

**BOISE**

*Brave*

LACROSSE

**PROGRAM  
HANDBOOK**

Honor Code, Principles of Play, and Vocabulary

# Brave

## LACROSSE

### PRINCIPLES OF PLAY

#### Mission

*What is our PURPOSE?*

OFFENSE



**SCORE GOALS**



DEFENSE

**PREVENT GOALS**

#### Strategy

*What is our APPROACH?*



**EARN  
QUALITY SHOTS  
BY PENETRATING THE MIDDLE**



**DENY  
QUALITY SHOTS  
BY PROTECTING THE MIDDLE**

#### Principles

*What MUST we do?*

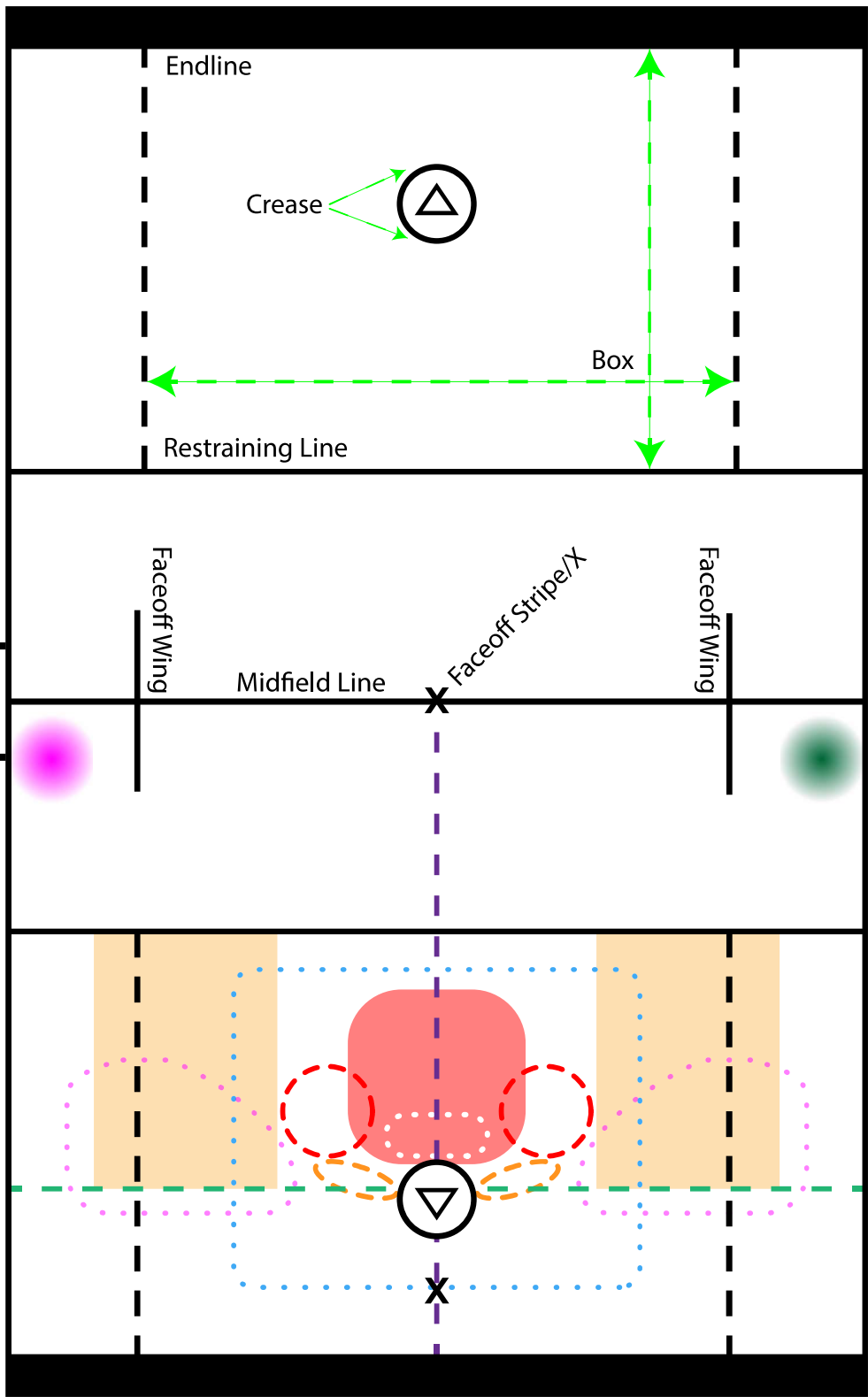
**Offense Principles of Play: A.M.P.S.**

- 1** ANTICIPATE
- 2** MOVE
- 3** PRESENT A THREAT
- 4** SPACE OUT

**Defense Principles of Play: P.A.T.H.**

- 1** PLAY INSIDE OUT
- 2** APPLY TRIAGE
- 3** TALK, TALK, TALK
- 4** HEAD ON A SWIVEL

Our PRINCIPLES OF PLAY are the things we always do, on every possession, in every game, regardless of opponent. To understand our PRINCIPLES OF PLAY, players must know our PROGRAM VOCABULARY.



-  **Bingo**
-  **Yahtzee**
-  **Alleys**
-  **Middle / Paint**
-  **Perimeter**
-  **Z-Line**
-  **GLE**
-  **Attack Wings**
-  **Island / Porch / 5-by-5**
-  **Stoop**
-  **The Hole (D) / Doorstep (O)**

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## I. INTRODUCTION

### A. Mission Statement

Lacrosse is a complicated game. Even a player with lightning speed and great stick skills will struggle if he does not understand the game and how to work together as part of a team.

Our goal as coaches is to help you become not just a better player, but part of a team that works well together. To be a great team, we all need to understand the game, how we play it, and each other. When every player knows both *what* to do and *why*, the team becomes much stronger.

This guide introduces the core ideas that shape how we play as a team. In lacrosse, as in life, what you can learn next depends on what you already know. Each new skill builds on the ones before it, preparing you for more advanced play. Before a team can run complex offenses or defenses, it must first master the basic concepts that support them.

Our program is built on three pillars: our **HONOR CODE**, our **PROGRAM VOCABULARY**, and our **PRINCIPLES OF PLAY**.

- The first pillar is our HONOR CODE. This defines how we carry ourselves, how we represent our team, our families, and our school, and how we show respect to the game and its participants.
- The second pillar is our PROGRAM VOCABULARY. Having a shared language—using the same words to describe the things we see and do—helps us think and act together on the field without slowing down to explain.
- The third pillar is our PRINCIPLES OF PLAY. These are the things we always do on the field, in every game, on every possession, no matter who we are playing. We have clear PRINCIPLES OF PLAY for both offense and defense.

These three pillars work hand in hand. Our HONOR CODE shapes how we compete and how we treat others, our VOCABULARY gives us the tools to communicate clearly, and our PRINCIPLES OF PLAY give us a consistent way to act together on the field. When players understand and live all three, communication becomes quick, confident, and automatic—exactly what we need to play as one team.

### B. How to Use this Manual

- When a word is printed in SMALL-CAPS font, that means it is a specific defined vocabulary term defined in this manual.
- Sections are color themed. **BLACK** sections apply to the entire team. **RED** sections are focused on the offense. **SILVER** sections are focused on the defense.
- Our PRINCIPLES OF PLAY and many vocabulary terms incorporate other defined terms. In such instances, terms are cross-referenced by page number so that you can easily find them.
- Our HONOR CODE and PRINCIPLES OF PLAY come first. You must know these by heart, which means that you must know the Vocabulary Terms utilized within.

- In the *Program Vocabulary* section, we start with *Critical Terms* for the whole team, for the offense, and for the defense. These are the ideas that you must learn first and immediately in order to understand our PRINCIPLES OF PLAY.
- Following *Critical Terms*, we have a glossary of basic places, actors, and situations that are not position-specific. Everyone needs to understand these. Each player should be familiar with these terms by the time he completes his first middle school season.
- Finally, we have an *Expanded Glossary* that lays out core concepts, skills & techniques, and calls & Cues for both the offense and the defense. The player should know these by heart by the time he enters high school.

## II. HONOR CODE

In the absence of rules, people make up their own. A championship-level team needs a system that holds players and coaches accountable—to their actions, to one another, and to a shared code of ethics. These standards shape how we treat one another and define who we are as a program. Our Honor Code guides how we carry ourselves, how we compete, and how we treat others. Each season, the team may adopt additional commitments that reflect its identity and goals.

