

Terminology	Definition
Post up	An attacker starting with the defender leads to the ball to receive in space.
Jab/Poke Tackle	A form of tackle meant to disrupt the ball carrier. A poke or 'jab' at the ball.
The "D"	The semi circles in the attacking and defending 25's in which the goal stands. The ball must be shot from within the semi circle or D to score a goal.
Lead	When an attacker runs without the ball in hope of receiving the ball or making space for team mates to receive it.
Square pass	A pass to someone who is on a line parallel to you, either left or right
Through pass	A pass to someone who is in front of you
Back pass	A pass to someone behind you
Jink	The ball carrier jinks the ball into the air in hope of avoiding a flat stick tackle or making it hard for the defender to dispossess them
Squeeze	Hitting the back of the ball to make it lift slightly
Help side	Opposite side of field the ball is on
Ball side	The side of field the ball is on
Injector	After a penalty corner is given, an attacking player must put the ball on the spot on the backline and drag the ball to the penalty corner battery who are usually at the top of the circle. The person that drags the ball to the battery is the 'injector'.
Shave tackle	A tackle made from behind where the defenders stick is slid along the ground between the ball carriers' feet and the ball/stick.
Drag flick	Attacking Penalty Corner move
Back four	Four defensive players
Overhead	A method of passing the ball in which the person in possession lifts (using a flick) the ball over the head of defender/s.
3D Skills	The person in possession plays the ball in the air it is called using 3D skills.
Tomahawk	A reverse hit is often referred to as a 'tomahawk' because of the similar action used.
Short handle hit	The player hits the ball as per normal except for dropping his/her top hand slightly and thus creating a shorter lever and cutting down on time taken to hit the ball.
Penalty corner	A penalty corner is awarded to the attacking team when there is an infringement in the circle or 'D'. There must be 4

	<p>players plus the goalkeeper behind the base line and the rest go to half way or beyond.</p> <p>The attacking team must pass the ball outside the circle from a spot on the base line and then take the ball back into the circle and try to score. If the ball is hit it must hit below the top of the backboard.</p>
Base line	The shortest perimeter line on which the goals stand on.
Open Dribble	The player taps or softly pushes the ball ahead of them and runs on to it. Generally used when the player is in 'open' space and/or needs to move quickly with the ball.
Closed Dribble	The player moves without the ball leaving their stick. Usually used by players when they are looking around for a pass or are moving into a certain area of the field while they still want control.
Juggling	Bouncing the ball up and down on the stick, good for players to get used to the feel of the ball on the stick.
Indian dribble	The player moves the ball from side to side and on angles quickly by either tapping or dragging it. Used to confuse defenders, to get out of trouble or because the player wants to display skill.
Body Feint/Fake	The ball carrier shapes his or her body to make it look like they are going to pass right and they then move the ball and their body left and take off.
Press	A co-ordinated defensive team tactic to assert pressure on the opposition team who are in possession of the ball. The objective is to collectively dictate play so they can force the opposition into a certain area/s where they can be pressured into turning over the ball.
IFIT	A term of marking 'In front in touch'
First Touch	Controlling the ball with your first touch to space and positioning the ball ready for the next play.
RE-FILL	Defence to push forward after outlet to maintain team structure and prevent counter-attacks against.
Double/triple team	Hunt in packs
Hotline	Priority to defend line between ball and defensive goal.
SOB	Stick on ball
RIM	Receive in motion