

# 41 Lacrosse Defensive Terms Every Goalie Should Know

## Printable Checklist

Hi there! I'm Coach Damon Wilson and thank you for downloading the 41 lacrosse defensive terms checklist. I hope you find this valuable. I recommend coaches print out this PDF and review it with their teams during practice. As I mentioned in my [post online](#), it's not essential that you use these EXACT terms. But is essential that you have a term for each scenario and that everyone on the team uses the same term. Please share this PDF with anyone you think could value from it. You can email me questions at [damon@laxgoalierat.com](mailto:damon@laxgoalierat.com).



Term	Meaning
X	Ball is at X. Behind the goal.
Back Left	Ball is behind the net, left side
Back Right	Ball is behind the net, left side
Side Left	Ball is on left side of the field
Side Right	Ball is on right side of the field
Top Right	Ball is top right
Top Center	Ball is top center
Top Left	Ball is top left
Hold	This call is used when you don't want the attacker to advance any closer to the goal. The defenseman on ball should engage and not allow his attacker to advance toward the goal
Turn	This instructs the defensive player on the ball to turn his opponent in the opposite direction. Often used when an attackman drives from X and we want our long pole to turn his back into the slide.
Poke	Reminder to poke check the attacker with the ball to avoid easy assists.
Pipe	When a player drives from X, Back Left, or Back Right we'll yell PIPE to indicate that our defenseman has reached goal line extended (GLE). Yell this just a step before GLE so that by the time the defender processes the call he's at the PIPE. This is a critical call since it informs the D man to turn his player.
Lift	Defensive reminder to get your stick under the attacker's hands or stick and LIFT to disrupt the shooting or passing motion.
Shift Left	The player guarding the ball is out of position a little and should SHIFT.
Shift Right	Same as above, but in the other direction.
Island	Let's a defender know he has NO slide help. Hopefully this is a rarity. This term is also a message to off ball defenders to setup the slide.
You're Good	Let's defender know his positioning is perfect and no adjustments are necessary. Just keep playing solid defense.
Clear	A save has just been made and its time to start the clear. Each member of the defense should break to an open spot on the field.
Screen	This means that the defenseman in the crease is screening you and needs to move out of the way.
Talk D	The goalie should not be the only one talking. For great defensive communication everyone should be communicating. If you notice your defense is quiet, yell TALK D to remind them to be vocal.
Fast Break	This alerts the defense that the offense has a fast break developing and they should setup in a triangle to stop the 4 on 3.

Term	Meaning
Shot	Shot has been taken.
Check	An offensive pass just entered into the crease and defensive players should check the sticks of their opponent. This should be the loudest call you make because it means a critical feed is coming into the crease and must be stopped.
Fire	Indicates that the on ball defender is beat and the must team must slide. This call must also be delivered loud and with urgency.
Sag In	The defensive unit is too expanded and should SAG IN a little closer to the goal so as not to get overextended.
Sticks Up	Reminder for D unit to keep their sticks in the passing lanes, especially on man down.
Cutter	Alerts your team that the offensive side is sending a cutter and the player with the ball is looking to feed. Additionally you can add jersey number to this call for more information.
Number Up	Each player should find the man they're guarding.
Ball Down	Let's team know the ball is loose.
Release	Let's team know we've picked up the loose ball and no more hits should occur
Middies Get Back	Reminder to defensive middies to sprint back to the defensive end to help out on D.
Man Coming In	Let's team know there's a new offensive player entering from the box.
Here's Your Help	This call is used during the clear. When a defender picks up a loose ball and you want him to pass it back to the goalie, we'll let him know HERE'S YOUR HELP.
Gilman	Use this when you want your team to execute a GILMAN clear, i.e. short time on the clock, man down and in trouble during the clear. This is also used when the other team is executing a GILMAN clear. In this scenario the defenseman should be close to their attackman to deny them from getting the loose ball.
Rotate	When you using a rotation defense, this call tells the team to execute the ROTATE slide.
Shooter	Player with the ball is a shooter according to scouting report. Slides need to happen earlier.
Feeder	Player with the ball is a feeder according to the scouting report. Slides can happen later.
Pick Left / Pick Right / Pick Behind	If the offense is using screens or picks you need to call those out so defender know how to play them. Call PICK LEFT / PICK RIGHT, or PICK BEHIND anytime you see a pick setup.
They're in 1-3-2!	Goalies should identify the offensive formation and call it out to their team. Repeating when they change formations.
Who's Hot?	If you don't know who is the slide, we yell WHO'S HOT. If you know who's hot and he isn't calling out "I'm hot" then you can yell "Jason, you're hot". The defender with the #1 slide responsibility should yell I'M HOT to let the team know he'll be the slide.
Who's 2?	Same idea as above but for the 2nd slide. The defender should yell I'm 2 to let the team know the 2nd slide is covered.

For more goalie tips check out [laxgoalierat.com](http://laxgoalierat.com)