



Lacrosse is a great game for our children to learn about fair play and team sports. As with all sports once the rules and terminology are better understood by parents a whole new level of appreciation kicks in. Here are some terms help you open the door to understanding the rules, fundamentals, and tactics of the game.

There is certainly an extensive lacrosse vocabulary that players and serious fans need to learn.

Assist a pass to the shooter that sets up a goal.

Attack the player position in the game that is stationed at the offensive end of the Rink

Attacker/Attackman a player at the Attack position.

Back Door an offensive player without the ball sneaks in, close to the goal behind the defense, where the ball carrier zips a pass to him or her for an easy score. 2: \ v. \ sneak behind the defense to receive a feed and get an easy scoring opportunity.

Ball a white, orange or yellow solid rubber sphere between 7 3/4 and 8 inches in circumference and between 5 and 5 1/4 ounces in weight.

Bobby Allen a pass or shot that is made from behind the neck

Body Check a check using the shoulder to hit a ball carrier's upper frontal body.

Bounce pass-shot when the player directs the ball into the ground and uses the bounce to shoot on net or pass to a teammate

Box (the box) the penalty box, where time is assed for penalties to be served by the player

Box Lacrosse indoor version of lacrosse.

Butt the end of the stick without the head.

Check an attempt to dislodge the ball from another player's stick by poking or slapping their stick or arms with either end of your stick,

Cherry-picker a player who stays in open space while their side is defending, hoping for a long pass from the defence in the event of a turnover. More prevalent in box lacrosse.

CLA acronym for the Canadian Lacrosse Association. The Canadian Lacrosse Association (CLA) is responsible for the organization, administration and promotion of lacrosse, Canada's National Summer Sport. The Association oversees the four versions of the game – box lacrosse, men's field lacrosse, women's field lacrosse and inter-lacrosse

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Cradle a side to side motion of the stick to maintain position of the ball in the head while running at full speed.

Crease the circle that surrounds each goal. Offensive players are not allowed in the crease. A defensive player is not allowed to pass the ball into

Crosse proper name for a stick from the French word "Crossier" or curved staff.

Cross Check holding the shaft with both hands and hitting the opposing player with that portion of the shaft between your hands.

Cut A sprint across the goalface in an attempt to get free of a defender and receive a pass in front of the goal.

Defense the player position stationed in the defensive end of their goal.
Defender/Defenseman a player at the defense position.

Dominant Hand a favored top hand on the stick.

Dodge evading and passing a defender while running with the ball.

Draw occurs in the center of the field to start the game. Two players are set equally apart with their stick heads facing against each other's with the ball in between. When the whistle is blown, the two attempt to "fling" the ball into the direction of their player.

End Cap a plastic/rubber cap that covers the butt end of the shaft.

Extension the distance between your hands and your body on a hard running shot.

Face off in the center of the field, two players are set equally apart with their stick heads facing each other, touching the ground and the ball on the ground in between. When the whistle is blown, the two move to control the ball and play begins.

Fake feigning the intention to shoot or pulling a shot back without letting the ball go in order to fool a defender or goalie out of position.

Fast Break an extra man situation temporarily cause by a quick steal or great outlet pass from the defensive end. The offense uses the extra man to split the defense so that the ball coming quickly down the field can find an easy path from undefended player to undefended player until a very high percentage shot is taken.

Feed a pass that finds a teammate cutting to the goal (an assist).

Field playing surface for outdoor lacrosse.

Five hole (5 hole) a shot that gets to the goal taking a path between the legs of the goalie.

Floor playing surface for box lacrosse.

Full Strength a term indicating that no players on a team are serving penalties.
Goal when the ball crosses the goal line into the net.

Goalie /Goal Keeper player position responsible for protecting the actual goal.

Head the top portion of a lacrosse stick which houses the stringing or mesh.

Help an exclamation used to alert a teammate that you are open and able to receive a pass.

High to low a shot that is taken overhand but hits the net low.

Hook part of the mens pocket, usually just under the shooting strings where the ball nestles in the pocket.

Indoor Lacrosse the indoor version of lacrosse also called Box Lacrosse.

Inside Roll when an attackman plants his lead foot and rolls back and around the defender with his outside leg, leaving him in a one-on-one with the goalie for an easy goal

ISO (Isolation play) offensive one-on-one play made possible by the drawing of defensive players away from an area for the ball carrier to do their thing.

Lax slang for lacrosse.

Laxer slang for lacrosse player.

Legal refers to a stick that complies to the rules.

Lip part of the men's pocket, usually just under the shooting strings where the ball nestles in the pocket.

