



Guide To Lacrosse Slang And Terms

- **Alley** - If you are a middie, you will hear this term a lot. Alley refers to the left and right areas near the center of the field. There are two alleys on each side of the field, left and right alleys.
- **Alligator Arms** - Many beginners suffer from alligator arms when shooting. Essentially what this means is a player tightens his arms too much to his body when shooting. Instead, you should be fully extending your arms to generate more power and control.
- **Apple**: An assist
- **Ball Hunt / Egg Hunt / Pill Hunt**: a practice ritual where players search for lost balls in the grass, woods, bushes, etc.
- **Bar Down** - A bar down shot hits the bottom of the top crossbar and deflects off to the ground into the goal. Achieving a bar down shot requires maximum accuracy and speed, so it's one of the hardest ways to score a goal.
- **Bouncer/Bounce Shot** – This is when you shoot the ball into the ground before it hits the goal. Many goalies find it difficult to stop a bounce shot.
- **Bucket / Lid: Helmet**. Bucket is also used to refer to the old style of lacrosse helmets with the laces in the back.
- **Buddy Pass / Hospital Pass**: a pass that is lobbed high and/or slowly through the air such that the recipient is crushed by defenders as he receives it.
- **Brave Heart** - Brave Heart is a one-on-one version of lacrosse where two lacrosse players are on the field, a goalie and a middie. The two middies from both teams face off and then fight for possession of the ball. Whoever scores first wins the game.
- **Cage / Rack / Hoop**: the goal. Take it to the rack.
- **Cannon / Crank / Rope / Lazer** /: a hard shot. That dude has got a cannon.
- **Cheap it (Cheap the ball) / Gilman**: Slang for clearing the ball from the defensive end with a long random pass into the offensive end.
- **Cherry picking**: standing by the goal for an easy scoring opportunity.
- **Clear**: Successfully moving the ball from the defensive end of the field to the offensive end.
- **Cutter**: An offensive player cutting through the defense looking for an easy scoring opportunity.



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- **Coast to Coast:** When a defender or goalie carries the ball the length of the field and scores a goal. Same meaning as basketball.
- **Coma Slide** – This is a type of slide when the defender comes from the crease to push an attackman away from the goal. Here is an example of a coma slide – it’s called a “coma” slide for a reason!
- **Crease** - Crease refers to the circle around the goal that carves out a space only the goalie could stand inside.
- **D-Pole** – D-pole describes the long lacrosse stick used by lacrosse defenders. Long sticks are longer than short sticks used by attackmen. They give defenders a level playing field where they could effectively intercept and disrupt an offensive play. A D-pole is also called a long pole.
- **Dive:** A play where an offensive player leaves his feet and lands in the crease in the attempt to score a goal. Recently made legal in 2019 in NCAA.
- **Door Step** - The area right above the crease is called “door step”. That’s an area attackmen like to roam around as it’s very close to the goal that presents a great shooting opportunity. Middies will often feed attackmen who are right on the door step.
- **Dot** – center of the defense 5 yards directly above the crease
- **Elevator** – This refers to a lacrosse shot that starts low and finishes high on the net. One of the coolest looking lacrosse shots out there.
- **EMO:** Extra man up.
- **Face-off** - Face-off takes place at the start of each quarter and after each goal. In women’s lacrosse, the equivalent is called a draw. So at the beginning of every match, you see two members of the opposing teams line up at the center of the field and battle for possession of the ball. These players are specifically responsible for face-off by using faceoff heads.
- **Fast Break** - This describes a fast transition from defense to offense. When a player or a group of offensive players race up field with the ball and get past their defenders, this is called a fast break. It’s one of the best scoring opportunities and teams incorporate fast break into their strategy.
- **Fading** – This is a term coaches use when a lacrosse player moves towards GLE instead of topside. It is usually a bad idea to fade.
- **Feeder:** A player that assists a lot of goals.
- **Five Hole:** In between goalie’s legs.
- **Flow:** Long hair in the back that flows out of the helmet.



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- **FOGO** - A FOGO means “Face Off Go Off”. This is a specific term for a face-off specialist. If a player is a FOGO, he is only responsible for faceoffs and doesn’t play as a middie.
- **Gamer:** Your stick that you use in games. This is the stick you actually use in a lacrosse game as opposed to your backup stick. I use my backup stick on rainy days, but this one is my gamer. Gamer can also mean a player who always steps up in big games. That dude is such a gamer.
- **Gilman** - Gilman refers to a long throw, typically in desperation, where a goalie or a defender throws the ball as far down the field as possible into the offensive side. This could happen when a goalie can’t find an open teammate nearby and is under a lot of pressure to get the ball out, s/he will attempt a gilman clear.
- **GLE:** Goal Lind Extended. An imaginary line extending out from the goal line to the sideline.
- **Goose (Goose it):** slang for flipping the ball (ice hockey style) from the ground to a teammate.
- **Ground Ball** - Ground balls happen often during a lacrosse game. When the ball is loose on the ground that is a ground ball opportunity.
- **HO** – high and opposite
- **Ice pick:** A check thrown “stabbing” downward with the butt of your stick
- **Indian Pick-up / Baltimore Crab:** a method of picking up a ball by rolling the top inside of the scoop over the ball, starting it moving in that direction, while turning the head under the ball quickly to collect it in one motion.
- **Island** – The pie slice shape that stretches from the GLE
- **Lax Rat:** Player who eats, breaths, and sleeps lacrosse.
- **Lettuce / Cabbage / Flow:** long hair out the back of the helmet. For the best of the best in terms of flow you’ll want to checkout Bro Bibles All Flow Team. That dude’s got more lettuce than a Whole Foods salad bar.
- **Loosie:** Nickname for a loose ball.
- **LSM** - LSM stands for Long Stick Middie. Since there can be four long sticks at every game, one defensive middie will also use a long defensive stick. The long defensive stick is also 60 inches long.
- **Lumber (Lay some lumber):** slang for a strong defensive check and the impact of that check.
- **Man-To-Man Defense** - This is a term you hear often in doing defensive drills. Essentially man-to-man defense means every defensive player marks one opponent which is also called mark-up.



