

# HOCKEY JARGON/TERMINOLOGY

TERM/JARGON	DEFINITION
1 <sup>st</sup> Touch	The first time you touch the ball - receiving
3D skills	When the person in possession plays the ball in the air it is called '3D Skills'
Back and around	A passing sequence to move the ball from one side of the field to the other using the defensive four
Back four	Four defensive players usually: LH, RH, LB, RB
Back pass	A pass to someone who is behind you
Ball side	The side of the field that the ball is on
Base line	The shortest perimeter line on which the goals stand on.
Body Feint	The ball carrier shapes his or her body to make it look like they are going to pass right and they then move the ball and their body left and take off.
Channel	Channelling is how a players forces the ball carrier towards the sideline, baseline or another defensive player
Chop	Hitting down on the back of the ball to make it lift slightly - used to eliminate a defender by lifting it over their stick
Closed dribble	The player moves without the ball leaving their stick. Usually used by players when they are looking around for a pass or are moving into a certain area of the field while they still want control.
Coned	When the ball carrier eliminates the defender in a one on one situation.
Creating wide goal	Standing either/both side(s) of attacking goal
Drag flick	Attacking Penalty Corner move, highly successful
Drifting	Drifting away from opponent to receive ball
Drop Pass	A pass made "under the arm" where the ball is left for a trailing player to pick up. Often used to switch point of attack.
Dummy	The player in possession looks to their left and pushes their stick past and in front of the ball (missing it) and then takes the ball over to the right; to make the defender think they are going to pass it left.
Economy on the ball	Getting ball under control and passing it on quickly with minimum amount of touches
Elbow out	A reference to players to avoid them tucking their elbow in close to their side when performing a close stick dribble
Flashing	Crossing arms when 'g' turning
Flat footed/Squared	Term used when referring to a defender getting their feet positioned flat/square with each other
Free man	The free full back in the defensive circle
Frontal Defence	Strikers being the first line of defence
Frontal marking	The defender marks in front of an attacker and therefore stops the pass getting to him/her
Goal side	Standing beside the player your marking on the same side as the goal
Guard position	Playing off the shoulder (in support) of the person carrying the ball
Hand over	Referred to in zonal defence when one defender hands over the player they are marking to a second defender who is not marking a player.
Help side	Opposite side of the field that the ball is on
Indian dribble	The player moves the ball from side to side and at an angle quickly by either tapping or dragging it. Used to confuse defenders, to get out of trouble or because the player wants to display skill.
Indoor	Refers to indoor hockey.
Inject /Pull Out	Pull out from back line on attacking penalty corner
Injector	After a penalty corner is given, an attacking player must put the ball on the spot on the backline and drag the ball to the penalty corner battery who are usually at the top of the circle. The person that drags the ball to the battery is the 'injector'.
Inside break/cutting infield	Ball carrier changing direction quickly and more directly towards goal, moving

