

HOCKEY JARGON/TERMINOLOGY

TERM/JARGON	DEFINITION
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
Post up	An 'off the ball' attacking player receives the ball with his back to the goal his team are trying to score in.
Jab/poke Tackle	A form of tackle meant to disrupt the ball carrier. A poke or 'jab' at the ball.
Frontal marking	The defender marks in front of an attacker and therefore stops the pass getting to him/her
Zonal marking	The defending team marks and denies the attacking team certain spaces on the pitch, as opposed to man on man marking
The "D"	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.
Lead	When an attacker runs without the ball in hope of receiving the ball or making space for team mates to receive it.
Square pass	A pass to someone who is on a line parallel to you, either left or right
Through pass	A pass to someone who is on an angle in front of you
Straight pass	The ball is passed straight, parallel with the sidelines.
Back pass	A pass to someone behind you
Roll out	The ball carrier decides that there is nothing on in front of him/her and turns around and looks backwards for a different option.
Jink/pop	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
Chop	Hitting the back of the ball to make it lift slightly
Squeeze	Hitting down on the back of the ball hard, used as a shot on goal
Back and around	A passing sequence to move the ball from one side of the field to the other using the defensive four
Help side	Opposite side of field ball is on
Ball side	The side of field ball is on
Flashing	Crossing arms when 'g' turning
Inject (APC)	Pull out from back line on Attacking Penalty Corner
Popping	Same as chop
Drifting	Drifting away from opponent to receive ball
Speedy up side	Right hand side attacking zone
Screening	A defensive formation to encourage the opposition ball to a particular area and/or prevent ball being passed to a particular area
Frontal Defence	Strikers being the first line of defence

Guard position	Positioning yourself behind (in support) of your team mate carrying the ball. (the guard position for a baseline runner would be straight back and just inside the top of the circle)
Economy on the ball	Getting ball under control and passing it on quickly
Outlet & Priority passes	Escape/back and attacking passes
Creating wide goal	Standing either/both side(s) of attacking goal
Pointing the defence	Getting up in the face of the ball carrier
Receiving in daylight	Moving into space to receive the ball
Lengthening the game	Having high strikers and moving the ball rapidly through the midfield to them
Shave tackle	A tackle made from behind where the defenders stick is slid along the ground between the ball carriers feet and the ball/stick. The defenders stick then moves forwards to move the ball away from the carriers stick and then outwards to gain possession.
Man-up	Marking tight to a player
Reverse Shot	A shot from the left side of the body using a backhand swing
Drag flick	Attacking Penalty Corner move, highly successful
Recycled Lead	Making a second lead, if first lead is unsuccessful
Cover	When a player, usually from the help side, swings around in behind the defender to form a second line of defence
Free man	The free full back in the defensive circle
Back four	Four defensive players usually, LH, RH, LB, RB
Trapdoor	Letting the ball go through one player, to reach a higher attacker
Coned	When the ball carrier eliminates the defender in a one on one situation.
Overhead	A method of passing the ball in which the person in possession lifts (using a flick) the ball over the head of defender/s.
3D skills	The person in possession plays the ball in the air it is called using 3D skills.
Tomahawk	A reverse hit is often referred to as a 'tomahawk' because of the similar action used.
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'.
Striker	Generally the players closest to the attacking goal on the field. Usually the players who score field goals
Midfield	The heart of the team, generally the play makers. Usually incorporates the centre half, and inside forwards.
Short handle hit	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.

Penalty corner	A penalty corner is awarded to the attacking team when there is an infringement in the circle or 'D'. There must be 4 players plus 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 hit below the top of the backboard.
Skinned	When a defender cleanly takes the ball off the ball carrier in a one on one situation
Base line	The shortest perimeter line on which the goals stand on.
Left to right	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.
Right to left	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.
Open dribble	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.
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.
Indoor	Refers to indoor hockey.
Pitch	The field the game is being played on
Juggling	Bouncing the ball up and down on the stick, good for players to get used to the feel of the ball on the stick.
Indian dribble often referred to as 'skills'.	The player moves the ball from side to side and on angles quickly by either tapping or dragging it. Used to confuse defenders, to get out of trouble or because the player wants to display skill.
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.
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.