



# *Glossary of Terms*

This collective language approach allows us to better understand our identity on the hockey pitch & to consistently achieve together.

Photos: Hockey Centric Design: Salty Gecko

# Glossary of terms



## 90

when a player calls this it means that they want the ball given at a 90 degree angle to you. They may be arriving into that space so trust the call and give it at 90 degree.

## Aerial / Overhead / Throw / Chuck

A pass that goes entirely through the air to the target player or space. Can be used to relieve pressure on the defence so may be a clearance rather than a pass.

## And again

Pass the ball again in the same direction as it was going when you received it.

## Back post

This changes depending on which side of the pitch is being attacked. The other post is called the near post. If someone calls for this it means they want the ball passed there.

## Come home / Send it home

Much like "pass back" this term refers to playing the ball back towards our defensive players. Home is our defensive half of the pitch.

## Do the hard work early

Not a term, but a guiding principle for the club: whether we are carrying the ball, making a lead run, managing a change in possession, or defending, we do the hard work early. Put as much effort in immediately to get into the position you should be, then recover once you're there.

## Don't dive in / Stand him up

This term is used when we don't have the ball and are engaging the opponent with the ball. It means don't make an active movement with the stick to win the ball such as a jab, sweep or block tackle. You are only aiming to slow your opponent down and make a pass, not win the ball.

## Drive

This call means that there is space in front of you and you should carry/dribble the ball into that space as fast as possible. Try and keep your head up whilst driving as it is usually the start of a counter attack.

## Drop

This is a defensive call and means that the players behind you want you to come back towards them to either mark a space or a player. It is essential that you trust this call as you will not be able to see what is going on behind you as you will be facing forwards.

## Easy

This is used when your team think you are over-complicating passes or choosing inappropriate times to dribble the ball at opponents.

## Enjoy the ball

This means keep possession of the ball for as long as possible within the team by making lots of simple passes. It will frustrate and tire out opponents.

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## Full press

This is the most aggressive form of pressing the opposition. It is high energy and the objective is to win the ball back as close to the opponents goal as possible.

## Get something / Win Something / Upgrade

This is used when attacking the 'd' and means we want you to get either a shot on goal, a penalty corner, a penalty stroke or a goal. It doesn't necessarily mean the person with the ball doing it solo; it means it is a promising situation for the team and we should be working the goalkeeper from it.

## Half court

This is the most defensive form of pressing the opposition. It maximises our defence as it has everyone in our half of the pitch.

## Height

This is a call for the forwards to get closer to the oppositions goal when we have the ball. The team will feel that forwards are too close to the midfield and it is making it harder to play as there are more people in a small space. It usually means forwards are on the half-way line and we want them inside the attacking 22. It can also mean forwards are on the top of the 'd' when we want them on the baseline.

## Hold

This is a defensive call which means do not move forward to engage the opponent yet. It is another call which must be trusted as you cannot see what is going on behind you.

## Keep it

This is another call which means do not play an over-complicated pass or dribble with the ball. Find a simple pass and give it immediately.

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## LINE TERMS

### Line ball

Pass the ball down the line, often into an empty channel for a player to run onto.

### Hotline / BBG

An imaginary line drawn between the player, the ball and the attacking goal

### Come off the line

This is when an attacking player moves in any direction that takes him or her off the hotline, so changing the angle of play and creating different attacking opportunities.

### Recovery line

An imaginary line drawn between a defending player's opposite attacker and the defending goal.

### Break the line

This is when an attacking player crosses his opposite defender's recovery line, meaning that it becomes more difficult for the defender to make a successful tackle.

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## **Let the ball do the work**

To pass round players rather than dribbling through them and risking being tackled. Very important!

## **Man behind**

This can be a defensive or attacking call. From a defensive perspective it means that there is an attacking player behind you to be aware of. From an attacking perspective it means that a defender is potentially going to tackle you from behind. In both instances they are warning calls rather than action calls.

## **Man on / Player on**

This is a warning that you (or our player in possession of the ball) has an opposition player in close proximity who is about to attempt a tackle.

## **Overload**

Either defensive or offensive. A defensive overload is where the opposite team have more attacking players in one area of the pitch than we have defenders, and hence there is a risk of elimination. Our players who are ahead of the ball must work as hard as they can to get back. An attacking overload is where we have more attacking players in one area of the pitch than opposition defenders; here we need to recognise the positioning and move the ball to eliminate players.

## **P-spot**

This is the circle in the 'd' where penalty strokes are taken from. It is a good area to get deflections in on goal so is often used as a call for balls being delivered into the 'd'.

## **Pass back**

Often called when a player is facing forwards, this call means the team want you to turn and pass the ball back to our defensive players. It is to maintain possession of the ball or the person calling as a better forward passing option than you.

## **Platform**

This means to set three (or four) defenders to allow the ball to transfer across the back of the pitch (and is a call to make the transfer).

## **Phases**

Phases are stages of the game where tactics may differ because of the amount of effort that each team is putting in or because of the score or number of players on the pitch. For instance, when we are in possession and have a goal advantage we should cherish the ball and make sure that we don't leave ourselves vulnerable to cheap goals.

## **Pivot**

This is a call to get the ball to the deeper central player to allow a transfer. Often a centre mid or central defender.

## **Posting up**

This is when you make a sharp/fast move towards your teammate that has possession of the ball with a view to having the ball passed to you whilst an opponent is marking you from behind.

# Glossary of terms



## **Recognise the set / press**

To identify the opposition's formation and press. We do not allow our opposition to dictate play but we do adapt our own play to make sure that we respond to changes.

## **Release**

This means do not dribble with the ball and go into contact with an opponent. Pass the ball as quickly as possible.

## **Round we go**

This means pass it around the back to change the line of attack.

## **Send it**

Means give the forward pass. It is sometimes the free license to give an ambitious ball forwards but can also mean that a teammate wants you pass forwards into the space behind the defence for them to run on to.

## **Shot or short**

This is a call for the attacking player who has the ball in the D to either shoot at goal or get a "short" or penalty corner.

## **Square**

This is similar to the 90 term but is more general across the whole pitch whereas 90 is used inside the 'd'.

## **Squeeze**

Means apply pressure to the opponent by marking tighter and engaging the player with the ball (but not diving in!). Ideally in a squeeze multiple players will be able to engage the person with the ball to maximise the chances of winning the ball.

## **Step**

Step forwards into the space in front of you. You may be moving into space or forwards in order to mark a player or engage with a ball carrier. Ultimately your defence are asking you to fill in a gap in front of you. However this does NOT mean dive in.

## **Straight**

Pass the ball straight forwards up the pitch directly in line with your current position.

## **T-spot**

This is the intersection between the D and the baseline and is a target point for our attackers to receive the ball in offensive play.

## **Transfer**

To move the ball from one side of the pitch to the other. Preferably via the central players to ensure possession is maintained.

## **Under arm**

A call to pass the ball under your left armpit. Even if your head is down and you can't see the player - trust them and play the ball there if they have called for it. Often this will go slightly backwards rather than a "square" pass.

*Extra reading*



*Truro Hockey - Principles of Play >>*

*GH Hockey IQ >>*

*GB Hockey Talent System Framework >>*

*Any questions?*

*Talk to your captain or coach*



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