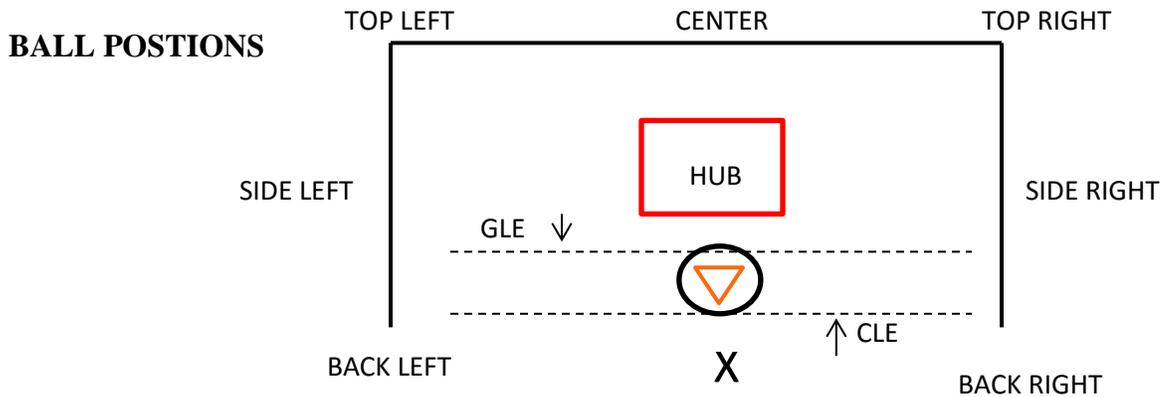




GOALIE COMMUNICATION



DEFENSE & GOALIE TERMINOLOGY

One / Hot	Call to designate who is sliding
Two / You Can Go	Call to alert 'Hot' man that he is free to slide
Hot Right/Left	Call to designate who is sliding in adjacent slide packages
Fire	Slide
Recover	Turn and run back into the defense after slide man has control of your man.
Hold	Don't slide
Coma	Adjacent slide from across crease
GLE	Goal Line Extended (<i>see diagram</i>)
CLE	Crease Line Extended – Line tangent to GLE (<i>see diagram</i>)
HUB	Middle of the defense, approximately 7-8 yards from goal. (<i>see diagram</i>)
Check	Stick check your man's stick, check down hard on hands and hold... NOT A SLASH!!
Sticks Up	Keep sticks up as ball moves around the perimeter.
Turn Him	Footwork technique to deny outside moves from behind. Specifically involves getting directly above offensive ball carrier at GLE, with both feet aimed at endlane and body low enough to stop his forward progress.
Drive	Drive the ballcarrier into the crease as he tries to dodge to the crease above GLE.

GOALIE COMMANDS TO DEFENSE

Spokes	Telling Defense to get their stick in between ballcarrier's body and stick.
On Hands	Telling Defense to get stick on ballcarrier's hands/stick.
Lift	Telling Defense to get their stick under ballcarrier's bottom hand or elbow and lifting as they look to feed or shoot.
Hips	Steering Technique – reminding defense to stay low in their stance and keep their sticks on the ballcarrier's hips preventing him from turning back.
Keep Him Down	Shot prevention technique – telling the defense to force the alley dodger down the alley and keep them there, not to allow the ballcarrier to turn inside.
Backside	Reminds the defense to be aware of the backside cutter/slip man and do not float towards the ball side.
Be Ready To Go	Warns the defense to be ready to slide if the ball carrier decides to dodge.
Looking To Go	Warns defense that ball carrier from behind is looking to dodge to score or feed.
Watch Inside	Let's defense know to pay attention to the crease man, when facing a feeding team.
Help In	Help in on the crease, Defense is playing out too far.

TRANSITION COMMANDS

Break	Middies break upfield and Defense banana cut.
Reverse	Get the ball across the field to attack the other side on the clear.
Up and Over	Lob the ball to the opposite corner near the midline.
Skip	Pass the ball across the field, over the goalie.
Through Me	Pass the ball across the field, through the goalie.
Gilman	Last Resort...Throw ball deep corner on clear.