

Got Ball - This is communicated when you are defending the girl with the ball, this will help the goalie and other defenders locate where the ball is

Adjacents - The 2 girls on either side of the girl with the ball, one on the left and one on the right**

2 Away - the girls who are 2 away from the ball, next to the adjacents**

Hot Right - the adjacent girl, to the right of the ball - this is communicated to let the girl on ball know that you are there for help

Hot Left - the adjacent girl, to the left of the ball - this is communicated to let the girl on ball know that you are there for help

2 Left - This is the girl 2 away from the ball on the left side, used to remind the girl on ball and the adjacent that you are there as a backup on the left side

2 Right - This is the girl 2 away from the ball on the right side, used to remind the girl on ball and the adjacent that you are there as a backup on the right side

Ball Right - for the 2 girls furthest away from the ball, they will yell this if the ball is on the right side of the 8

Ball Left - for the 2 girls furthest away from the ball, they will yell this if the ball is on the left side of the 8

Crash - attacker drives to the goal and all the defenders need to come into the 8 to protect the cage - all communicating loudly with sticks in the air, approaching aware of shooting space

Bump and Slide - in case of a double, "bumping" just means to cover the girls closest to the ball and have the unmarked girls furthest from the ball

Red - highest pressure situation - all girls are pressuring their girls to get the turn over

Yellow - girl on ball and the adjacents are pressuring their girls

Green - normal defensive pressure - highest pressure on the ball

Sag Defense - if a team is faster than us and we are not catching up, we will "sag" our defense into the 8 and stay in closer to protect - rarely used

Talk - we are too quiet and everyone needs to TALK

Cutter - offensive player is cutting to the goal looking for a pass

Ball Down - anytime the ball is on the ground

Slide - bring an extra man to the person with the ball

Break - the goalie has the ball, so break out and look for a pass

Mark Up - find the girl you are guarding

"8" - Get out of the b meter arc (3 second call)