

GOALIE'S VOCABULARY

1. Directional Calls

- a. Ball right front or just plain "right front"
- b. Ball left front "left front"
- c. Ball center....."center"
- d. Ball right behind....."right behind" *Note: You decide whether*
- e. Ball at "X"....."ball at X" *"back" or "behind"*
- f. Ball left back....."left back" *should be used.*
- g. NEAR...yelled when offensive player approaches "GLE" from behind and it means you want your defender to play tighter and force the offensive player away from the crease OR if you practice it, telling the defender to turn the offensive player into the crease and you tattoo him..
- h. GLE....goal line extended.

2. Instructional Calls

- a. **"Whose got the ball"**... instruction to defenders to identify who has the ball.
- b. **"Whose hot"**instruction/reminder to the sliding defender to identify himself and be prepared to slide appropriately.
- c. **"Slide"**..... telling all defenders a teammate is about to be dodged and they must move into position to thwart the offensive move (slide early and slide often). Note: There is always a second slide and the second slide is where you get burnt be ready for it.
- d. **"Drop-in Adam"**instructs defender that he is playing too far out and must return to either the hole or he is playing his man too far off from the goal.
- e. **"Move out Adam"**..... tells the defender he is not playing close enough to his mark.
- f. **"You are good Adam"**.....tells defender his position on the ball is good.
- g. **"Sticks inside"**instruction to off ball defenders to keep their stick heads towards the inside of the field.
- h. **"Screen"**.....means one of your defensive players is obscuring your line of vision to the ball.
- i. **"Check"**.....instruction to all defenders that the ball has been passed and that that they should check their attacker stick.
- j. **"Loose ball"**.....often yelled as "ball, ball, ball, loose ball... means that the ball is on the ground and that you want one of your teammates to scoop it up and get it the hell out of there.
- k. **"Here is your help"**.....used by all players on your team to identify that they are free (open) and ready to help them by receiving a pass. Note: if the goalie wants the ball passed back to him he should yell out "Adam goalie goalie".
- l. **"Break or clear"**...you choose. It means that you have made a save and you want your defensive teammates to move into their clearing lanes and look for an outlet pass.

- m. **“Back to the “hole”**tells defenders to get back to the hold. The hole is an area about 10 yards in front of the cage and 8 yards to the sides.

3, **Suggestions**

- a. Always check your equipment for game readiness. Try to have an extra stick or at least an extra head. Keep your stick head clean ... as you treat it, so shall it treat you. When I played some of us wore knee pads and shin guards under sweatpants, today everyone prefers to be black and blue and macho. Pack an extra cup and mouth guard.
- b.. Make all your calls in a **loud firm voice**. Be **emphatic**.
- c. Steps to stopping the ball (besides praying):
 - i. Keep your head up
 - ii. Make sure to keep your right hand just below the throat of your stick (if you are right handed) and your elbow out. Your left hand should be mid way down the stick and your arm should be extended out in front of you.
 - iii. Lead with your hands. Be aggressive/move towards the ball.
 - iv. Always know where the ball is.
 - v. Maintain a good position on the ark (it's ok to quickly hit the pipes for direction.
 - vi. Step towards the ball.
 - vii. Keep your elbows loose.
 - viii. Stay on the balls of your feet.
 - ix. Be willing to do anything to stop the ball (trust me the cups these days are dent free as opposed to the metal ones we had when I played). And lastly
 - x. Know you can stop everything.
- d, It takes brass balls and a few loose screws to play between the pipes. Never forget that!
- e. Don't EVER let the other team see you down. EVER. Remember your team is always looking to you for defensive guidance and strength. Don't let them or yourself down. Pain sucks. Pain is relative, unless they dent your cup. Good luck. Have fun.