

## Wayne PAL Lacrosse Glossary of Terms

The following is a list of terms you may frequently hear while watching a lacrosse game. Some, you may be familiar with, others, may sound a little odd at first. But all are part of knowing the game of lacrosse.

**Alley** - The area created between the side of the restraining box and the sideline.

**Attack** - The player position in the game that is stationed in the offensive end and is responsible for offense primarily. These players are called Attackers or Attackmen.

**Backup** - An "off-ball" defender in position to support a teammate who is guarding an opponent with the ball.

**Ball or Ball down** - All players shout ball any time the ball is on the ground. Often this is the first indicator to the player who had it that he has dropped it. Ball can also signal the intent of a player to go after the ball instead of the man.

**Body Check** - A deliberate bumping of an opponent from the front (above the knees and below the neck) when the opponent is in possession of or within five yards of the ball.

**The Box** - The rectangular shaped area around the crease / goal. Defenders seldom press players outside of the box. The distance involved makes it all but impossible to score from outside of the box. The rules state that the offense can only possess the ball for so long without entering the box. At the end of a game the team that is ahead must keep the ball inside of the box.

**Box (through the)** - An area on the sideline used to hold players who have been served with penalties, and through which substitutions "on the fly" are permitted directly from the sideline onto the field.

**Brave Heart** - A fun alternative to overtime played in some lacrosse summer and charity tournaments where two players from each team take the field, a goalkeeper and a middie. The two middies face off and go one on one full field until one scores.

**Break** - An odd man rush up the field that favors the attacking team. A high percentage play, which should lead to a goal.

**Bull Dodge** - Protecting the stick by holding it in the outside hand behind the body, the ball carrier basically runs through the defenseman, bulling past toward the goal.

**Cage** - Slang for the goal

**Clamp** - A face-off maneuver executed by quickly pushing the back of your stick over the top of the ball to gain possession.

**Clear** - Running or passing the ball from the defensive side of the field to the offensive half of the field.

**Cradle** - Running with the stick in either one or both hands in such a way that the ball is forced to stay in the pocket.

**Crease** - The circled off area where the goalie is stationed. No offensive player is allowed in the crease. (The crease is also loosely referred to as a position in front of the net where an offensive player is positioned).

**Crosse (Stick)** - The equipment used to throw, catch and carry (cradle) the ball.

**Cutting** – A movement by an offensive player without the ball, toward the goal, in anticipation of a pass and subsequent shot.

**D-pole** - Slang for defense crosse

**Defense** -The player position that is responsible for defense primarily and are stationed in the defensive end near their goal. They use long poles and are sometimes even called "long poles".

**Dodge** - A premeditated and calculated attempt to maneuver towards the net in an attempt to shoot or feed a teammate.

**Extra Man Offense (EMO)** - A man advantage that occurs following a time-serving penalty Fast

**Face Dodging** - A player with the ball cradles the stick across his face in an attempt to dodge a stick-poking defender. Generally an open field dodge that does not involve changing hands.

**Face-off** - Takes place at the start of each quarter, after every goal, and after certain dead balls. Two opposing players crouch down at midfield, hold their sticks flat on the ground and press the backs of their stick pockets together. The ball is then placed between the pockets and, when signaled to start, the players "rake" or clamp on the ball to vie for control.

**Fast-Break** - A transition scoring opportunity in which the offense has at least one man advantage.

**Feed** - A quick, crisp pass to a teammate who is in either in position to score, or cutting into to score. (A feed is usually done to a teammate on the crease.)

**Flag Down** - Tells our offense that a penalty will be called. This means that we should do all that we can to get off a shot without dropping the ball to the ground, which will halt play.

**FOGO** - Acronym for "Face-Off, Get Off". A player who is only on the field during the face off. Most FOGO's are the center men or face-off men during the draw but they can also be wing men, often with a long stick. FOGO's evolved into the game of lacrosse around the turn of the century due to specialization in lacrosse.

**Gilman Clear** - Defender, typically the goalie, clears the ball by throwing it as far as he can down the field. Sometimes this is a desperation move, but it is often better to create a ground ball situation in the opponents end than around our own goal area.

**GLE (Goal Line Extended)** - An imaginary line that extends straight out from the sides of the goal line.

**Goal Keeper** - The position responsible for protecting the actual goal. Leader of the defense. Very rarely leaves the defending goal area and uses a larger stick head to block shots. Also called a Goalie or Keeper.

**Ground Ball** - A loose ball on the playing field. Man/Ball – If two players and an opposing player are heading towards a loose ball, the player closest to the ball yells “man” and body checks the opposing player, while the second man scoops the ball for a possession.

