concentrados!	kohn-sen-TRAH-doosh
Well done!	Muito bem!	MWEEN-too beng
That's it!	Isso mesmo!	EE-soo MEHZ-moo
Keep going!	Continua assim!	kohn-TEE-noo-ah ah-SEEM

Individual Player Feedback

Positive Reinforcement

English	Portuguese	Pronunciation
Great work!	Bom trabalho!	bohng trah-BAH-lyoo
Excellent!	Excelente!	eh-seh-LEN-teh
That's exactly what I want	É exatamente isso que quero	eh eh-zah-tah-MEN-teh EE-soo keh KEH-roo
You've improved a lot	Melhoraste muito	meh-lyoh-RAHSH-teh MWEEN-too
Keep it up	Continua assim	kohn-TEE-noo-ah ah-SEEM
I'm proud of you	Estou orgulhoso de ti	esh-TOH or-goo-LYOH-zoo deh tee
You're working hard	Estás a trabalhar bem	esh-TAHSH ah trah-bah-LYAHR beng
That was brave	Isso foi corajoso	EE-soo foy koh-rah-ZHOH-zoo
Great decision	Boa decisão	BOH-ah deh-see-ZOWNG
You're a leader	És um líder	ehsh oom LEE-der

Constructive Correction

English	Portuguese	Pronunciation
Next time, try to...	Da próxima vez, tenta...	dah PROH-see-mah vesh, TEN-tah
Think about...	Pensa em...	PEN-sah eng
You can do better	Podes fazer melhor	POH-desh fah-ZEHR meh-LYOR
What could you do differently?	O que podias fazer diferente?	oo keh poh-DEE-ahsh fah-ZEHR dee-feh-REN-teh
Let's work on this	Vamos trabalhar nisto	VAH-moosh trah-bah-LYAHR NEESH-too
I know you can do this	Sei que consegues	say keh kohn-SEH-gehsh
Don't give up	Não desistas	nowng deh-ZEESH-tahsh
Trust the process	Confia no processo	KOHN-fee-ah noo proh-SEH-soo

Motivational Phrases

English	Portuguese	Pronunciation
I believe in you	Acredito em ti	ah-kreh-DEE-too eng tee
You have talent	Tens talento	tensh tah-LEN-too
Keep working	Continua a trabalhar	kohn-TEE-noo-ah ah trah-bah-LYAHR
Your moment will come	O teu momento vai chegar	oo teh-oo moh-MEN-too vye sheh-GAHR
Show me what you can do	Mostra-me o que sabes fazer	MOHSH-trah-meh oo keh SAH-behsh fah-ZEHR
Fight for your place	Luta pelo teu lugar	LOO-tah PEH-loo teh-oo loo-GAHR
Be patient	Tem paciência	teng pah-see-EN-see-ah
Hard work pays off	O trabalho duro compensa	oo trah-BAH-lyoo DOO-roo kohm-PEN-sah

Goalkeeper-Specific Language

Shot-Stopping

English	Portuguese	Pronunciation
Set position	Posição base	poh-zee-SOWNG BAH-zeh
Get set!	Posiciona-te!	poh-zee-see-OH-nah-teh
Stay big	Fica grande	FEE-kah GRAHN-deh
Attack the ball	Ataca a bola	ah-TAH-kah ah BOH-lah
Dive!	Mergulha!	mer-GOO-lyah
Catch it!	Agarra!	ah-GAH-rah
Punch it!	Soca!	SOH-kah
Hold it!	Segura!	seh-GOO-rah

Distribution

English	Portuguese	Pronunciation
Play short	Joga curto	JOH-gah KOOR-too
Play long	Joga longo	JOH-gah LOHN-goo
Roll it	Rola a bola	HOH-lah ah BOH-lah
Throw it	Lança	LAHN-sah
Kick it	Chuta	SHOO-tah
Goal kick	Pontapé de baliza	pohn-tah-PEH deh bah-LEE-zah
Find the full-back	Procura o lateral	proh-KOO-rah oo lah-teh-RAHL
Take your time	Calma, tens tempo	KAHL-mah, tensh TEM-poo

Organizing the Defense

English	Portuguese	Pronunciation
Keeper's ball!	Minha!	MEE-nyah
Away!	Fora!	FOH-rah
Leave it!	Deixa!	DAY-shah
I've got it!	Tenho-a!	TEN-yoo-ah
Push out!	Saiam!	SYE-ahng
Watch the runner!	Olha o que vem!	OH-lyah oo keh veng
Near post!	Primeiro poste!	pree-MAY-roo POHSH-teh
Far post!	Segundo poste!	seh-GOON-doo POHSH-teh