- 1. HONOR THE GAME.** Play hard, play clean, and show respect and appreciation for opponents, coaches, officials, scorekeepers, and fans.
- 2. TEAM FIRST.** Put the team and its success above your personal glory and achievements.
- 3. TRUST AND BE TRUSTWORTHY.** Trust your coaches and teammates. Be worthy of their trust in return.
- 4. SHOW RESPECT.** Treat others with respect and honesty, on and off the field — even when it means facing consequences.
- 5. LEAD BY EXAMPLE.** Hold yourself to a high standard of effort, preparation, and conduct. Be willing to call out a teammate, and be receptive when others call you out.
- 6. COMMUNICATE.** Recognize potential problems and work together to make things right. Involve your coaches and captains if necessary.
- 7. BRING POSITIVE ENERGY.** Be demanding without being demeaning. Actively celebrate and recognize both effort and success.
- 8. TAKE PRIDE AND GROW.** Own your good, bad, and ugly. Work actively to improve on and off the field.
- 9. CONNECT.** Actively look for ways to build relationships with your teammates.

### III. PRINCIPLES OF PLAY

#### A. Offensive Principles of Play: A.M.P.S.

*The job of the offense is to score goals. The best way to score is to create shooting opportunities close to and in front of the goal (the MIDDLE a/k/a the PAINT). To consistently earn these looks, we must constantly threaten the defense, create space in the MIDDLE, and maintain possession. We therefore MUST follow these 4 rules (our OFFENSIVE PRINCIPLES OF PLAY):*

---

**#1 Anticipate** Do not just wait to see what happens next. Both the ball-carrier and the OFF-BALL players should strive to anticipate what will happen next — dodges, SLIDES, CUTS, PICKS, passes, and shots — and time their own actions accordingly.

Cross References: OFF-BALL 7, 14, 21; ON-BALL 6, 14; PICK 16, 23, 32, 33; CUT 16, 17; SLIDE 9, 15, 28

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**#2 Move (Ball and Feet)** We generally try to adhere to the 3-SECOND RULE: the ball-carrier in the offensive zone has 3 seconds to initiate a dodge or shot, otherwise he must pass.

OFF-BALL, you must be active and work hard. You cannot simply stand still and wait for the ball to come your way. You should be getting open to provide SUPPORT; CLEARING THROUGH (CAMO) or FADING to create space for the ball-carrier to dodge or pass; CUTTING or PICKING; or making sure we have BACKUP.

Cross References: ON-BALL 6, 14; 3-SECOND RULE 8, 21; STUCK 22; YELLOW 26; OFF-BALL 7, 14, 21; SUPPORT (Offensive) 7, 16, 21; CLEAR THROUGH (CAMO) 22, 25; FADE 24; X 11, 12; CUT 16, 17; PICK 16, 23, 32, 33; BACKUP 7

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**#3 Present a Threat** Always be a threat to score; and do not let the defense relax. DODGE, PASS, PASS, DODGE. Two quick passes after scooping a ground ball. Attack tardy defensive approaches.

Cross References: "DODGE, PASS, PASS, DODGE" 8, 21

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**#4 Space Out** We get BIG by spreading out to create passing lanes and pull defenders out of position, opening space to dodge or FEED the MIDDLE. At the same time, we stay BALANCED through disciplined spacing and positional awareness—occupying all spots in the offensive set, avoiding bunching, and REPLACING when a teammate CUTS, CLEARS THROUGH, or dodges, ensuring our shape and rhythm remain intact.

We tighten the offensive formation towards the goal as the ball moves around the PERIMETER.

If play breaks down or we miss a shot, we RESET and re-attack.

Cross References: STAY BIG 8, 21, 25; PERIMETER 11, 12; FEED 16; MIDDLE 6, 11, 12; BALANCE 8, 21; REPLACE 8, 22; CUT 16; CLEAR THROUGH 8, 14, 22; RESET 18

## B. Defensive Principles of Play: P.A.T.H.

The primary job of the defense is to prevent goals. The secondary job is to gain possession and move the ball to our offensive zone. The best way to accomplish these goals is to deny the opposing team quality shots by protecting the MIDDLE and maintaining constant communication to identify threats and responsibilities. To do this, we absolutely MUST follow these 4 rules (our DEFENSIVE PRINCIPLES OF PLAY):

---

**#1 Play Inside Out**      Playing INSIDE OUT means that we most strongly defend the MIDDLE by positioning ourselves closer to the goal than our MARK. Sometimes this means PACKING IN.

Cross References: INSIDE OUT 9, 27; MIDDLE 6, 11, 12; MARK 9, 17, 27, 32; PACK IN 10, 27, 33

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**#2 Apply Triage**      TRIAGE means addressing the biggest threat first. We always prioritize PRESSURE and SUPPORT based on danger.

1. The most dangerous player is the ball-carrier.
2. The next is the OFF-BALL player nearest the goal.
3. The least dangerous is the player farthest from the ball.

Cross References: TRIAGE 9, 27; PRESSURE 15; SUPPORT (DEFENSIVE) 7, 16, 28; OFF-BALL 7, 14, 21

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**#3 Talk, Talk, Talk**      We continuously TALK on defense to keep up with the changing situation, identify the threats, and confirm responsibilities.

Cross References: TALK 7, 14

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**#4 Head on a Swivel**      The OFF-BALL defenders must constantly be looking between the ball-carrier and their MARK to keep track of both at all times. This prevents BALL WATCHING and keeps you ready to SLIDE.

Cross References: OFF-BALL 7, 14, 21; MARK 9, 17, 27, 32; BALL WATCHING 9, 27; SLIDE 9, 15, 28

## IV. PROGRAM VOCABULARY

Language is a shared mental framework that allows us to communicate efficiently. As a team, we must speak a common language—a consistent set of terms and cues—that enables us to quickly translate thoughts into actions. Mastering the terminology in this section is essential to ensure we can communicate fluidly, without pausing to clarify meaning during practice or play.

### A. Critical Terms

These are the first terms that every player on the team must know.

#### i. Critical Terms: Everyone

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**“Middle” or “Paint”** The area of the field between the ISLANDS and extending approximately 10-12 yards in front of the crease. Quality shots are taken from the MIDDLE.

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Cross References: MIDDLE 11; ISLAND 11, 12

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**“GLE”** The imaginary horizontal line extending from the goal  
**(GOAL LINE EXTENDED)** line sideline-to-sideline.

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Cross References: GLE 11

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**“Z-Line”** The imaginary line that divides the field in half vertically; shots from the Z-LINE have the best angle on the goal, therefore increasing the chance to score. Offensively, we want to achieve shots from the MIDDLE close to the Z-LINE. Defensively, we want to prevent them.

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Cross References: Z-LINE 12; MIDDLE 6, 11, 12

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**“Top-Side”** Refers to dodging routes that take the best angle towards the goal in relation to the Z-LINE. If dodging from attack WING, this means dodging ABOVE your defender through the ISLAND.

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Cross References: TOP-SIDE 6; Z-LINE 6, 12; WING 11, 12; ABOVE 13; ISLAND 11, 12

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**“On-Ball”** An action or player which is *on* the ball-carrier (e.g., an ON-BALL PICK or an ON-BALL defender).

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Cross References: ON-BALL 14; PICK 16, 23, 32, 33

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**“Off-Ball”** An action or player which is *away from* the ball-carrier (*e.g.*, OFF-BALL offensive movement, an OFF-BALL PICK, or an OFF-BALL defender).

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Cross References: OFF-BALL 14, 21; PICK 16, 23, 32, 33

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**“Support”** SUPPORT is provided by OFF-BALL players to the ON-BALL players.

- For the defense, this means being ready to SLIDE if the ball-carrier dodges.
- For the offense, this means getting open to present HELP so that the ball-carrier can make a safe pass.

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Cross References: SUPPORT (DEFENSIVE) 7, 16, 28; SUPPORT (Offensive) 7, 16, 21; OFF-BALL 7, 14, 21; ON-BALL 6, 14; SLIDE 9, 15, 28; HELP: 5, 12, 13

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**“Talk”** / -ing Loud and active speaking to make sure everyone knows what’s happening on the field and what their job is at any given moment.

- *e.g.*, “FAST BREAK! I’ve got POINT!”
- *e.g.*, “I’m HOT! Who’s TWO?”

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Cross References: TALK 14; FAST BREAK 15, 18; POINT 17; HOT SLIDE 9, 28, 32; TWO SLIDE 28

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**“Outlet”** A player who is open for a pass during a CLEAR.

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Cross References: CLEAR 14

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**“Help”** A player who is open for a pass.

