



HOCKEY VOCABULARY

The following provides an explanation of some of the common hockey vocabulary that the players may or may not have already heard and which they need to recognize and be able to respond to.

Aerial

A pass where the ball is lifted high (not hit) over the players' heads to a team mate or into space.

Example – “go for an aerial”

Ball Side

The side of the pitch in which the opposition have control of the ball.

Example – “we need to press the opposition on the ball side”

Castle

A pairing of a trapper and striker at the top of the D during a penalty corner.

Example – “set up with two castles”

Chopping and Blocking

A pressuring technique to close down the player with the ball. Chopping describes the shortening of the stride to rapidly decelerate following a sprint towards the opposing player. Blocking describes the final positioning of the player on the game line and getting low to force the opposing player to change direction.

Example – “use the chopping and blocking technique”

Clearing Space

Describes movement by a player to draw an opposing player out of an area to clear it for a pass through or into the space vacated. Differs from vacating space in the aim to draw opposing player out rather than just vacate space for a team mate to then occupy.

Example – “clear the space for the pass”

Contact

Anywhere where there is a defender in a good defending position or a group of opposition players closely grouped.

Example – “away from contact!”

Cover

Taking up the position of a team mate who has moved out of position. For example, because the team mate is taking part in an attack.

Example – “cover the right back!”

Crunch

Doubling or trebling up on the player in receipt.

Example – “now crunch”



Depth

The player/s is to move towards their back line or 10m behind the players of both teams. The aim is to give the player with the ball the option of playing the ball round the back or to relieve pressure and allow the attack to continue from a different point.

Example – “go deep defence!”

Drag Flick

A technique for flicking the ball on the move.

Example – “Drag flick the penalty corner injection”

Drive

Run with the ball at pace.

Example – “now drive!”

Easy Pass

The quick, simple, most obvious pass.

Example – “give the easy pass!”

Eliminate

To get the ball around or past the defending player, either by dribbling the ball or pass to a team mate.

Example – “now accelerate to complete the elimination”

Fade Away

Describes a player who makes a leading run or a run to support but then ends up in a position behind an opposing player (therefore in a poor position)

Example – “you have faded away!”

Flat

Describes a lack of depth in team positioning.

Example – “the press is too flat”

Five

Player to ensure they are at least 5m from where the ball is.

- Necessary at all free hits by the opposition.
- Necessary by free hits by our side in oppositions 23m
- Necessary when the opposition is in position to receive an aerial ball

Example – “you need to be five!”

Flick

The required method of propelling the ball to score a penalty stroke which can also be used in the D in open play. The method requires the stick placed on the back of the ball and propelling it using a combination of wrists, arms, torso, hips, legs and feet.

Example – “flick it!”



Forcing It

Trying to make a pass or make a run with the ball that is highly risky for **Example** through or into contact.
Example – “don’t force the pass!”

Game Line

A position directly between the opposing player with the ball and the goal being defended. Sometimes called the “body ball goal line” or the “ball to goal line”.

Example – “get on the game line!”

Get Ahead

Team mates/s sprint ahead of the player with the ball. Often called to the player who has just made a pass telling him to now get ahead of the person he has passed to.

Example – “right half get ahead!”

Get His/Her Eyes Down

Putting pressure on the ball carrier by engaging aggressively and for **Example** dummy jabbing. Forces the ball carrier to look at the ball rather than ahead to pick their pass.

Example – “don’t hold off, get her eyes down”

Head Up

The player with the ball to get their eyes up to identify where their team mates and the opposition are so that they can pick a pass or avoid contact.

Example – “inside right head up!”

High

The player/s is to move up the pitch towards the oppositions goal line. This may be called when a team have regained possession and want to stretch the opposition to attack creating passing opportunities and less congested space in the middle of the pitch.

Example – “right wing go high!”

Inject/Injection

Method of sending the ball out at a Penalty Corner. Commonly describes the drag technique used.

