Assist \ n. \ a pass to the shooter. A pass that sets up a goal. Two assists can be awarded in Box Lacrosse.

Attack \ n. \ the player position in the game that is stationed in the offensive end and is responsible for offense primarily. These players are called Attackers or Attackmen.

Attacker \ n. \ a player at the Attack position.

Attackman \ n. \ a player at the Attack position.

Back Door \ n. \ 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

Ball or Ball down \ v.\ All players usually shout ball any time the ball is on the ground. Often this is the first indicator to the player who had it that he has dropped it.

Bounce Pass \ n. \ a pass that is targeted downward and bounces before redirecting t the intended player.

Break \ n. \ 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.

Butt \ n. \ the end of the stick without the head. The cap that covers the end of the stick, usually made of plastic.

Cage \ n. \ slang for the goal

Check \ n. \ 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, though most often the head.    2: v. \ the act of attempting to dislodge the ball in this manner.

Clear \ n. \ a play designed to move the ball from the defensive end to the offensive end after a save or turnover. 2: \ v. \ moving the ball from the defensive end to the offensive end of the field after a turnover or save.

Cradle \ v. \ the fluid side to side motion of the stick in order to maintain possession of the ball using its own gravity and inertia while running at full speed.

Crank \ n. \ a hard shot accentuated by an extended wind up by a stationary shooter or full extension of the shot by a sprinting shooter.

Crease \ n. \ the 9 foot (men's) or 8.5 foot (women's) radius circle that surrounds each goal. Offensive players are not allowed in the crease

Crosse \ n. \ proper name for a stick. From the French word "Crossier" or curved staff. Refers to the head and shaft together or more appropriately to the one piece wooden stick used before 1970 and still used by some box players and Native Americans, who, of course, invented them.

Cross Check \ n. \ with both hands on the shaft, hitting a player with the section of the shaft between the hands. Illegal in field lacrosse

Cutting \ v. \ An attacking player without the ball darts around a defender toward the goal in order to receive a “feed pass.” A cutting player is a cutter.

D \ n. \ slang for defense or the group of defensive players.

D- Up \ term \ slang for recognizing and taking a man defensively. Yelled by the Goalkeeper to his defensive unit after an unsettled situation.

Defense \ n. \ the player position that is responsible for defense primarily and are stationed in the defensive end near their goal. They use long poles and are sometimes even called "longpoles".

Defender \ n. \ a player at the defense position. See Defense.

Defenseman \ n. \ a player at the defense position. See Defense.

Dip and dunk \ n. \ a fake performed by a player that is in tight next to the goal. The fake is low making the goalie drop. Then the shooter finishes up high in an almost empty net.

Dominant Hand \ n. \ a favored top hand on the stick. Most players have a dominant hand and defenders should exploit that if it is that obvious.

Dodge \ n. \ any move that gets a ball carrier by a defender. 2: \ v. \ evading and passing a defender while driving with the ball.

5 hole (five hole) \ n. \ a shot that gets to the goal taking a path between the legs of the goalkeeper.

Feed \ n. \ a pass that finds a teammate cutting to the goal. An assist.

FOGO \ n. \ acronym for "Face-Off, Get Off". A player who is only on the field during the face off. Most FOGO's are the centermen or face-off men during the draw but they can also be wing men, often with a long stick. FOGOs evolved into the game of lacrosse around the turn of the century due to specialization in lacrosse. Fool's Goal \ n. \ A shot on goal that hits the back of the net. Also called a mommy goal because all the mothers in the crowd cheer thinking that the ball went into the cage.

Foul \ n. \ a call by the referee that punishes a rules infraction and awards either penalty time or a turnover of possession. 2: \ v. \ to act outside of the rules.

Full Strength (even strength) \ n. \ term indicating that no players on a team are serving penalties.

Goal \ n. \ a steel 6 foot square opening enclosed with a net. Goals are smaller in box and inside lacrosse. 2: \ n. \ term for when a ball evades the goalkeeper and scores by crossing the goal face.

Goal Face \ n. \ the open front of the goal.

Goal Line \ n. \ a 6 foot line across the face of the goal. The ball must cross this line to score. The line is shorter in box lacrosse.

Goal Line Extended (GLE) \ n. \ An imaginary line that extends straight out from the sides of the goal line.

Goal Plane \ n. \ term for the Goal Face extended, the imaginary plane of the goal extended to the sidelines for the purposes differentiating between a pass and a shot. A missed shot must cross the goal plane.

Goalie \ n. \ see Goal Keeper.

Goal Keeper \ n. \ player position responsible for protecting the actual goal. Very rarely leaves the defending goal area and uses a larger stick head to block shots. Also called a Goalie or Keeper.

Ground Ball \ n. \ a loose ball picked up with the crosse from the ground.

Hack \ n. \ a player that tries to hurt people with checks or just checks randomly instead of pointedly.

