



## With Ball Skill Verbiage



Use the **players name** and then the **quick correction verbiage** for the best impact!

### Ground Balls

- "Two Hands On"
- "Two Butts Low"
- "Scoop Through"
- "Kiss the Stick"

### Cradling and Carrying

- "Shoulder to Shoulder"
- "Talk to the Stick / Listen to the Stick"
- "Eyes Up" - "Chin to Shoulder"

### Passing

- "Collarbone Position"
- "Point The Butt End"
- "Quiet Stick"
- "Turn The Stick Over"

### Catching

- "Choke Up"
- "Present a Target"
- "Keep the stick face open"

### Shooting

- "Point Butt End"
- "Quiet Stick" - Don't move around a lot.
- "Hands in and back away from the target"
- "Follow Through"
- "Pull bottom hand to hip pocket follow with top hand"

### Faking

- "Just a quick cradle"
- "Listen to the stick / Talk to the stick"

### Switching Hands

- "Who is 'Jack Sparrow'?" (Swordsman Reference)
- "What do they do after they're done sword fighting?"
- "Put the sword in the holster/sheath, pull it out, put the new bottom hand on."

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## Without Ball Skill Verbiage



### On Ball Defense Basics

- Approach to take away side or strong hand
- Breakdown to run with.
- Contact
- Drive

### On Ball Defense Technique (Short Sticks)

- Footwork first
- Nose to shoulder
- Place and push cross check hold and punch

### Long Stick On Ball Defense Technique

- Stick in front approach
- Stick in the strike zone
- Use your distance

### Long Stick Checks

- Poke Check for distance
- Short Slap
- Lift
- Can Opener - Stick Between The Hands

### Off Ball Defense

- "V to See" and "Sideways"
- "Head on a Swivel" - "Big Eye Little Eye"

### Off Ball Terminology and Communication

- "I've got Ball" - When a player is responsible for the ball carrier.
- "I'm Hot" - I'm going to help the on ball defenseman if he gets beat.
- "I'm Right / Left" - I'm defending the player to the right or left of the on ball defenseman and can help if he gets beat to my side.
- "I Got Two" - I'm 2 passes away, the second slide, or playing 2 players.

### Slide and Recovery Communication

- "Fire" - I am sliding, we are now at a disadvantage behind me.
- "Reco" - Lets the original on ball defenseman know that the slider has taken responsibility of the dodger and he can to recover to the middle and find a new guy.

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