**Hole (the hole)** - Area within 5 yards of a player's defensive crease. It is important in a transition situation from offense to defense that players get to "the hole", find their man coming toward the goal and pick him up.

**Loose Ball** - A situation in which neither team has control of the ball.

**Man Ball ("Man- Ball Situation")** - When two teammates approach a ground ball along with one opponent the one closest to the opponent will yell "Man" and engage the opponent head on to keep them away while the other yells "Ball and gets the ball. The rules say that a player on a team with the ball cannot hit someone so after gaining possession the ball carrier immediately yells "Release" turning off the aggression by the teammate and they both go on offense with the ball. (See release)

**Man-Up/Man-Down** – The term referring to a team having an advantage or disadvantage through penalty (power play / penalty kill).

**Man Down Defense** -The situation that results from a time-serving penalty which causes the defense to play with a least a one man disadvantage.

**Mark Up!** - A call given by the goalie or defense to tell each defender to find his/her man and call out their number.

**Midfield** - A player position that covers the whole field. This player must be both an offensive and defensive minded player. Each team has three on the field and they start the game and face offs at the midfield line. players

called Midfielders and Middies. A middie needs to be the best conditioned athlete on the field.

**Middie Back!** - If one of our defensemen crosses the midfield line, a midfielder must remain on the defensive side of the field to balance the field and remain “on sides”.

**On-the-Fly Substitution** - A player substitution made during play. Usually executed while the ball is being handled offensively.

**Pick** - An offensive player without the ball positions himself against the body of a defender to allow a teammate to get open and receive a pass or take a shot. Picks must be stationary and ‘passive’.

**Poke Check** - A defender jabs his stick at the exposed stick end or hands of an opposing ball carrier in an effort to jar the ball loose. These checks are very effective in that the checking player stays in balance and keeps a cushion of space between himself and the ball carrier.

**Quick Stick** - The act of catching and then passing or shooting in one motion.

**Rake** - A face-off maneuver in which a player sweeps the ball to a particular area.

**Ready Position** - A method of holding the stick with two hands such that the head of the stick is near the shoulder and ready to receive a pass or a check.

**Release** - Players shout release when they succeed in scooping a ground ball. This indicates to teammates that they can no longer make contact with the opponents to drive them away from the ball. Doing so is a penalty.

**Released** - The term used by an official to notify a penalized player in the box that he or she may re-enter the game.

**Restraining Box / Restraining Line** – An area in offensive end of the field marked by one solid line and two hashed lines. Also indicates the line at

the top of the box used to "restrain" attack and defensive players during face offs until possession is whistled.

**Riding** - When an attacking team loses possession of the ball, it must quickly revert to playing defense in order to prevent the ball from being cleared back out. In most ride situations, the goal-keeper will be left unmarked.

**Roll Dodge** - An offensive move in which a ball carrier, using his body as a shield between a defensive player and the cradled ball, spins around the defender. To provide maximum ball protection, the ball carrier switches hands as he rolls.

**Scooping** - The act of picking up a ground ball.

**Slap Check** - A stick check in which a player snaps his wrists to thrust his stick across the opponent's stick, hands, or chest.

**Slide** - When an offensive player with the ball has gotten past his defender, a defending teammate will shift his position to pick up that advancing player

**Stick Check** - In an effort to dislodge the ball from the "pocket," the defending player strikes his stick against the stick of an opposing ball carrier in a controlled manner.

**Support** - When a player without the ball moves into a position where the player with the ball can make a clear pass.

**Unsettled Situation** - Any situation in which the defense is not positioned correctly, usually due to a loose ball or an unsuccessful clear.

**V-Cut** - A one – to - three-step move by an offensive player where the defender is first engaged; the offensive player then takes a quick reverse step and moves into the open to receive the ball.

**Walk the Dog** - When a player runs down the field carrying the ball in their stick way out in front of them in one hand with their arm extended, and holding the bottom of the shaft. This keeps the ball in the head of the stick

without needing to cradle or worry about what's behind you, sorta. Also known as "Carrying the Pizza".

**Whip** - A condition in a player's stick in which the pocket "holds" the ball too long. This essentially causes the ball to throw low or inaccurate. This can be cured by loosening the throw strings or shortening the depth of the pocket.

**Wrap Check** - A one-handed check in which the defender drops his bottom hand off the stick and swings his stick around the opponent's body to dislodge the ball.

**"X"** - The position directly behind net. From "X" an attackman is able to "quarterback" the offense and see all angles for scoring.