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Cross References: HELP: 12, 13

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**“Backup”** Being positioned near the endline to keep possession after a missed shot.

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**“Adjacent”** The positions on the field one position away from the ball-carrier, usually along the PERIMETER. For example, when the ball-carrier is at X, the WINGS are ADJACENT.

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Cross References: PERIMETER 11, 12; X 11, 12; WING 11, 12; ADJACENT 14, 17

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**“Yellow!”** A call to the offense to SETTLE the ball and the midfielders to sub off.

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Cross References: SETTLE 25

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## ii. Critical Terms: Offense

Every attackman and midfielder must be familiar with these terms.

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**“Balance”** We achieve BALANCE by maintaining proper spacing and positional discipline — ensuring that we occupy each position of the current offensive set, avoid bunching, and preserve clean passing angles. When a teammate CUTS or dodges out of position, we REPLACE to restore spacing and keep our offensive shape intact.

Cross References: CUT 16, 17; REPLACE 8, 22

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**“Staying Big”** We STAY BIG by using the entire offensive zone to draw defenders out. This ensures that we either have open passing lanes or open dodging lanes.

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**“3-Second Rule”** As the ball-carrier in the offensive zone, you have 3 seconds to find an opportunity to dodge or shoot and initiate it, otherwise you must pass.

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**“Dodge, Pass, Pass Dodge”** The general rule that for every two passes we make, we will attempt a dodge.

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**“Clear Through” or “Camo”** When an OFF-BALL player ADJACENT to the ball-carrier gets out of the way along with his defender to create an open dodging lane for the ball-carrier.  
Variants: CAMO, SHALLOW, ZIPPER

Cross References: OFF-BALL 7, 14, 21; ADJACENT 7, 14, 17

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**“Replace” / -ing** When an offensive player moves into the position of an ADJACENT offensive player who has CUT, dodged, or CAMO'D out of position. Necessary to maintain BALANCE.

Cross References: ADJACENT 7, 14, 17; CUT 16, 17; CLEAR THROUGH (CAMO) 22, 25; BALANCE 8, 21

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**“Exchange”** When two ADJACENT players switch positions during play.

Cross References: ADJACENT 7, 14, 17

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**“Settle!” or “Settle the Ball!”** Tells the offense to temporarily pause the attack, get into position (BIG & BALANCED), and begin working the ball along the PERIMETER.

Cross References: STAY BIG 8, 21, 25; BALANCE 8, 21; PERIMETER 11, 12

### iii. Critical Terms: Defense

Every midfielder and defender must be familiar with these terms.

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**“Mark”** The offensive player for which a particular defender is responsible for guarding in MAN COVERAGE.

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Cross References: MARK 17, 27, 32; MAN COVERAGE 27

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**“Triage”** Dealing with the most dangerous threat first. We will always prioritize PRESSURE and SUPPORT according to threat level. The most dangerous offensive player is always the ball-carrier. The second most dangerous player is the one closest to the goal. The least dangerous player is the one farthest from the ball-carrier. Our defense must constantly adjust to the shifting danger as the ball moves around the offensive PERIMETER.

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Cross References: TRIAGE 9, 27; PRESSURE 15; SUPPORT (DEFENSIVE) 7, 16, 28; PERIMETER 11, 12

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**“Inside Out”** Playing INSIDE OUT means that we most strongly defend the MIDDLE by staying PACKED IN and positioning ourselves closer to the goal than our MARK.

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Cross References: MIDDLE 6, 11, 12; PACK IN 10, 27, 33; MARK 9, 17, 27, 32

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**“Ball Watching”** As an OFF-BALL defender, paying too much attention to the ball-carrier and losing track of your MARK.

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Cross References: BALL-WATCHING 27; OFF-BALL 7, 14, 21; MARK 9, 17, 27, 32

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**“Slide”/ -ing** When an OFF-BALL defender leaves his MARK to defend a more dangerous offensive player, especially the ball-carrier if the first defender is beat.

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Cross References: OFF-BALL 7, 14, 21; MARK 9, 17, 27, 32

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**“Hot Slide”** Defender who has first responsibility for SLIDING if the ON-BALL defender is beat by a dodge.

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Cross References: HOT SLIDE 28, 32; SLIDE 9, 15, 28; ON-BALL 6, 14

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**“Two Slide”** OFF-BALL defender who has responsibility for SLIDING to the offensive player left open by the HOT SLIDE, usually on the crease.

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Cross References: RECOVER 28, 32; ROTATE (DEFENSIVE) 28; SLIDE PACKAGE 28

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**“Pack In” or “Pack It In”** PACKING IN means condensing the entire defense towards the MIDDLE and conceding shots from the PERIMETER.

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Cross References: MIDDLE 6, 11, 12; PERIMETER 11, 12

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**“Sloughing In”:** Moving closer to the MIDDLE away from our MARK.  
(pronounced, “sluffing”) *e.g.*, when the BACK-SIDE defender with responsibility as the TWO SLIDE will SLOUGH IN towards the crease so that the HOT SLIDE can safely EXTEND towards the ball-carrier without exposing the crease for an easy assist.

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Cross References: MIDDLE 6, 11, 12; MARK 9, 17, 27, 32; BACK-SIDE; SLOUGH; HOT SLIDE 9, 28, 32; TWO SLIDE 28; EXTEND 28

---

**“Splitting”** When one OFF-BALL defender guards two offensive players at the same time.

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Cross References: OFF-BALL 7, 14, 21

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**“Switch”** When an OFF-BALL defender takes over responsibility for covering the ball-carrier, and the formerly ON-BALL defender switches to guard the OFF-BALL offensive player.

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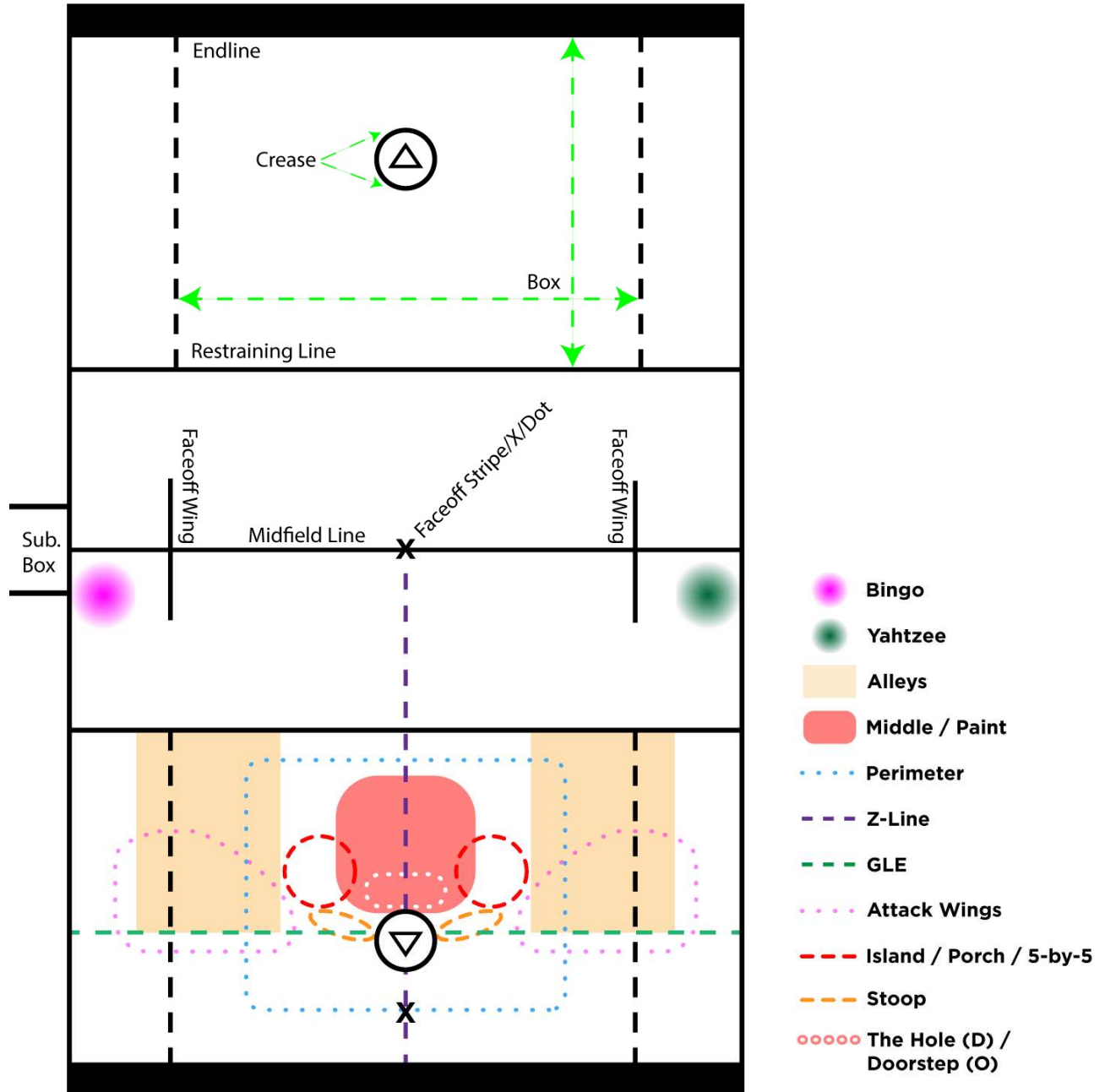
Cross References: ON-BALL 6, 14; OFF-BALL 7, 14, 21