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- **MDD:** Man down defense
- **Mom Goal:** When the ball hits the outside of the net and no one but your grandma yells “NICE GOAL!”
- **Off-Ball Movement** – This is when you move without the lacrosse ball in your stick. You might try to move to get open or clear space for your teammate to dodge.
- **Paddington Bear:** Fat goalie.
- **Paint** – Defensive area where high percentage shots are available to offense
- **Pearls / Rocks:** brand new white lacrosse balls
- **Phantom Check / Ghost Check:** the mysterious loss of ball control
- **Pillow / Popcorn / Gumball:** A soft shot that’s an easy save for the goalie. Thanks for the **GUMBALL!**
- **Pinwheel / Helicopter:** When a stick gets checked out of the ball carrier’s hands so that it flies into the air spinning like a pinwheel or a helicopter.
- **Pipe City / Wesley Pipes / Michelle Piper:** Hitting the post on a shot.
- **Possession Shot:** A shot way over the goal “on purpose,” to ensure possession to the team.
- **Rake:** trying to pick up a ground ball by putting your pocket over the ball and pulling backward quickly
- **Ride** - A ride is a term to describe when an offensive player gears up against an opposing defensive player to try to get the ball. This is an effective way to force a defender to make mistakes and force a turnover. It’s not only a good offensive strategy but also helps to slow down the opponent’s fast break.
- **Rip:** Shoot particularly hard. He absolutely ripped that one.
- **Sauerkraut** – Ugly flow
- **Settled:** Even, 6 on 6 play
- **Shiners / Greasers / Butterballs / Marbles / Dusty Rocks:** an old used lacrosse ball that has been warm down so much that it’s greasy and shines.
- **Shortside:** The side of the goal closest to the shooter. Opposite = far side.
- **Shorty:** A player with a short stick.



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- **Slashing** - Slashing is a penalty where the player stick checks someone's helmet or other body parts. Players can only legally hit the opponent's stick or the arm holding the stick.
- **Slide** - Slide happens when one defender has to leave his position to help cover another defender who is beaten. This is a pretty common defensive technique. Especially, in a man down defense, players slide constantly to try to stall and prevent the opposing team from scoring.
- **Tennis Racket:** A pocket that is shallow, or not broken in enough and doesn't have much hold. The ball bounces right out of there like a tennis racket.
- **Tilt:** wearing your helmet so that it is angled down towards the ground. Bros got some serious tilt.
- **Top Cheddar (aka Top Ched) / Top Cheese / Premium Gouda / Rip a Duck / Top Shelf:** Shot that scores in the top part of the goal. Ripping the top part of the goal has become so popular these days that this element of slang has taken on a life of its own. Stemming from Top Cheddar, really any cheese variety can be used to refer to the top quadrant of the goal.
- **Turf Monster / Turf Sniper:** The unseen beast that causes players to trip and fall by themselves when playing on turf. i.e., vicious check from the turf monster. Bro got hit by the turf sniper.
- **V Cut** – This is a cut to help lacrosse players get open. You take a few steps into your defender and a few steps away to create space for yourself.
- **Walk the Dog / Carry the Pizza:** when a player runs down the field carrying the ball in their stick way out in front of them in one hand with their arm extended, and holding the bottom of the shaft. This keeps the ball in the head of the stick without needing to cradle and to avoid checks from behind.
- **Wand / Spoon / Twig:** Lacrosse Stick
- **Warding** - Warding describes a foul where a player uses one arm to cradle and moves the other arm to block an opposing player's stick instead of keeping the arm close to his body and staying stationary.
- **Whip** - Whip refers to how much the pocket pulls your shooting or passing down. A lot of whip tends to pull the shots to the ground. A little whip allows the shots to go higher in the air.
- **X** - When you hear the word X in lacrosse, it is used to describe a position on the field that is behind a lacrosse net. It's a box area 5-10 yards apart from the lacrosse goal.
- **Wings** – This refers to two things (see illustration above) (1) When a face-off is taken, two other lacrosse players line up on either side of the face-off man. These are the “wings.” (2) On the offensive part of the lacrosse field, the wing refers to the two sides near the goal.
- **Worm Burner** : Underhand low to low shot that skims above the ground.



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- **Yard Sale / Yahztee / Detwigged / De-Spooned / De-Wanded:** when a player gets their stick checked out of their hands.
- **Yellow:** Commonly used to tell the offense to slow down so that the team can sub middies through the box.
- **Zero** – bad match up for the defense
- **Zone Defense** - Unlike man-to-man defense, zone defense asks players to take defensive positions based on the zones around the goal. This means players aren't necessarily marking up individual players but defending them in individual zones.
- **Zebra / Stripes:** Referee