Head \ n. \ the top portion of a lacrosse stick which houses the stringing or mesh and, with some skill, the ball. Most are plastic and screw onto a shaft made of a composite metal but sometimes wood (old style).

Head on a Swivel \ n. \ a defensive term for keeping aware of everything around you. Peripheral vision is important for a sliding defender in order to cover all potential cutters or passes and see the whole field.

Help \exclam.\ Used to alert a teammate that you are open and able to receive a pass, “Here’s your Help!”

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

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

Man ("Man") \ n. \ any opposing player to be covered (ie. my man, your man). 2: \ term \ used by a player to another player to let him know that he will keep the opponent away from the ball until his counterpart has possession. The teammate shouts "Ball" and takes up the ground ball and shouts "Release" to let the other know to stop taking the "man".

Man D \ n. \ see Man to Man.

Man Down D (Man Down Defense) \ n. \ a unit that practices and has speific plans for defending the goal with one or more players out of the game with penalties.

Man on Man \ n. \ see Man to Man.

Man to Man (Man to Man Defense) \ n. \ a defensive scheme where the defending players stick to a specific man rather than an area of the field. Also called Man on Man or Man D.

Man Up (Man Up Offense) \ n. \ slang for Extra Man Offense. Offensive scheme geared toward taking advantage of man-up situations after penalties on opposing players. 2: The group of players assigned to play in extra man situations.

Midfielder \ n. \ a player position that covers the whole field. Also called a Middie.

Moving Pick \ n. \ an offensive player actively interferes with a defensivese player's advancement while pursuing the ball carrier. A stationary pick is allowed but even a lean toward the player to be screened or picked is illegal. A pick must be firm.

Naked \ adj. \ when a player is very open for a pass or uncovered by a defender.

Offside (Offsides) \ n. \ An offside is called when a team has more than seven players on or over the restraining line in its offensive end or more than eight players on or over the restraining line in its defensive end.

On the Fly \ adv. \ making substitutions while the play is still on. Before this rule change in the 1980's teams would have to wait for a stop in play before making a player change and a horn would be blown to signify the change.

On the hop \ adv. \ Common lacrosse term used to signify that players are to move into huddles and drills with at least a brisk jog; no walking!

Pass \ v. \ throwing the ball with the stick to another player. 2: \ n. \ a throw to another player.

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

Power Play \ n. \ extra man offense while one or more opposing players serves a penalty.

Run Out \ n. \ the sprint for the endline after a missed shot. The closest to the ball when it goes out of bounds on a shot gets the ball.

Scoop \ n. \ the top part of the lacrosse head used to "scoop" up the ball. 2: \ v. \ bending the knees and lowering the stick to the ground to pick up the ball in one fluid forward running motion.

Screen \ n. \ 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: \ v. \ the act of setting a pick or screen. See also Pick.

Shaft \ n. \ the pole or handle part of a lacrosse stick. The plastic head fits over the end of the shaft and a screw holds it in place. An end cap or tape usually covers the butt end of the shaft.

Shorthanded \ n. \ slang for being man down due to penalties.

Shot \ n. \ a ball thrown with the cross at the goal with the intent of scoring.

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

Shooter \ n. \ slang for a shooting string. 2: \ term \ a defensive call for the person likely to shoot the ball. Yelled when that person takes possession.

Side-arm \ adj. \ Shooting the ball from an angle at the side of the body, as opposed to the traditional over-hand shot.

Sideline \ n. \ the lines bordering the field longer dimensions. The area beyond this line is out of bounds.

Sidewall \ n. \ the string that runs down the sides of the stick head holding the mesh or strung pocket to the head. An important adjustable string for pocket configuration. 2: either side of a lacrosse stick head.

Slide \ v. \ When an offensive player with the ball has gotten past his defender, a defending teammate will shift his position to pick up that advancing player.

Stall \ v. \ to hold the ball, running around and passing from teammate to teammate in order to kill time and not to score.

Stick Check \ n. \ a defensive check that hits the ball carriers stick in an attempt to dislodge the ball.

Strong Side \ n.\ the side half of the field with the ball

Support \ v. \ When a player without the ball moves into a position where the player with the ball can make a clear pass.

Takeaway \ n. \ a defenseman takes the ball from a driving ball carrier.

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

Unsettled Situation \ v. \ Any situation in which the defense is not positioned correctly, usually due to a loose ball or broken clear, or fast break. Teams that hustle score many goals during unsettled situations.

V-Cut \ n. \ Running in at one angle, then immediate breaking back into another direction to receive the pass. The Path resembles the letter V.

Wall Ball \ n. \ a very popular practice method involving throwing against a wall to one's self with both hands. Also called Wall Drills.

Weak Side \ n. \ the side half of the field without the ball

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

Zone Defense \ n. \ - When defenders play in specific areas of their defensive zone, rather than covering man-to-man.