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## B. Places, Players, and Calls on the Field

### i. Absolute Locations and Directions:

*Places on the field that never change.*



**“GLE”** The imaginary horizontal line extending from the goal (GOAL LINE EXTENDED) line sideline-to-sideline.

Cross References: GLE 6

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**“East/West”** Horizontal directions from sideline-to-sideline, parallel to GLE.

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Cross References: GLE 6, 11

---

**“Z-Line”** The imaginary line that divides the field in half vertically; shots from the Z-LINE have the best angle on the goal, therefore increasing the chance to score.

- Offensively, we want to achieve shots from the MIDDLE close to the Z-LINE. Defensively, we want to prevent them.

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Cross References: Z-LINE: 6; MIDDLE 6, 11, 12

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**“North/South”** Vertical directions from endline-to-endline, parallel to the Z-LINE.

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Cross References: Z-LINE: 6, 12

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**“X”** The area directly behind the goal.

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Cross References: X 11

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**“Outside” or “Perimeter”** The area of the field away from the MIDDLE where our offensive players will set up to begin executing the offensive set.

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Cross References: MIDDLE 6, 11, 12

---

**“Middle”** The area of the field between the ISLANDS and extending approximately 10-12 yards in front of the crease.

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Cross References: ISLAND 11, 12

---

**“Alley”** The ALLEYS are the vertical lanes, parallel to the Z-LINE, which are located on either side of the MIDDLE (*i.e.*, the RIGHT ALLEY and the LEFT ALLEY).

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Cross References: ALLEY 11; Z-LINE: 6, 12; MIDDLE 6, 11, 12

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**“Wings” (Attack)** The WINGS (the RIGHT WING and the LEFT WING) are the areas to the left and right of the crease, each ADJACENT to X.

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Cross References: WING 11; ADJACENT 7, 14, 17; X 11, 12

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**“Island” or “Porch”** The areas about 5 yards ABOVE and 5 yards from the BALL-SIDE and BACK-SIDE pipe of the goal.

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Cross References: ABOVE 13; BALL-SIDE 13; BACK-SIDE 13

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**“Stoop”** The areas right next to the goal posts (side pipes) on the BALL-SIDE and BACK-SIDE pipe.

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Cross References: BALL-SIDE 13; BACK-SIDE 13

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**The “Hole” or “Doorstep”** The area of the field at the bottom of the MIDDLE, right in front of the goal. This is the best place from which to score.

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Cross References: MIDDLE 6, 11, 12

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**“Yahtzee”** During a CLEAR, this refers to the spectator sideline at midfield.

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Cross References: YAHTZEE 11; CLEAR 14

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**“Bingo”** During a CLEAR, this refers to the substitution box sideline at midfield.

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Cross References: BINGO 11; CLEAR 14

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**“Box”** The attack area in the offensive zone, BELOW the RESTRAINING LINE and between the vertical lines

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Cross References: Below 13, Restraining Line 11

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## **ii. Relative Locations:**

*Places on the field that may change, depending on the subject.*

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**“High” or “Above”** Closer to the near midfield or restraining line.

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**“Low” or “Below”** Closer to the near endline.

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**“Ball-Side”** The side of the Z-LINE on which the ball is presently located.

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Cross References: Z-LINE: 6, 12

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**“Back-Side”** The side of the Z-LINE which is opposite from the present location of the ball-carrier.

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Cross References: Z-LINE: 6, 12

---

**“Top-Side”** Refers to dodging routes that take the best angle towards the goal in relation to the Z-LINE.

- If dodging from attack WING, this means dodging ABOVE your defender through the ISLAND.

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---

**“Adjacent”** The positions on the field one position away from the ball-carrier, usually along the PERIMETER. For example, when the ball-carrier is at X, the WINGS are ADJACENT.

Cross References: PERIMETER 11, 12; X 11, 12; WING 11, 12; ADJACENT 7, 17

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**“Underneath”** Towards (or below) GLE relative to any area North of GLE.

- If dodging from a WING, this means dodging BELOW your defender through the STOOP.
- Defensively, if we cannot force a WING dodge OUTSIDE, then we want to force UNDERNEATH to reduce the shooting angle.

Cross References: GLE 6, 11; Below 13; WING 11, 12; BELOW; STOOP 13; 12

### iii. Concepts & Situations

*These are the ideas and in-game situations with which both offense and defense must be familiar.*

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**“Talk”** / -ing Active verbalization to make sure everyone knows what’s happening on the field and what their job is at any given moment.

- e.g., “FAST BREAK! I’ve got POINT!”
- e.g., “I’m HOT! Who’s TWO?”

Cross References: TALK 7, FAST BREAK 15, 18; POINT 17; HOT SLIDE 9, 28, 32; TWO SLIDE 28

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**“Open Set”** Refers to an offensive set *without* a player on the crease like “22”.

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**“Closed Set”** Refers to an offensive set *with* a player on the crease, like “23”.

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**“On-Ball”** An action or player which is *on* the ball-carrier (e.g., an ON-BALL PICK or an ON-BALL defender).

Cross References: ON-BALL 6, 14; PICK 16, 23, 32, 33

---

**“Off-Ball”** An action or player which is *away from* the ball-carrier (e.g., OFF-BALL offensive movement, an OFF-BALL PICK, or an OFF-BALL defender).

Cross References: OFF-BALL 7, 14, 21; PICK 16, 23, 32, 33

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**“Clear”** / -ing A transition from defense to offense.

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<b>“Ride”</b>	The effort to prevent the other team from executing a successful CLEAR.
<b>“Fast Break”</b>	A CLEAR where the attacking team has a 4-on-3 numerical advantage and tries to score quickly before the defense can RECOVER.
<small>Cross References: FAST BREAK 15 18; RECOVER 28, 32</small>	
<b>“Onside Responsibility”</b>	A midfielder who must stay back on the defensive side of midfield during a CLEAR because a defender has crossed with the ball.
<b>“EMO”</b> (Extra <u>M</u> an <u>O</u> ffense) or <b>“Man Up”</b>	When the offense has a numerical advantage because the opposing team has a player serving a penalty.
<b>“Man-Down”</b>	When the defense has a numerical disadvantage because the team has a player serving a penalty.
<b>“Slide”</b> / -ing	Sending an additional defender to defend the ball-carrier, especially if the first defender is beat.
<b>“Pressure”</b>	Applying aggressive (but smart) body positioning, contact, and stick checks against the ball-carrier to impede his progress and force him to pass or retreat.
<b>“Curl Back”</b>	As the ball-carrier, moving your feet and body to turn away from PRESSURE, while you PROTECT YOUR STICK.
<small>Cross References: PRESSURE 15; STICK PROTECTION 15</small>	
<b>“Stick Protection”</b>	Holding your stick in such a way as to keep your body between your stick and the defender guarding you.
<b>“Unsettled Situation”</b>	Any situation in which the defense is not positioned correctly, usually due to a loose ball, broken CLEAR, or FAST BREAK.
<small>Cross References: CLEAR 14; FAST BREAK 15, 18</small>	
<b>“ISO”</b> Call: “NEMO!”	When the OFF-BALL offensive players move out of the way to open a dodging path for the ball-carrier.
<small>Cross References: OFF-BALL 7, 14, 21; CLEAR 14</small>	

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**“Support”** SUPPORT is provided by OFF-BALL players to the ON-BALL players.

- For the defense, this means being ready to SLIDE if the ball-carrier dodges.
- For the offense, this means getting open to present HELP so that the ball-carrier can make a safe pass.