	from on outer layer to an inner layer
<b>Job/poke Tackle</b>	A form of tackle meant to disrupt the ball carrier. A poke or 'jab' at the ball.
<b>Jink/pop</b>	The ball carrier jinks or pops the ball into the air in hope-of avoiding a flat stick tackle or making it hard for the defender to dispossess them
<b>Juggling</b>	Bouncing the ball up and down on the stick, good for players to get used to the feel of the ball on the stick.
<b>Lead</b>	When an attacker runs without the ball in hopes of receiving the ball or making space for team mates to receive it.
<b>Left to right</b>	The ball carrier moves or drags the ball from his/her left to his/her right to beat an opponent, get out of trouble or because the situation requires the ball to be on that side.
<b>Lengthening the game</b>	Having high strikers and moving the ball rapidly through the midfield to them
<b>Man up</b>	A call made when the ball is turned over to the opposition. Players must move urgently to find their man. Also means marking tight to a player
<b>Midfield</b>	The heart of the team, generally the play makers. Usually incorporates the centre half, and inside forwards.
<b>Open dribble</b>	The player taps or softly pushes the ball ahead of them and runs on to it. Generally used when the player is in 'open' space and/or needs to move quickly with the ball.
<b>Outlet &amp; Priority passes</b>	Escape/back and attacking passes
<b>Overhead</b>	A method of passing the ball in which the person in possession lifts (using a flick) the ball over the head of defender/s.
<b>Penalty corner</b>	A penalty corner is awarded to the attacking team when there is an infringement in the circle or 'D'. There must be 4 players as well as the goalkeeper behind the base line and the rest go to half way or beyond. The attacking team must pass the ball outside the circle from a spot on the base line and then take the ball back into the circle and try to score. If the ball is hit it must remain below the top of the backboard.
<b>Pitch</b>	The field the game is being played on
<b>Pointing the defence</b>	Getting up in the face of the ball carrier
<b>Popping</b>	See jink
<b>Post up</b>	An 'off the ball' attacking player receives the ball with his back to the goal his team are trying to score in.
<b>Press</b>	A defensive pattern set up to deny the attacking team certain spaces on the pitch or to try to force them to play the ball in an area of the field they deem protected
<b>Push/Drive</b>	Call to another player to move forward with the ball or move towards the attacking goal
<b>Receiving in daylight</b>	Moving into space to receive the ball
<b>Recycled Lead</b>	Making a second lead, if first lead is unsuccessful
<b>Reverse Shot</b>	A shot from the left side of the body using a backhand swing
<b>Right to left</b>	The ball carrier moves or drags the ball from his/her right to his/her left to beat an opponent, get out of trouble or because the situation requires the ball to be on that side.
<b>Roll out</b>	The ball carrier decides that there is nothing on in front of him/her and turns around and looks backwards for a different option.
<b>Screening</b>	A defensive formation to encourage the opposition ball to a particular area and/or prevent the ball being passed to a particular area
<b>Sea gull</b>	A striker remains high up the field and stays there, can drift side to side but never comes back into the mid half of the field
<b>Shave tackle</b>	You place your stick between the opposing players foot and the ball (coming from behind the player with the ball) and then with your stick quite flat to the ground you flick the ball out of their control with a twitch of your arm. Ultimately the ball will come free from their stick and roll forward to your own player.
<b>Short handle hit</b>	The player hits the ball as per normal except for dropping his/her top hand

	slightly and thus creating a shorter lever and cutting down on time taken to hit the ball.
<b>Skinned</b>	When a defender cleanly takes the ball off the ball carrier in a one on one situation
<b>Space ball</b>	Making a pass into an area where your team mate is going to run into and receive the ball
<b>Speedy up side</b>	Right hand side attacking zone
<b>Square pass</b>	A pass to someone who is on a line parallel to you, either left or right
<b>Square them up</b>	Ball carrier moving the ball in such a way that will move 2 defenders to be caught directly parallel with the side line or base line
<b>Squeeze</b>	Hitting down on the back of the ball hard, used as a shot on goal
<b>Straight pass</b>	The ball is passed straight, parallel with the sidelines.
<b>Striker</b>	Generally the players closest to the attacking goal on the field. Usually the players who score field goals
<b>The "D"</b>	The semi circles in the attacking and defending 25's in which the goal stands. The ball must be shot from within the semi circle or D to score a goal.
<b>Through pass</b>	A pass to someone who is on an angle in front of you
<b>Tomahawk</b>	A reverse hit is often referred to as a 'tomahawk' because of the similar action used.
<b>Trapdoor</b>	Letting the ball go through one player, to reach a higher attacker
<b>Up the line</b>	Delivering a pass close to and parallel to the side line, often delivering into space
<b>'V' drag</b>	Dragging or pulling the ball back maintaining contact with the ball, a form of eliminating a player
<b>Zonal marking</b>	The defending team marks and denies the attacking team certain spaces on the pitch, as opposed to man on man marking