

Lower Bucks Lacrosse

Common Terms



OFFENSE

BOX: Look to the box for subs

BURY: Offensive player has a defender we want to take to and keep him on the crease

CHASE: Sprint toward where the ball is going out of bounds on a shot

DODGE: Take your man to the goal

EMO: A man advantage resulting from an opponent's time-serving penalty. AKA "man-up"

FAST BREAK: Offense has an advantage and should attack the goal and find the open man

ONE: Ball carrier to look for adjacent pass to open player

PINCH: Adjacent players to the dodger cheat in 3-5 steps and read the direction of the dodger

POP: Pop out of the crease rather than stay in the normal triangle rotation

RIDE: Defense our offensive end to get the ball back in transition

ROTATE: Rotate in your Attack or Midfield triangle

SLAM: Pick the ball

SLOW BREAK: Offense has a slow developing advantage and should get the ball through X

SPIN IT: Get the ball around one time so everyone gets a touch

YELLOW: Hold while subbing

DEFENSE

AWAY: When you are not BALL, ONE or TWO

BALL : You have the man with the ball

BREAK: Goalie call to tell the defense to break for an outlet pass

CHECK: Goalie call to tell the defense to check down on their offensive player's hands

CRASH: Defensive breakdown call to crash to the hole and closest man gets the ball

CUTTER: Let the other defenders know there is a man cutting through the offense

FIRE: It is time to slide or double to the ball

GATE: A player is dodging from behind, get the man back behind the goal and hold at GLE

GLE: Goal line extended

HOLE: The area outside/in front of the crease area 10 yards by 10 yards in front of the goal

HOT : The first slide (also add RIGHT or LEFT depending on where you are relative to the ball)

LIFT: Goalie call to tell the defense to lift up their offensive player's hands

MIDDIE BACK: Let a teammate know to stay onside so a defenseman can go over the midline

PICK: Let the other defenders know there is a man coming to pick them (add RIGHT or LEFT)

TWO: You are the second slide and your job is to tell the ONE man to slide.