Cross References: OFF-BALL 7, 14, 21; ON-BALL 6, 14; SLIDE 9, 15, 28; SUPPORT (DEFENSIVE) 7, 16, 28; SUPPORT (OFFENSIVE) 7, 16, 21; HELP 7, 17, 18

---

**“Screen”** To get in the way of an opposing player, typically by setting a PICK or a SEAL on an opposing defender. It may also refer to standing in the way of the goalie to block his view.

Variants: PICK, SEAL, GOALIE SCREEN

Cross References: PICK 16, 23, 32, 33

---

**“Pick” / -er / -ing** A type of SCREEN where an OFF-BALL offensive player takes a stationary position next to an ADJACENT teammate’s defender to create space for the teammate to dodge or shoot (ON-BALL PICK) or CUT (OFF-BALL PICK).

Cross References: Screen 16, 20, 21; PICK 23, 32, 33; SEAL 16; ADJACENT 7, 14, 17; ON-BALL 6, 14; OFF-BALL 7, 14, 21; CUT 16, 17

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**“Seal” / -ing** A type of SCREEN where an OFF-BALL offensive player takes a stationary position to prevent his defender from SLIDING or ROTATING.

Cross References: Screen 16, 20, 21; OFF-BALL 7, 14, 21; SLIDE 9, 15, 28; ROTATE (DEFENSIVE) 28

---

**“Feed”** A pass from the ball-carrier to a player CUTTING through the MIDDLE or set up in a quality shooting position.

Cross References: CUT 16, 17; MIDDLE 6, 11, 12

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**“Cut” / - ter / -ting** A fast run through the MIDDLE by an OFF-BALL offensive player looking for a FEED from the ball-carrier.

Cross References: MIDDLE 6, 11, 12; CUT 16, 17; OFF-BALL 7, 14, 21; FEED 16

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#### **iv. Actors**

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**“Wolf”** A defensive player unseen by the ball-carrier who is about to catch him from behind.

- Call: “WOLF!!”

---

**“Help”** Offensively, a player who is open for a pass.

- Call: “HERE’S YOUR HELP!”

Cross References: HELP 7, 17, 18

---

**“Mark”** The offensive player for which a particular defender is responsible for guarding in MAN COVERAGE.

Cross References: MARK 9, 27, 32

---

**“Outlet”** A player who is (or should be) open for a pass, especially during a CLEAR.

Cross References: CLEAR 14

---

**“Hunter” or the “Hunt”** The midfielder whose job it is to try and get the ball during a CLEAR.

Cross References: CLEAR 14; ONSIDE RESPONSIBILITY 15

---

**“Adjacent”** The OFF-BALL players occupying positions on the field one position away from the ball-carrier, usually along the PERIMETER. For example, when the ball-carrier is at X, the WINGS are ADJACENT.

Cross References: OFF-BALL 7, 14, 21; PERIMETER 11, 12; X 11, 12; WING 11, 12; ADJACENT 7, 14

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**“Trailer”** The 2<sup>nd</sup> or 3<sup>rd</sup> offensive middle entering the offensive zone behind the ball-carrier on a FAST BREAK.

Cross References: FAST BREAK 15, 18

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**“Point”** The position of the attackman and defender who sets up HIGH (nearest to restraining line) on a FAST BREAK.

- Defensively, the POINT defender has responsibility for ROTATING to the ball-carrier.
- Offensively, this is usually the first HELP for the ball-carrier when the POINT defender ROTATES.
- Call: “FAST BREAK! I’VE GOT POINT!”

Cross References: FAST BREAK 15, 18; POINT 17; ROTATE (DEFENSIVE) 28; HELP 7, 17, 18

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**“Cutter”** An OFF-BALL offensive player running a CUT through the MIDDLE.

Cross References: CUT 16, 17; OFF-BALL 7, 14, 21; MIDDLE 6, 11, 12

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**“Fish” or “Squid”** A weak opposing player that we can exploit. On offense, we would look to dodge against the FISH. On defense, we would look to cause a turnover, such as by sending a DOUBLE or LOCKING OFF his ADJACENT HELP.

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Cross References: ADJACENT 7, 14, 17; FISH; DOUBLE; LOCK OFF; HELP 7, 17, 18

---

## v. **Calls & Cues**

*These are the things that we will say on the field (or from the sideline) to prompt certain actions during games.*

---

**“See, [Name]!”** Tells the ball-carrier to look to the named player for a pass.

---

**“Wolf!”** Tells the ball-carrier to watch out for a WOLF. The ball-carrier should immediately protect his stick and/or CURL BACK.

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Cross References: WOLF 16; CURL BACK

---

**“Here’s your HELP!”** Tells the ball-carrier that you are open for a pass.

---

Cross References: HELP 7, 17, 18

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**“Fast Break!”** Announces to your teammates that a FAST BREAK is in progress and they should execute their FAST BREAK responsibilities.

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Cross References: FAST BREAK 15

---

**“Reset!”** Instructs the defense or offense to get back into position.

- **Defense:** Find your MARK and Talk to confirm responsibilities within the active SLIDE PACKAGE or offensive set.
- **Offense:** SETTLE THE BALL, get BIG & BALANCED.

---

Cross References: MARK 9, 17, 27, 32; TALK 7; SLIDE PACKAGE 28; SETTLE 8, 25; STAY BIG 8, 21, 25; BALANCE 8, 21

---

**“Get a Touch!”** Instructs the ball-carrier in the offensive zone to step into the BOX immediately in order to avoid a penalty and turnover for a FAILURE TO ADVANCE.

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Cross References: BOX 11, 13; FAILURE TO ADVANCE 19

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**“Keep It In!”  
or “Get It Into the Box!”  
or “Get it In!”** Instructs the offense to keep the ball within the Box until the quarter expires.

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Cross References: BOX 11, 13

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**“Wheels!”** Instructs the ball-carrier, usually during a CLEAR, to simply run as fast as possible towards the offensive zone.

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Cross References: CLEAR 14

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**“Ball down!”** Alerts the rest of the team that the ball is loose on the turf.

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**“Release!”** Instructs the rest of the team that you have gained possession of a loose ground ball.

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**“I’ve got man!” (or just  
“Man!”)  
and  
“I’ve got ball!  
(or just “Ball!”** When a ground ball is contested, teammates communicate roles: one player calls “man” to indicate he will make contact with the opponent to keep him from picking up the ball, and the other calls “ball” to indicate he will try to scoop it.

---

## **vi. Common Penalties**

*These are some of the most common penalties called by officials during a game.*

---

**“Slash”** Swinging the stick and making illegal contact with the opposing player’s head or a part of the body not likely to result in dislodging the ball.

- Result: Time-served penalty (man down). If we have possession, this also causes a turnover.

---

**“Failure to Advance”**

1. After gaining possession in our defensive zone, failure to advance the ball into the offensive zone within the allotted time: (20 seconds to reach midfield, another 10 to reach the Box).
2. After regaining possession within our offensive half, failure to get the ball into the Box within 10 seconds.

- Result: Turnover.

---

<b>“Offside”</b>	Too many players on one side of the field (not enough staying in attack/defense area). <ul style="list-style-type: none"> <li>Result: <ul style="list-style-type: none"> <li>If the team with possession is off-side: Turnover.</li> <li>If the team without possession is offside: time-served penalty (typically 30 seconds)</li> </ul> </li> </ul>
<b>“Push” (loose ball)</b>	Pushing an opposing player when the ball is loose. <ul style="list-style-type: none"> <li>Result: Possession awarded to opposing team.</li> </ul>
<b>“Push” (with possession)</b>	Pushing the ball-carrier in the back. <ul style="list-style-type: none"> <li>Result: Time-served penalty (man down).</li> </ul>
<b>“Cross-Check”</b>	Using the shaft of the stick between the hands to hit/push an opponent. <ul style="list-style-type: none"> <li>Result: Time-served penalty (man down). If we have possession, this also causes a turnover.</li> </ul>
<b>“Holding”</b>	Using a player’s body or crosse to restrain an opponent illegally. <ul style="list-style-type: none"> <li>Result: Time-served penalty (man down). If we have possession, this also causes a turnover.</li> </ul>
<b>“Unnecessary roughness”</b>	Excessive violent contact. <ul style="list-style-type: none"> <li>Result: Time-served penalty (man down). If we have possession, this also causes a turnover.</li> </ul>
<b>“Crease Violation”</b>	When an offensive player enters the Crease. <ul style="list-style-type: none"> <li>Result: Turnover. If the play resulted in a score, the goal will be disallowed.</li> </ul>
<b>“Moving Pick” or “Illegal Screen”</b>	An offensive player sets a SCREEN while moving or otherwise impedes a defender without establishing a legal stationary position. <ul style="list-style-type: none"> <li>Result: Turnover.</li> </ul>

Cross References: Pick 16, 23, 32, 33; Screen 16, 20, 21

For a complete and up-to-date set of rules, interpretations, and age-level guidance, see <https://nfhs.org/sports/lacrosse-boys/rules>

## C. EXPANDED GLOSSARY: Offensive Vocabulary

### i. Core Offensive Concepts

*These are the things we must know and be able to execute to carry out our Offensive Principles of Play and execute our offensive schemes.*

---

**“Balance”** We achieve BALANCE by maintaining proper spacing and positional discipline — ensuring that we occupy each position of the current offensive set, avoid bunching, and preserve clean passing angles. When a teammate CUTS or dodges out of position, we REPLACE to restore spacing and keep our offensive shape intact.