Example – “lets get the injection fast and accurate”

Jump Back

Players to sprint back behind the ball when the opposition has gained possession. This is not the same as reset. With jump back the aim is just to get bodies back behind the ball taking up position on the game line or passing line.

Example – “forwards jump back!”

Keep it Moving

Instruction to keep the ball moving either with the player making a run or by making passes.

Example – “keep the ball moving!”



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Lead

A team mate without the ball makes a run forward into a space that the ball can be passed into or creates vacated space behind him/her that another team mate can lead into.

Example – “inside right, lead!”

Lead Out

A team mate without the ball makes a run forward into a wide space so that the ball can be passed into the space he/she is running to or to create vacated space behind him/her so that another team mate can lead into the vacated space.

Example – “left wing, lead out!”

Left Foot Pass

The passing channel or space outside of the defender’s left foot IF they are moving to their right.

Example – “attack the left foot!”

Low Barrier

The position you adopt when channelling a player forming a low barrier with the defending players knees bent and the stick protecting the leading foot with the left hand at the top of the stick but low to the ground.

Example – “now bend your knees and make a low barrier!”

PALM2

Acronym for defending Proactive, Aggressive, Low, Movement, 2 hands on the stick..

Passing Line

A position directly between the opposing player with the ball and another of the opposition’s players.

Example – “get on the passing line!”

Patience

Hold possession of the ball by the Winchester team and don’t force the pass.

Example – “be patient!”

Pointing at Pressure

When in possession of the ball facing the pressure coming from an opposing player or players.

Example – “Don’t turn you back point at pressure”

Posting Up

Where a player makes a run towards the player with the ball and receives a pass taking the ball under control in stride or after rapid deceleration and then continuing initially in the same direction initially.

Example – “who is posting up?”

Press

The players push up to the opposing players and get into a tight formation to stop the ball being passed through the gaps between them. It aims to get possession of the ball back if the opposition tries to



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make their way through the press or forces the opposition to pass wide around the press (or aerial over the top). Broken down into:

- Half court press
Players jump back at speed behind the ball and often behind the half way line and not pressing past the half way line. Objective is to defend a smaller space which tightens up any passing lines for attack, and creates space for a counter attack.
- Three quarter press
Like the half court press but used where the play is in between the half way line and the opposition's 23m. Aims to secure the middle channel of the pitch and force the ball wide.
- Full court press
A press high up the pitch in the opposition's half. To be used when the ball is deep into the attacking third of the pitch where players can put closer pressure on the opposition ball carrier with a view to turning the ball over closer to the opposing team's goal.

Example – “jump back into half court press!”

Protect Feet

Place the stick head on the ground in front of the feet with the aim of stopping the ball hitting the foot. Typically to avoid the opposing player drawings any easy foul and particularly to avoid easy penalty corners being given from hitting the foot in Winchester's D.

Example – “protect feet!”

Re Lead

The action of a player leading into a space and then moving back out of it again because the ball wasn't passed into the space for the player to receive. The re lead can be to another space or away from the space occupied and back in again.

Example – “centre forward re lead!”

Reset

The team to get back into their starting role and back into formation. Normally once the ball has gone out of play or when the opposition has gained possession of the ball.

Example – “team reset!”

Rollout

Player to turn away from facing the oppositions end and run a wide 180 degree arc to end up facing oppositions end but further over on the pitch. Usually done to move away from contact

Example – “rollout!”

Round the Back

Transfer the ball from one side to the other side using players positioned wide and deep. This is a form of switching but generally using the full backs.

Example – “round the back!”



Rotate

Where a small group of team mates swap positions either clockwise or anti clockwise.

Example – “forwards you must rotate!”

Safe Space

Where defenders should be encouraged to channel attackers towards. For Example, to the side lines

Example – “channel her to safe space!”

Securing the Ball

Taking the ball into full control. Can describe a total stop of the ball with stick on the back of the ball or control of the ball with the stick on the back of the ball whilst it is kept moving.

