

Hockey Jargon/Terminology

Some of this terminology won't apply to these age groups but it is good to know and handy to have if someone uses them so you can look them up!

Term/Jargon	Definition
3D Skills	When a players dribbles the ball off the ground bouncing it on their stick
Attack	When team moves forwards towards their goal aiming to score
Attacking Side	Right side of field as thats the players strongest side as the sticks are on their right side of their body
Back Pass	Passing the ball back behind themselves
Back Four	Referring to the two Backs and the Right and Left Halves
Ball Side	The side of the field the ball is on
Base Line	The line which the goals are on
Chop/Squeeze	Hitting the back of the ball to make it lift up, usually used to beat a player or as a shot at goal
Closed Dribbling	Player dribbles without the ball leaving their stick protecting it. Usually used when looking to offload the ball or when coming into contest with another player.
Cover Defense	When a player, usually from the help side, swings around in behind the defender to form a second line of defence
Defense	When the opposition is trying to score your team needs defend your goal.
Drive	When a player dribbles with purpose or goes theirself
Drive Base	When a player is to dribble along the base line
Drag	A stick skill to beat another player, left to right drag and right to left drag
Drag Flick	A shot at goal used in PC's where the ball is dragged along the ball before lifted in the air into a flick
Drifting	Drift away from person marking you
Dummy/Deception	A fake move to trick the opposition
G Turn	A move which you turn in a G like shape to get away from the opposition and change direction of the play
Free Man	A free defender in defensive circle
Front Marking	Marking your player in front of them
Help Side	Opposite side of the field that the ball is on
Hotline	A player in defence who has a set role to cover the line between the ball and the spot

Indian Dribble	When player dribbles the ball by moving it side to side and dragging it, used to get out of contest.
Injector	Player that drags ball out at PC's
Jink/Pop	Dribbling skill where player jinks/pops the ball over the oppositions stick to beat them in contest
Juggling	Bouncing the ball up and down on the stick, good for players to get used to the feel of the ball on their stick.
Lead	Moving into space and away from the opposition to receive the ball
Lengthening the game	When you want your strikers to go high, this makes the oppositions defend follow them and opens out big gaps through the mid
Man on Man	Mark up' getting your players to find a player in the opposition and stay with them so that they will not receive the ball
Midfield	Insides & Centre Halve/s who cover the middle of the field
Offload	To pass the ball to another member of the team
Open Dribble	Players do this when they have space they can tap the ball in front of them and run onto it.
Outlet	Someone the ball carrier can pass to
Overhead	A flick which goes high over the heads of players, advanced skill used when player is congested especially at free hits to get the ball out and into space
PC	Penalty Corner, given is there is a penalty against defence in their defensive circle. Big advantage for the attacking team
Point	Player who points the screen, usually takes the ball carrier
Post Up	Running to meet the ball and beat the opposition to it
Press	A defensive pattern set up to deny the attacking team certain spaces on the pitch or to try force them to play the ball in an area of the field they deem protected
Recycled Lead	When a lead is made but you don't receive the ball so lead again in another direction
Reverse	Stick is rolled over to the left side of the body but flat side of stick is still used
Roll Out	Player turns around with the ball on their stick and passes the ball back. Used when player has no options forward
Screening	A defensive formation to encourage the opposition ball to a particular area and/or prevent ball being passed to a particular area
Seagull	When a striker sits high to retrieve a long ball, doesn't come back and help on defence

Shootout	Played in some competitions if a result of a draw at the end of the match. 5 players of each team and the goalie. Players start at the 25m line and each have a turn to score a goal one on one with the oppositions goalie within 8 seconds.
Short handed hit	Same movement as a hit except both hands are gripped lower on the stick
Skinned	When the ball is stolen cleanly off another player
Square	A pass to the side of the player carrying the ball
Straight	A pass straight forward of the player carrying the ball
Striker	An attacking player in the front line (CF, RW, LW)
Stroke	Awarded in circle for a number of reasons. One player in attacking team is chosen they set up with the ball on the spot and the oppositions goalie in the goal. on umpires whistle the player can flick or push the ball into the goal. If it goes in its a goal and play restarts if saved it becomes a 16 yard hit.
The D	The circle
The Spot	The small spot marked inside the circle where penalty strokes are taken from
Through	A pass anywhere diagonal from the player with the ball
Trapdoor	Faking to trap the ball but let it go past you to get to a higher player
Trapper	The person who traps the ball at a PC
Tomahawk	A reverse hit is often referred to as a 'tomahawk' because of the similar action used.
Under Arm	A pass given under the arm is a pass often used while players dribbles along the base line
Zonal	The defending team marks and denies the attacking team certain spaces on the pitch, as opposed to man on man marking