Staff & Club Communication

Assistant Coach

English	Portuguese	Pronunciation
Set up the drill	Prepara o exercício	preh-PAH-rah oo eh-zer-SEE-see-oo
You take this group	Tu ficas com este grupo	too FEE-kahsh kohng ESH-teh GROO-poo
What did you see?	O que viste?	oo keh VEESH-teh
Warm them up	Aquece-os	ah-KEH-seh-oosh
Get the bibs	Traz os coletes	trahsh oosh koh-LEH-tehsh
Set up the cones	Põe os cones	poyng oosh KOH-nehsh

Medical Staff

English	Portuguese	Pronunciation
He's injured	Está lesionado	esh-TAH leh-zee-oh-NAH-doo
Come check on him	Vem vê-lo	veng VEH-loo
How serious is it?	É grave?	eh GRAH-veh
Can he continue?	Pode continuar?	POH-deh kohn-tee-noo-AHR
He needs ice	Precisa de gelo	preh-SEE-zah deh ZHEH-loo
When will he be back?	Quando volta?	KWAHN-doo VOHL-tah

Parent Communication

English	Portuguese	Pronunciation
Hello, I'm the coach	Olá, sou o treinador	oh-LAH, soh oo tray-nah-DOR
Your son/daughter is doing well	O seu filho/filha está a ir bem	oo seh-oo FEE-lyoo/FEE-lyah esh-TAH ah eer beng
Training is at...	O treino é às...	oo TRAY-noo eh ahsh
Please arrive on time	Por favor cheguem a horas	poor fah-VOR SHEH-geng ah OH-rahsh
Any concerns?	Alguma preocupação?	ahl-GOO-mah preh-oh-koo-pah-SOWNG

Common Mistakes & False Friends

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

English Word	Portuguese Trap	Actual Meaning	Correct Portuguese
Push	Puxar	To pull	Empurrar
Pretend	Pretender	To intend	Fingir
Actually	Atualmente	Currently	Na verdade
Assist	Assistir	To watch/attend	Assistência (noun)
Fabric	Fábrica	Factory	Tecido
Sensible	Sensível	Sensitive	Sensato

Cultural Notes:

Portugal vs Brazil: Vocabulary differs significantly. "Goleiro" (Brazil) vs "Guarda-redes" (Portugal) for goalkeeper. Brazilian Portuguese is more commonly understood globally.

Communication style: Portuguese/Brazilian culture values relationship-building. Take time for greetings and small talk before getting to business.

Physical contact: Expect handshakes, pats on the back, and closer personal space than Anglo cultures.

Quick Reference: Training Commands

English	Portuguese	Pronunciation
Go!	Vai!	vye
Stop!	Para!	PAH-rah
Again!	Outra vez!	OH-trah vesh
Faster!	Mais rápido!	mysh HAH-pee-doo
Slower!	Mais devagar!	mysh deh-vah-GAR
Move!	Mexam-se!	MEH-shang-seh
Good!	Bem!	beng
Come here	Vem cá	veng kah
Listen	Escuta	esh-KOO-tah
Watch	Olha	OH-lyah

Quick Reference: Match Day Commands

English	Portuguese	Pronunciation
Press!	Pressiona!	preh-see-OH-nah
Drop!	Baixa!	BYE-shah
Wide!	Abertos!	ah-BEHR-toosh
Shoot!	Chuta!	SHOO-tah
Pass!	Passa!	PAH-sah
Hold it!	Aguenta!	ah-GWEN-tah
Time!	Tempo!	TEM-poo
Man on!	Homem!	OH-meng
Switch!	Muda!	MOO-dah
Well done!	Muito bem!	MWEEN-too beng

Quick Reference: Numbers for Formations

Number	Portuguese	Pronunciation
1	Um	oom
2	Dois	doysh
3	Três	tresh
4	Quatro	KWAH-troo
5	Cinco	SEEN-koo
6	Seis	saysh
7	Sete	SEH-teh
8	Oito	OY-too
9	Nove	NOH-veh
10	Dez	dehsh
11	Onze	OHN-zeh

The Football Coach's Portuguese Phrasebook

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

Part of the [360TFT](#) ecosystem

