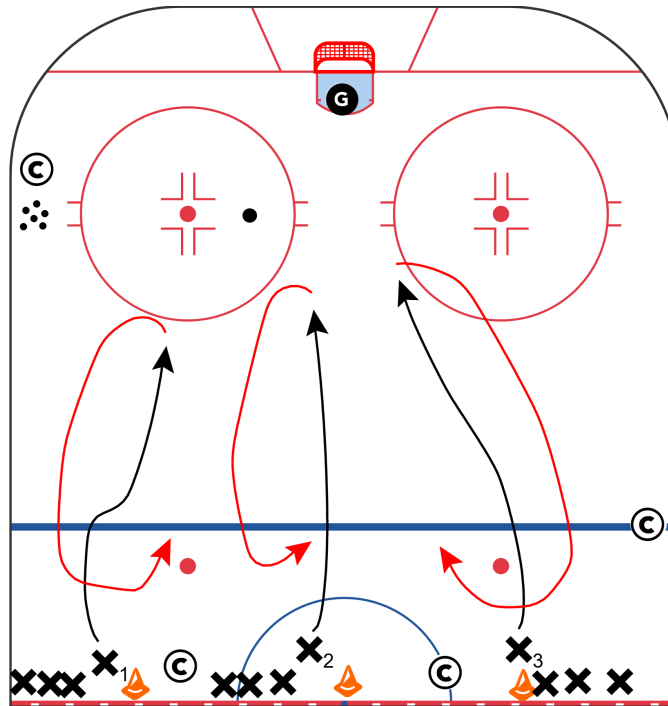




# Teaching Offside - Delayed Offside



## Description

### DELAYED OFFSIDE DRILL

This drill teaches the concept of delayed offside and learning how to regroup and re-enter the zone onside.

- Set the team up into three lines across centre ice, as you need to leave room in the neutral zone for the players in the drill. © is set up in a corner with pucks.
- On the whistle, the © lays out a puck (alternate where you place it each time) for a player from each line to enter the zone as a line. Players shouldn't all go to the puck, but enter more as a line would in a game.
- The players skate in to retrieve the puck until designated © puts his hand up and yells "OFFSIDE, OFFSIDE, OFFSIDE!".
- Players should immediately turn and not touch the puck, and exit the zone.
- All three players will now need to enter the zone after tagging up, and can go on a 3v0 on the goalie, and make it so they must pass at least 2x before shooting!

### VARIATIONS

- After you have done the drill a few times, inform the players that you may not call "OFFSIDE" and so it keeps them guessing and honest. We want the players to go full out and not hold back knowing they aren't suppose to touch the puck.
- Vary the distance from the puck you call offside. This makes them have to react to your call, and not know each time where it is going to be called!

## Key Points

### Key Teaching Points

- Players should be instructed to skate hard into the zone for the puck and not try to "time" the offside.
- When tagging up in the neutral zone, players should always be in MOTION.... you need to teach them to be skating and taking the proper angles to keep in motion when crossing the line!
- For the 3v0, you want the players to present their stick on the ice for a pass.