Loose Ball when the ball is on the floor during play

Low to high a shot that is taken underhand but hits the top of the net.

MLL acronym for Major League Lacrosse, the outdoor professional league in the US.

Man Down The situation that results from a time-serving penalty which causes the defense to play with at least a one man disadvantage.

Man to Man a defensive scheme where the defending players stick to a specific man rather than an area of the field.

Moving Pick an offensive player actively interferes with a defensive player's advancement while pursuing the ball carrier.

NCLL acronym for the National College Lacrosse League features over 80 college club teams in 10 states.

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NLL acronym for National Lacrosse League, the indoor professional league in the US and Canada.

OLA acronym for the Ontario Lacrosse Association. The Ontario Lacrosse Association has been recognized as the administrative governing body of all levels (youth, junior and senior) and disciplines (box, field and inter-lacrosse) of lacrosse in the province. Over time, the OLA has introduced and delivered programs and services to assist in the promotion and development of the sport provincially.

OMFLL acronym for the Ontario Minor Field Lacrosse League, the governing body that

Over The Head Check a check where the defender, from behind the ball carrier, with both hands holding the bottom of the shaft, fully extends their arms upward turning the stick head downward and sweeps across the front of the ball carrier's body hitting the stick.

Pick a player stands in a stationery position in the path of a teammate driving with the ball allowing the ball carrier to get loose as he runs by very closely scraping his defender off on the set player's body.

Pick and Roll a player stands in a stationery position in the path of a teammate driving with the ball allowing the ball carrier to get loose as he runs by very closely scraping his defender off on the set player's body. The attackman plants his lead foot and rolls back and around the defender with his outside leg, leaving him in a one-on-one with the goalie for an easy goal, or an option pass to the player setting the pick and then releasing to move towards the Goal.

Penalty a call by the referee that punishes a rules infraction.

Pocket the stringing or mesh in the head of the stick that catches, holds and directs the ball when passing or shooting.

Point the forward attack position on a fast break.

Power Play Box lacrosse term for extra man offense while one or more opposing players serves a penalty.

Quick Stick catching the ball from a pass while in the shooting or passing motion or the moment before the forward thrust of the shot or pass.

Rake a face-off move in which a player sweeps the ball to the side.

Save official name for when a goalkeeper stops a shot on goal.

Scoop the top part of the lacrosse head used to "scoop" up the ball.

Screen 1. a player stands in a stationery position in the path of a teammate driving with the ball allowing the ball carrier to get loose as he runs by very closely scraping his defender off on the set player's body. 2. a player stands in the face of the goal blocking the goalkeeper's view of the incoming shot. 3. the act of setting a pick

Shaft the pole or handle part of a lacrosse stick.

Shorthanded slang for being man down due to penalties.

Shot a ball thrown with the crosse at the goal with the intent of scoring and hitting the net or the goal keeper.

Shoot throwing the ball at the goal in an attempt to score.

Shuffles a warm-up exercise that consist of positioning the body such that the knees are bent and the back is straight then moving sideways quickly down the field

Side-arm Shooting the ball from an angle at the side of the body.

Sidewall the string that runs down the sides of the stick head holding the mesh or strung pocket to the head.

Slap Check a check where a player uses the head of his stick to slap an opposing player in the arm, hand, or stick to dislodge the ball.

Slashing the illegal striking or swinging of a stick at an opposing player

Stick a lacrosse stick. Usually refers to the head and shaft combined.

Stick Check 1. a defensive check that hits the ball carriers stick in an attempt to dislodge the ball. 2. a referee examines a stick from each team to check for legality. 3. a coach calls for an opposing player stick to be checked for legality.

Strip to check a ball from a players stick or a players stick from his hands.

Switch terms used by a player to let a teammate know to stop taking the man he is guarding in a defensive situation and switches to defend the attacker of the person calling for the action.

Throat the part of the stick head that meets the shaft.

Thumbing holding the ball in the stick with the thumb. If caught this will result in a withholding call.

Transition when a team goes from offense to defense or from defense to offense.

Transition Game concept of substitution on the change of possession to get a team's best offensive or defensive players on the field for that purpose.

Turnover a change in the possession of the ball from one team to the other.

Underhanded shot a shot that is launched from an upside-down stick where the head is near the ground and the butt end is higher.

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Warding Free Arm illegal movement of the ball carrier's free arm to deflect the stick

Wide Open when a player is very open for a pass or uncovered by a defender.

Wrap Check a check in which the defender holds his crosse in one hand and “wraps” his stick around the opponent in an attempt to hit the opponent’s crosse and dislodge the ball.

Zone (Zone defense) defensive scheme where players are responsible for areas of the field rather than certain players.