Cross References: CUT 16, 17; REPLACE 8, 22

---

**“Staying Big”** We STAY BIG by using the entire offensive zone to draw defenders out. This ensures that we either have open passing lanes or open dodging lanes.

---

**“Dodge, Pass, Pass, Dodge”** The general rule that for every two passes we make, we will attempt a dodge.

---

**“Off-Ball Movement”** When OFF-BALL PLAYERS CUT and set SCREENS to destabilize the defense and create opportunities to pass and dodge to the MIDDLE.

Cross References: OFF-BALL 7, 14, 21; CUT 16, 17; Screen 16, 20, 21; MIDDLE 6, 11, 12

---

**“Ball Movement”** Following the 3-Second Rule and making sure the ball does not get STUCK to keep the defense moving and create new opportunities to dodge or FEED to the MIDDLE.

Cross References: 3-SECOND RULE 8, 21; STUCK 22; FEED 16; MIDDLE 6, 11, 12

---

**“3-Second Rule”** As the ball-carrier in the offensive zone, you have 3 seconds to find an opportunity to dodge or shoot and initiate it, otherwise you must pass.

---

**“Support” (Offensive)** When an OFF-BALL player ADJACENT to the ball-carrier gets open so the ball-carrier can make a safe pass.

Cross References: OFF-BALL 7, 14, 21; ADJACENT 7, 14, 17

---

**“Clear Through” or “Camo”** When an OFF-BALL player ADJACENT to the ball-carrier gets out of the way along with his defender to create an open dodging lane for the ball-carrier.  
Variants: CAMO, SHALLOW, ZIPPER

Cross References: CLEAR THROUGH (CAMO) 25; OFF-BALL 7, 14, 21; ADJACENT 7, 14, 17

---

**“Camo” (Standard)** When a high midfielder or X attackman is dodging vertically, the WING attackman will run through the MIDDLE to the other side of the Z-LINE to get out of the way and drag his defender away. This should prompt the entire attack unit to ROTATE to REPLACE the CAMO.

Cross References: X 11, 12; WING 11, 12; MIDDLE 6, 11, 12; Z-LINE: 6, 12; ROTATE (OFFENSIVE) 23; REPLACE 8, 22; CLEAR THROUGH (CAMO) 25

---

**“Camo — Shallow”** Where a high midfielder is dodging TOP-SIDE, a near ADJACENT high midfielder will float UNDERNEATH the dodge and REPLACE behind the ball-carrier on the PERIMETER.

Cross References: TOP-SIDE 6; ADJACENT 7, 14, 17; UNDERNEATH 14; CLEAR THROUGH (CAMO) 25; REPLACE 8, 22; PERIMETER 11, 12

---

**“Camo — Zipper”** When a WING attackman is dodging, the crease offensive player should backpedal to the wing opposite the dodge. This should prompt the wing and X attackmen to ROTATE to REPLACE the dodger.

Cross References: WING 11, 12; X 11, 12; ROTATE (OFFENSIVE) 23; REPLACE 8, 22

---

**“Pinch”** When the ADJACENT OFF-BALL player moves into the MIDDLE to anticipate CLEARING THROUGH for the ball-carrier to dodge.

Cross References: ADJACENT 7, 14, 17; OFF-BALL 7, 14, 21; MIDDLE 6, 11, 12; CLEAR THROUGH (CAMO) 25

---

**“Gonzo”** Pass the ball, ELEVATE to set up dodge, receive the ball back and go.

Cross References: ELEVATE 23

---

**“Stuck”** The ball is STUCK when the ball-carrier in the offensive zone has held onto it for too long and needs to pass to another player.

**“Replace” / -ing** When an offensive player moves into the position of an ADJACENT offensive player who has CUT, dodged, or CAMO'D out of position. Necessary to maintain BALANCE.

Cross References: ADJACENT 7, 14, 17; CUT 16, 17; CLEAR THROUGH (CAMO) 22, 25; BALANCE 8, 21

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**“Exchange”** When two ADJACENT players switch positions during play.

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Cross References: ADJACENT 7, 14, 17

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**“Rotate” / -ion / -ing (Offensive)** When three or more offensive players EXCHANGE.

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Cross References: EXCHANGE 8, 23

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**“Pick & Roll”** When a player sets a PICK and then, after the ball-carrier passes, rolls out of the PICK (usually towards the MIDDLE) to receive a pass.

---

Cross References: PICK 16, 23, 32, 33; MIDDLE 6, 11, 12

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**“Re-Dodge”** After a dodge has been repelled by the defense, a ball-carrier can BOUNCE STEP, look to pass, and if no one is open then dodge again.

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Cross References: BOUNCE STEP 24

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**“Skip”** A pass to an open teammate which bypasses (SKIPS over) your ADJACENT teammate to find HELP or two positions away.

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Cross References: ADJACENT 7, 14, 17; HELP 7, 17, 18

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**“Give & Go”** When the ball-carrier passes to a teammate and then immediately CUTS for a return pass and shot.

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Cross References: CUT 16, 17

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**“Invert”** When some or all of the middies EXCHANGE with the attack so that the opposing defense’s short stick defenders become the closest defenders to the goal.

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Cross References: EXCHANGE 8, 23

---

## ii. Offensive Skills & Techniques

*These are individual skills that an effective offensive player should be able to perform.*

---

**“Triple Threat Position”** Holding the stick with two hands up over the shoulder such that the ball is in position to be passed, shot, or pulled down for a dodge.

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**“Elevate”** Backing away from your defender to gain adequate space to be open for a pass or initiate a dodge.

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**“Bounce Step”** A separation step or shuffle away by the ball-carrier from the ON-BALL defender to create space for your hands to pass, dodge, or RE-DODGE.

Cross References: ON-BALL 6, 14; RE-DODGE 23

---

**“Fade” / “Drift”** When an Adjacent Off-Ball player backpedals away from the ball-carrier. If your defender follows, you’ve created space for the ball-carrier to dodge. If your defender stays, you are open for a pass.

Cross References: ADJACENT 7, 14, 17; OFF-BALL 7, 14, 21

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**“Changing Planes”** Refers to shooting high-to-low or low-to-high to make it more difficult for the goalie to anticipate the shot location based on the shooter’s release point.

---

**“C-Cut”** This is a OFF-BALL CUT which begins with a rounded movement the shape of a “C”, first away from and then towards the ball-carrier. The reason for a C-CUT is to create space between oneself and their defender.

Cross References: OFF-BALL 7, 14, 21; CUT 16, 17

---

**“V-Cut”** A one-to-three step move by an OFF-BALL offensive player where the defender is first engaged and lured away from the ball-carrier, and then the offensive player quickly reverses direction and moves towards the ball to present HELP. The movement pattern resembles a “V” shape.

Cross References: OFF-BALL 7, 14, 21; HELP 7, 17, 18

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**“Z-Cut”** The same as the V-CUT, but the first move is towards the ball-carrier, then away, then back towards again.

---

**“Quickstick” or “One-Time”** The act of catching and passing or shooting in one fast motion.

---

**“Crank”, “Stepdown” or “Time-and-Room”** A powerful shot taken when a player has both the time to set up and space from defenders to deliver a hard and accurate shot.

---

**“Following the Slide”** When the defender guarding you SLIDES to the ball-carrier, entering into the space left behind him to receive a FEED.

Cross References: SLIDE 9, 15, 28; FEED 16

---

**“Eyes Up”** When dodging, keeping your eyes up rather than on the ground so that you can see SLIDES coming and FEEDING opportunities as they develop.

