



# GLOSSARY

## GLOSSARY OF TERMS

<b>Backman Pass:</b>	A pass back, in the direction of your own goal, in order to maintain puck control.
<b>Balanced Defence:</b>	Balance implies depth and width in defensive alignments to counteract triangulation and balance. It requires that defensive players <b>read</b> the offensive pressure and <b>adjust their positions</b> to provide coverage in the area of the puck as well as other areas where the puck may be moved.
<b>Close Coverage:</b>	Defensive hockey term wherein the defensive player plays close or tight to an offensive player.
<b>Closing the Gap:</b>	A retreating defenceman adjusts speed and skating pattern so the distance between him and the puck carrier is lessened in order to get the puck carrier within poke checking range.
<b>Commit:</b>	The degree of puck control by the offensive player will determine whether the defender pressures the player (commits) or stalls (contains). Commit is defined as a final action by a defender on a particular play. For example, if the offensive player is in full control, the defender must approach under control and separate the attacker from the puck.
<b>Concentration of Attack:</b>	Any action or movement in a confined area which creates an offensive numerical advantage.
<b>Cross:</b>	Two offensive players exchange positions to accomplish isolation and force a decision by a defender.
<b>Cycling:</b>	A balanced rotation of players in the offensive zone to maintain puck control.
<b>Defensive Side:</b>	Establishing a position between an opponent and the net.
<b>Drop Pass:</b>	The puck carrier leaves the puck for a crossing or trailing teammate to pick up, either for an immediate shot or to carry into a scoring position. The drop should occur directly in front of the defender.
<b>Force Outside:</b>	Any action by the defender to force the play to the outside away from the middle lane and prime scoring area.
<b>Give and Go:</b>	An offensive tactic; pass and aggressively skate to become an option for the player just passed to.
<b>Headman Pass:</b>	Passing to a player ahead of the puck carrier and in a better offensive position.
<b>Head on a Swivel:</b>	A technique utilized to observe and to read the entire ice surface by quickly rotating the head.

<b>Individual Skills:</b>	The individual who develops quick feet, acceleration with the puck, drive skating, sculling, crossing over to cut in, and cutting to the net, will contribute to a team's ability to execute effective puck control.
<b>Lane:</b>	A specific section of ice identified as a lane of attack or a lane of defence.
<b>Lateral Feed:</b>	An offensive tactic whereby the puck carrier maintains possession after a cross to make a lateral pass.
<b>Numerical Advantage:</b>	Good support can contribute to the pressure applied on the defence by creating numerical advantage and outnumbering the defenders in a confined area.
<b>Overplay:</b>	<p>A defensive player intentionally plays tighter on a player than normal in order to take away time and space from the offensive player.</p> <p>Similarly, an offensive player can also overplay a situation or an area in order to take a calculated risk to heighten the pressure on a defensive team.</p>
<b>Pinning Technique:</b>	The defensive technique utilized to pin or secure an opponent against the boards.
<b>Player to Player Coverage:</b>	Each offensive player is responsible for an identified defensive player
<b>Pressure (Offensive):</b>	Quick player and/or puck movement which causes the defence to react more quickly than they may be capable of doing.
<b>Pressure (Defensive):</b>	Just as offensive speed creates pressure, <b>defensive speed</b> creates pressure, but on the offensive players. This results in <b>reducing the time and space</b> available to the attackers.
<b>Puck Protection:</b>	Any action or movement that keeps the puck away from the defender through the use of one's body. For example, driving to the net.
<b>Quiet Zones:</b>	Space in the corners and behind the net in the offensive zone which is generally uncovered. These can be used when under pressure to maintain puck control.
<b>Riding Your Check:</b>	Defensive hockey term wherein the defensive player stays with an offensive player in order to prevent offensive play. For example, the defensive player rides or sustains the check on a player who passes the puck, so that this individual cannot get open for a return or give and go pass.



<b>Sagging:</b>	Defenders away from the puck, adjusting their positions to support defenders playing the puck carrier.
<b>Speed:</b>	A quickness to attack that will limit the reaction time of the defender (stress the defence) and force defensive error.
<b>Stall/Contain:</b>	The defensive team will attempt to force an opponent to stop or slow down the speed of an attack to provide time to set up better defensive coverage. This can be accomplished by <b>pressuring</b> the puck carrier or <b>deflecting</b> the attack to the outside lanes.
<b>Stretching the Defence:</b>	Skating aggressively ahead or away from the puck at the appropriate time to spread out the defence.
<b>Strong Side:</b>	The side of the ice where the puck is being controlled.
<b>Support:</b>	Players away from the puck make themselves available as a passing option in the attack. Players away from the puck are active by positioning themselves in a manner which restricts options.
<b>Switching:</b>	Exchange of defensive responsibilities between two defensive players.
<b>Transition:</b>	Transition is defined as the ability of a team to quickly move from offence to defence and vice versa.
<b>Triangulation:</b>	Any offensive formation which creates offensive triangles, thus providing the puck carrier two passing options and enabling the offensive team to create <b>width and depth</b> in the attack.
<b>Weak Side (Backside):</b>	The side of the ice opposite to where the puck is being controlled.
<b>Wideman Pass:</b>	To use width of the ice to change the point of attack.