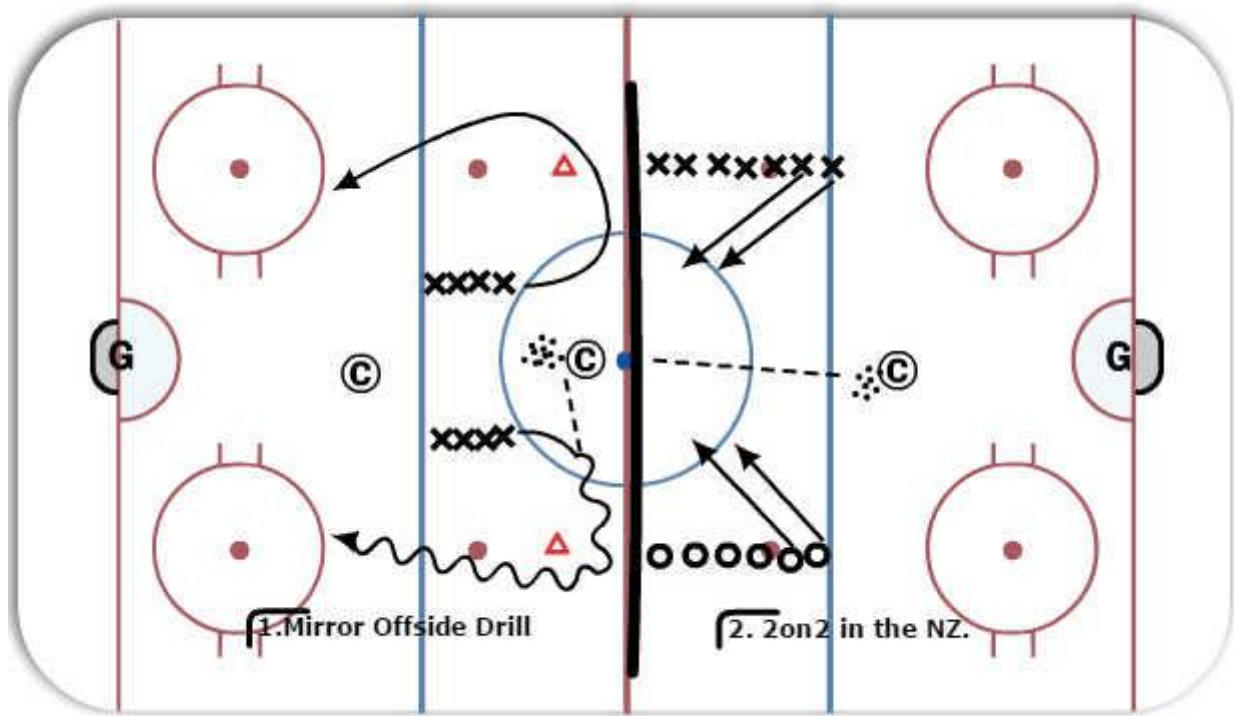


Novice Offside drill



Description

1. Mirror Offside Drill. Players are in 2 lines facing the middle divider. on the whistle one player leaves each line and the coach spots a puck to one of the players. Players have to turn the cones and mirror each other past the blue line. If the player without the puck crosses the blue line before the player with the puck, the coach blows the whistle and yells "offside". both players must then return to the line and lose their turn.

2. 2on2 in the NZ. Split your group into 2 teams. Coach can dedicate what team is on offense and what team is on defense. On the whistle coach spots a puck in the NZ and 2 players leave each play the puck. The offensive team after retrieving the puck must then attack the net. If the offensive player without the puck crosses the blue line before the player with the puck, the coach blows the whistle and yells "offside". for more advanced players coaches don't have to dedicate offense or defense, let them battle and whoever comes out with the puck is on offense.

Key Points: Teaching Off-sides