

Penfield Youth Lacrosse

Common terms heard on a lacrosse field

"No raking" and/or "Scoop through the ball"

These terms refer to handling ground balls. The most efficient and sure way to pick up a ground ball is to lower the body by bending the knees and "scooping through" the ball. Stopping or clamping the ball with the back of your stick and then "raking" it towards you is far less efficient and sound. Although raking has its place at higher levels of play, we encourage all PYL players to SCOOP THROUGH THE BALL!

You will hear coaches preach "no raking!" during ground ball drills.

"Man!" "Ball!" "Release!"

These terms also refer to ground balls. Lacrosse at higher levels of play allows checking of a player within five yards of the ball. Thus a very efficient way for two players on the same team to pick up a ground ball is for one player to go for the ball. This player will yell "ball!" so that his teammate knows two things – to not go for the ball and to look for an opposing player to "box out" – he will yell "man!" since he will be blocking out the "man". Once the player scoops the ground ball he must tell his teammates to "release!", that is, let the opposing players continue play.

You will hear coaches preach the man/ball/release progression during ground ball drills.

"Here's your help!"

A player anticipating getting a pass from a teammate will tell that teammate "here's your help". This helps the player with the ball identify where his teammates may be located.

"Ball down!"

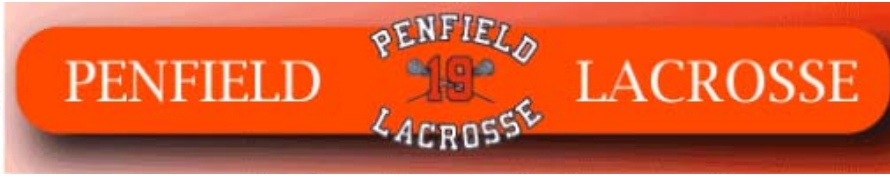
There are times in lacrosse where a player will lose the ball from his stick, but due to cradling or traffic he may not realize the ball is no longer in his stick. Teammates, opposing players and coaches will likely all yell "ball down!" to notify all players a ground ball is there for the taking!

"Hustle!"

It goes without saying, but you'll hear coaches preach hustle all the time. At the higher levels of play lacrosse is a game for the fit. The more fit you are, the better player you will be. We encourage all PYL players to hustle not only during games and practice drills but inbetween practice drills as well.

"Bingo"

When an opposing team makes a substitution and another player comes on the field it can be hard for players to determine who should cover the new participant. Sometimes a team may not even realize an opposing player is coming into the field of play from the bench area. In these cases coaches and teammates may yell "bingo!", or "you cover the bingo!" or "who has the bingo?", with "bingo" referring to the player coming into the field of play.



Move to the "X"

In lacrosse, the "X" position is the offensive position behind the goal. A coach may have his players "pass the ball to the X", "move through the X", etc. "X" simply refers to the offensive player who is behind the goal.

Man Up Man Down

Man up and man down are the terms used to signify penalty situations. The team serving the penalty is "man down", the opposing team is "man up".

"[team name or color] is a shooter"

In Youth lacrosse there is often the requirement that two passes be completed in the offensive zone prior to any shots being taken on goal. This serves several purposes, including making the players pass and catch (the fundamentals of lacrosse) while prohibiting a superior player from taking over a game going one-on-one.

Once two passes are completed, the coaches and/or referee may yell "the red team is a shooter", meaning the red team has successfully completed two passes and may now shoot on goal as the situation presents itself.

"Look up!"

Especially for the youth lacrosse player, having the ball in your stick tends to draw A LOT of attention. Even without "player traffic", younger players may be concentrating on the ball in their stick or things besides where his teammates may be. When a coach or player yells "look up!", it oftentimes means there is an open teammate close by who is in a better position to advance the ball. In advanced play the term "look up" is often used simply to encourage the player to pass the ball upfield rather than run with it.

"Possession" or "Release"

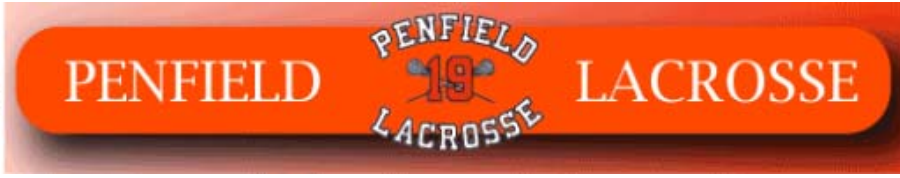
In field lacrosse a faceoff is held to start each quarter and after goals are scored. There are six players allowed to participate in the immediate "play" of a faceoff. All other players must wait behind restraining lines until one team has clearly established possession of the ball. Once this happens, the referee and/or coaches will yell "possession blue" (i.e., for the blue team) or "release", meaning all players on the field are free to join the play (while staying onsidess!)

"Stay onsides" "Middie back"

In field lacrosse, defensemen (or any 3 players) must stay on the defensive half of the field. Attackmen (or any 3 players) must stay on the offensive half of the field. Breaking this rule is a penalty. Midfielders (or any 3 players) may roam the entire field. Thus when the ball is moving from offense to defense or vice versa, players must be aware of the midfield line and whether they are allowed to cross. If a defensive player is running the ball upfield and has a clear path to the offensive zone, he (and coaches and other players) may yell "middie back!", meaning one midfielder must stay back on the defensive half of the field in order to meet the 3 player requirement. Often, after passing the ball to an offensive player, this defenseman will run back and exchange places with the midfielder.

"Check sticks"

Most youth lacrosse leagues allow stick checking only. A call to "check sticks" may be reinforcing this point. This term is also yelled (by the goalie, defensemen and/or coaches) when the opposing team sends a pass in to the crease area – all players defending the goal – some who may not see the ball coming - should "check sticks" in order to break up the pass.



“Wall ball”

Surprisingly enough, wall ball is the term used to describe throwing a ball against a brick wall. Why is this so important? Playing wall ball is probably the single most effective way to practice and improve your stick skills. Not to mention it is close to the only way to break in the pocket of a new stick. Please encourage your child to find a wall and play wall ball!

Strong hand / Weak hand

These terms simply refer to whether the player is right handed or left handed. Rather than call out these terms for a practice drill (i.e., “use your right hand”) the coach will say “use your strong hand”.

“Get your stick in the box” or “Third ear”

These terms refer to a player getting ready to receive a pass or to start a throw. “The box” is the area just to the outside of the players ear (thus the term “third ear”) where the head of the stick should be at the ready.