---

Cross References: SLIDE 9, 15, 28; FEED 16

---

### iii. **Offensive Calls & Cues**

*These are the things that we will say on the field (or from the sideline) to prompt certain offensive actions during games.*

---

**“Get Space!”** Tells the player to ELEVATE, BOUNCE STEP, or otherwise create distance from their defender to create proper spacing to dodge, CUT, or be HELP.

---

Cross References: ELEVATE 23; BOUNCE STEP 24; CUT 16, 17; HELP 7, 17, 18

---

---

**“Get Big!”** Tells the entire offense to get BIG & BALANCED (spread out and use more of the field, get open, and pull defenders out of position).

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Cross References: STAY BIG 8, 21, 25; BALANCE 8, 21

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---

**“Nemo!”** Tells all OFF-BALL offensive players to CLEAR THROUGH to the other side of the field from the ball-carrier to give him space to dodge his defender one-on-one.

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Cross References: OFF-BALL 7, 14, 21; CLEAR THROUGH (CAMO) 22, 25

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**“Settle!” or “Settle the Ball!”** Tells the offense to temporarily pause the attack, get into position (BIG & BALANCED), and begin working the ball along the PERIMETER.

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Cross References: SETTLE 8; STAY BIG 8, 21, 25; BALANCE 8, 21; PERIMETER 11, 12

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---

**“[Name], Camo!”** Tells the ADJACENT offensive player to CLEAR THROUGH to make a dodging lane for the ball-carrier.

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Cross References: ADJACENT 7, 14, 17; CLEAR THROUGH (CAMO) 22, 25

---

---

**“Double!”** Alerts the ball-carrier that a second defensive player is or is about to join the primary ON-BALL defender to create a double team. Typically called when the ball-carrier doesn't see the double-team coming.

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Cross References: ON-BALL 6, 14

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**“Get 100!”** Instructs the whole offense to pass the ball all the way around the PERIMETER (100%) of the offensive set, ending with the ball back at the present/initial ball position

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Cross References: PERIMETER 11, 12

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**“Spin it!” or “Move it!”** Instructs the ball-carrier and entire offense that we need to start passing around the PERIMETER. Called when it appears the ball is about to get STUCK.

---

Cross References: PERIMETER 11, 12; STUCK 22

---

**“Good Time!”** Tells the ball-carrier that now would be a good time to attempt a dodge.

---

**“Yellow!”** Tells the offense to SETTLE the ball and the midfielders to sub off.

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Cross References: SETTLE 8, 25

---

**“[Name], Yellow!”** Tells a particular player to sub off.

---

## D. EXPANDED GLOSSARY: Defensive Vocabulary

### i. Core Defensive Concepts

*These are the things we must know to carry out our Defensive Principles of Play and execute our defensive schemes.*

---

**“Triage”** Dealing with the most dangerous threat first. We will always prioritize PRESSURE and SUPPORT according to threat level. The most dangerous offensive player is always the ball-carrier. The second most dangerous player is the one closest to the goal. The least dangerous player is the one farthest from the ball-carrier. Our defensive must constantly adjust to the shifting danger as the ball moves around the offensive PERIMETER.

Cross References: TRIAGE 9, 27; SUPPORT (DEFENSIVE) 7, 16, 28; PRESSURE 15; PERIMETER 11, 12

---

**“Inside Out”** Playing INSIDE OUT means that we most strongly defend the MIDDLE by staying PACKED IN and positioning ourselves closer to the goal than our MARK.

Cross References: MIDDLE 6, 11, 12; PACK IN 10, 27, 33; MARK 9, 17, 27, 32

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**“Pack In”** PACKING IN means condensing the entire defense towards the MIDDLE and conceding shots from the PERIMETER.

Cross References: MIDDLE 6, 11, 12; PERIMETER 11, 12

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**“Man Coverage”** When each defender is responsible for guarding a particular *offensive player* (MARK).

Cross References: MARK 9, 17, 27, 32

---

**“Zone Coverage”** When each defender is responsible for guarding a particular *spot on the field* regardless of which offensive player is occupying it.

---

**“Marking Up”** Refers to making sure you are guarding your MARK and vocalizing your responsibility so that other defenders know that player is covered.

Cross References: MARK 9, 17, 27, 32

---

**“Ball Watching”** As an OFF-BALL defender, paying too much attention to the ball-carrier and losing track of your MARK.

Cross References: BALL-WATCHING 9; OFF-BALL 7, 14, 21; MARK 9, 17, 27, 32

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---

**“Support” (Defensive)** When an OFF-BALL defender ADJACENT to the ON-BALL defender puts themselves in position to SLIDE or DOUBLE the ball.

Cross References: OFF-BALL 7, 14, 21; ADJACENT 7, 14, 17; ON-BALL 6, 14; SLIDE 9, 15, 28; SUPPORT (DEFENSIVE) 7, 16, 28

---

**“Slide” / -ing** When an OFF-BALL defender leaves his MARK to defend a more dangerous offensive player, especially the ball-carrier if the first defender is beat.

Cross References: OFF-BALL 7, 14, 21; MARK 9, 17, 27, 32

---

**“Hot Slide”** OFF-BALL defender who has first responsibility for SLIDING if the ON-BALL defender is beat by a dodge.

Cross References: OFF-BALL 7, 14, 21; SLIDE 9, 15, 28; ON-BALL 6, 14

---

**“Two Slide”** OFF-BALL defender who has responsibility for SLIDING to the offensive player left open by the HOT SLIDE, usually on the crease.

Cross References: OFF-BALL 7, 14, 21; SLIDE 9, 15, 28; HOT SLIDE 9, 28, 32

---

**“Reco” or “Recover”** When the defender beaten on a dodge ROTATES to the offensive player left open by the SLIDE PACKAGE.

Cross References: RECOVER 32; ROTATE (DEFENSIVE) 28; SLIDE PACKAGE 28

---

**“Defensive Package” or “Slide Package”** The defensive strategies named in the Playbook, which instruct the defense from where to SLIDE and where to RECOVER.

- *e.g.*, **Cornell** or **AJ**

Cross References: SLIDE 9, 15, 28; RECOVER 28, 32

---

**“Rotate” / -ion / -ing (Defensive)** A pre-determined series of SLIDES executed by the entire defense to make sure no offensive players are left open as the result of an isolated SLIDE, especially during a FAST BREAK or a MAN-DOWN situation.

Cross References: SLIDE 9, 15, 28; FAST BREAK 15, 18; MAN-DOWN

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**“Extending” or “Pressing”** Moving farther from the MIDDLE towards our MARK to make ball movement more difficult for the offense.

Cross References: MIDDLE 6, 11, 12; MARK 9, 17, 27, 32

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**“Spider” / -ing** Playing INSIDE OUT, the ON-BALL defender will EXTEND to the ball-carrier and the BACK-SIDE defender will SLOUGH in to protect the MIDDLE. As the ball moves around the PERIMETER, this action resembles a spider’s legs extending and retracting.

Cross References: INSIDE OUT 9, 27; ON-BALL 6, 14; EXTEND; SLOUGH; MIDDLE 6, 11, 12; PERIMETER 11, 12

---

**“Sloughing In”:** Moving closer to the MIDDLE away from our MARK.  
(pronounced, “sluffing”) *e.g.*, when the BACK-SIDE defender SLOUGHS IN towards the crease so that the HOT SLIDE can safely EXTEND towards the ball-carrier without exposing the crease for an easy assist.

Cross References: MIDDLE 6, 11, 12; MARK 9, 17, 27, 32; BACK-SIDE; SLOUGH; HOT SLIDE 9, 28, 32; EXTEND 28; SLIDE 9, 15, 28

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**“Splitting”** When one OFF-BALL defender guards two offensive players at the same time.  
*e.g.*, during a numerical disadvantage such as a FAST BREAK or MAN-DOWN.

Cross References: OFF-BALL 7, 14, 21; FAST BREAK 15, 18; MAN-DOWN

---

**“Double” / -ing** Sending a second defender ON-BALL to cause a turnover, especially if we have a FISH or the ball-carrier does not see the potential DOUBLE.

Cross References: ON-BALL 6, 14; FISH; DOUBLE

---

**“Locking Off”** This means assigning one defender to very closely guard a particular MARK and exert maximum PRESSURE to prevent him from receiving a pass. This defender has no SLIDE responsibilities.

Cross References: MARK 9, 17, 27, 32; PRESSURE 15; SLIDE 9, 15, 28

---

**“Switch”** When an OFF-BALL defender takes over responsibility for covering the ball-carrier, and the formerly ON-BALL defender switches to guard the OFF-BALL offensive player.