Example – “Concentrate on securing the ball first and then execute the next skill”

Setting Space

A starting point of high space from which to post up or to make a lead into space. In other words taking a starting position away from or making a move away from the space you are seeking to occupy.

Example – “Don’t remain static. Move to set your space and then post up”

Short Corner

Otherwise known as a penalty corner.

Example – “set up for a short corner”

Skill Space

Describes the area in which the ball carrier works to carry and manipulate the ball (their personal space around their feet).

Example – “get into the attackers’ skill space to force their eyes to the ball and therefore lose their wider vision”

Slap Hit

A method of hitting the ball where the hands stay low to the ground the stick head is swept along the pitch surface in an arc.

Example – “Let’s look at how to disguise the slap hit”

Soft Hands

Describes a more delicate grip of the bottom hand on the stick so that when taking the ball into control (securing or trapping) the initial momentum/energy of the ball is absorbed by the stick leaving the ball stopped or under control.

Example – “use soft hands to avoid the ball bouncing off the stick”

Space

The open areas of the pitch not occupied by the players of either side.

Example – “pass into the space!”



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Square

Position wide of the player with the ball but in line with them. The resulting pass would likely be across the pitch and not diagonal.

Example – “Stay square”

Squeeze

A method of hitting the ball down into the pitch surface for it to bounce up.

Example – “try a squeeze shot”

Step Up

The players step up towards the opposing team’s players. Often called to a defender who is sitting too far back.

Example – “defence step up!”

Sticks Down

Get the sticks on or very near the ground - instead of being carried up by the hips.

Example – “sticks down!”

Stretch

Use of all or some of height, width and depth to create space.

Example – “forwards get high to stretch them”

Strong

Players to expect to be tackled or buffeted by an opposing player. Player to tense muscles, get a strong wide platform with best knees, protect the ball with the stick and body position and place bottom hand down the stick.

Example – “stay strong!”

Support

Find a place, behind the team mate with the ball, so that a short simple pass can be received. Also to be the first line of defence if the opposition dispossess the team mate.

Example – “support him!”

Support Side

The side of the pitch opposite to the Ball Side. Sometimes called the “Help Side”

Example – “the players on the support side need to move across and tuck in”

Switch

Change the point of attack from one side of the pitch to the other.

Example – “switch right!”

TCUP

Acronym for Thinking Correctly Under Pressure or in other words making the right choices on the pitch.



Three D

Ball carrying technique which involves momentarily or repeatedly lifting the ball a few inches off the ground.

Example – “Try three D under pressure”

Top D

Pass the ball to the area of the D closest to the 23m line. Normally to allow a first time shot by a team mate.

Example – “top D!”

Trap

Stopping the ball dead.

Example – “use a soft bottom hand to trap the ball!”

Twenty Three

The space between the goal and the 23m line approx. a quarter way up the pitch (sometimes called the 25). Important as the rules for taking free hits are different within the 23m area.

Example – “it’s in the twenty three!”

Two Hands

Place the other hand on the stick to add strength

Example – “two hands!”

Vacated Space

The empty space left behind when a player runs out of the position they started in. The act of moving out is called vacating space but is sometimes called “Clearing Space”

Example – “where is the vacated space?”

Warrior

Describes a player who displays a never say die fighting attitude, relentless workers, brave, resilient and put their bodies on the line and don’t shy away from contact with opponent, ball or stick.

Example – “Would a warrior turn their back on a hit ball?”

Wide

The player/s is to move out to the side line of the pitch to maximise the width and available space.

Example – “left half, go wide!”

Wide Base Receive

Describes the feet position in relation to the ball when trapping or securing the ball. The feet are in a wide stance and the ball is secured away from the body but on a line inside the heel of the right foot.

Example – “Use a wide based receive when posting up”

Wide Stance

Describes the feet being shoulder width apart or further. Wide stance is used to protect the ball when



under pressure for Example.

Example – “widen your stance to protect the ball”

Widening the goal

a player taking up a position outside of either post to deflect or convert a shot or pass.

Example – “get to the left post to make the goal wider”