Cross References: ON-BALL 6, 14; OFF-BALL 7, 14, 21

---

## ii. **Defensive Skills & Techniques**

*These are individual skills that an effective defender must be able to perform.*

---

**“Head on a Swivel”** The OFF-BALL defenders must constantly be looking between the ball-carrier and their MARK to keep track of both at all times. This prevents BALL WATCHING and keeps you ready to SLIDE.

Cross References: OFF-BALL 7, 14, 21; MARK 9, 17, 27, 32; BALL WATCHING; SLIDE 9, 15, 28

---

**“Cut the Field in Half”** When approaching the ball-carrier, using your stick to divide the field in half between TOP-SIDE and the rest of the field where we would prefer the ball-carrier to dodge (the ALLEY or UNDERNEATH).

Cross References: TOP-SIDE 6; ALLEY 11, 12; UNDERNEATH 14

---

**“Closing the Gate”** As an ON-BALL defender guarding against a dodge, positioning and angling your body (especially your hips and feet) so as to force the dodger away from TOP-SIDE.

Cross References: ON-BALL 6, 14; TOP-SIDE 6

---

**“Poke Check”** A defender jabs his stick at the exposed stick end or hands of an opposing ball carrier in an effort to jar the ball loose. These checks are very effective in that the checking player stays in balance and keeps a cushion of space between him and the ball carrier.

---

**“Lead Poke”** When SLIDING, ROTATING, or approaching a ball-carrier, leading with a POKE check to establish distance, exert PRESSURE, and CUT THE FIELD.

Cross References: SLIDE; ROTATE (DEFENSIVE) 28; POKE; PRESSURE 15; CUT THE FIELD

---

**“Slap Check”** The defender uses his stick to slap the stick of the offensive player who has the ball. Be careful not to stop your feet.

---

**“V-Hold”** A defensive technique where a player uses their stick and forearm to create a "V" shape around the ball-carrier, establishing leverage to control their movement.

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**“Hedge” or “Show”** When the defender moves towards a ball-carrier as if the defender is going to SLIDE, but does not fully commit. The purpose is to persuade the ball-carrier to retreat without losing your ability to play your MARK.

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Cross References: SLIDE 9, 15, 28; MARK 9, 17, 27, 32

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**“Shuffle”** Moving laterally (side-to-side).

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**“Drop Step”** A defensive footwork technique used to change direction quickly without falling behind. It involves planting one foot and opening the hips to quickly pivot and move in a new direction, allowing the defender to stay with an offensive player who is dodging or changing direction. This is a more efficient movement than simply shuffling or running backward.

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**“Exert Equal Pressure”** The idea that when defending against a dodge, the defensive player should not push into dodger with lesser or more force than the dodger is exerting.

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**“Stick to the Middle”** The idea that when playing defense, your stick should be oriented with the head pointed towards the Z-LINE.

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Cross References: Z-Line 6, 12

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### iii. **Defensive Calls & Cues**

*These are the things that we will say on the field (or from the sideline) to prompt certain defensive actions during games. The large number of calls reflects the importance that the defense constantly TALK.*

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**“[Name], Deuce!”** Instructs the named player to initiate a DOUBLE on the ball-carrier. Always use the name of the player who should join the ON-BALL defender as the DOUBLE.

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Cross References: ON-BALL 6, 14

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**“[Name], Lima Lima Lima, [Number]!”** Instructs the named player to initiate a LOCK OFF on the offensive player having a particular number.

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Cross References: Lock Off 29

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**“Pike!”** Instructs the defense to LOCK OFF the ball-carrier’s ADJACENTS, usually because the ball-carrier has been identified as a FISH.

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Cross References: LOCK OFF ; ADJACENT 7, 14, 17; FISH

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**“Cutter!”** TALK to alert the interior defenders that a CUTTER is coming through the MIDDLE.

Cross References: TALK 7; CUT 16, 17; MIDDLE 6, 11, 12

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**“Mark Up!”** TALK to alert each defensive player to make sure he is guarding his MARK.

Cross References: TALK 7; MARK 9, 17, 27, 32

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**“I’m Hot” / “Who’s Hot?” / “You’re Hot!”** TALK to identify who has responsibility as the HOT SLIDE.

Cross References: TALK 7; HOT SLIDE 9, 28, 32

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**“I’m Two!” / “Who’s Two?” / “You’re Two!”** TALK to identify who has responsibility as the Two SLIDE.

Cross References: TALK 7; SLIDE 9, 15, 28; TWO SLIDE 28

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**“Fire!”** TALK to tell the defense that you’re SLIDING, or to alert the HOT SLIDE that he must SLIDE.

Cross References: TALK 7; SLIDE 9, 15, 28; HOT SLIDE 9, 28, 32

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**“[Name], Reco!”** TALK to tell the beat defender to RECOVER to the crease to replace the HOT SLIDE.

Cross References: TALK 7; RECOVER 28; HOT SLIDE 9, 28, 32

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**“[Name], Bump!”** TALK to the TWO SLIDE by the beat defender after a RECO, telling the TWO SLIDE that he can go back to his original MARK.

Cross References: TALK 7; TWO SLIDE 28; RECOVER 28, 32; MARK 9, 17, 27, 32

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**“AJ!”** Instructs the defense to go it the AJ (ADJACENT) SLIDE PACKAGE.

Cross References: ADJACENT 7, 14, 17; SLIDE PACKAGE 28

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**“Cornell!”** A call to put the defense into the Cornell (crease) SLIDE PACKAGE.

Cross References: SLIDE PACKAGE 28

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**“Pick Right/Left” or “Screen Right/Left”** TALK to alert the ON-BALL defender that an offensive player is setting a PICK on his left or right side.

Cross References: TALK 7; ON-BALL 6, 14; PICK 16, 23, 32, 33; Screen 16, 20, 21

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**“Switch!”** TALK to signal that responsibility to defend the ball-carrier has switched to the next defender. Can be initiated in the event of a dodge or PICK and can be called by the defender receiving or losing the assignment but should be echoed by both.

Cross References: TALK 7; PICK 16, 23, 32, 33

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**“Stay with!” or “Go Through”** TALK to the ON-BALL defender during a pick, telling him not to SWITCH. Often paired with PICK warning.

- *e.g.*, “PICK right! STAY WITH!” will tell the ON-BALL defender that there’s a PICK on his right but he should fight through it to stay ON-BALL.

Cross References: TALK 7; PICK 16, 23, 32, 33; ON-BALL 6, 14

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**“Go Under!” or “Go Over!”** TALK to the ON-BALL defender during a pick, telling him to continue running with the ball-carrier and run past the PICKER under (closer to the goal) or over (closer to the ball-carrier).

Cross References: TALK 7; PICK 16, 23, 32, 33; ON-BALL 6, 14

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**“Pack It In!”** A call to remind the defense to play INSIDE OUT by condensing towards the MIDDLE.

Cross References: INSIDE OUT 9, 27; PACK IN 10, 27, 33; MIDDLE 6, 11, 12

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**“Get into the Hole!”** TALK to a defensive teammate, typically a midfielder during a FAST BREAK, to move quickly into the HOLE then begin playing defense.

Cross References: TALK 7; FAST BREAK 15, 18; HOLE 11, 13

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**“Clear the Crease!”** Instructs the defense to remove any offensive players from the area in front of the crease.

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**“Sticks Up!”** Instructs the defense to raise their sticks up into the passing lanes to disrupt the opposing team’s offense, especially during a MAN-DOWN situation.

Cross References: MAN-DOWN 15

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# Brave

## LACROSSE

### PRINCIPLES OF PLAY

#### Mission

*What is our PURPOSE?*

OFFENSE



**SCORE GOALS**



DEFENSE

**PREVENT GOALS**

#### Strategy

*What is our APPROACH?*



**EARN  
QUALITY SHOTS  
BY PENETRATING THE MIDDLE**



**DENY  
QUALITY SHOTS  
BY PROTECTING THE MIDDLE**

#### Principles

*What MUST we do?*

**Offense Principles of Play: A.M.P.S.**

- 1** ANTICIPATE
- 2** MOVE
- 3** PRESENT A THREAT
- 4** SPACE OUT

**Defense Principles of Play: P.A.T.H.**

- 1** PLAY INSIDE OUT
- 2** APPLY TRIAGE
- 3** TALK, TALK, TALK
- 4** HEAD ON A SWIVEL

Our PRINCIPLES OF PLAY are the things we always do, on every possession, in every game, regardless of opponent. To understand our PRINCIPLES OF PLAY, players must know our PROGRAM VOCABULARY.