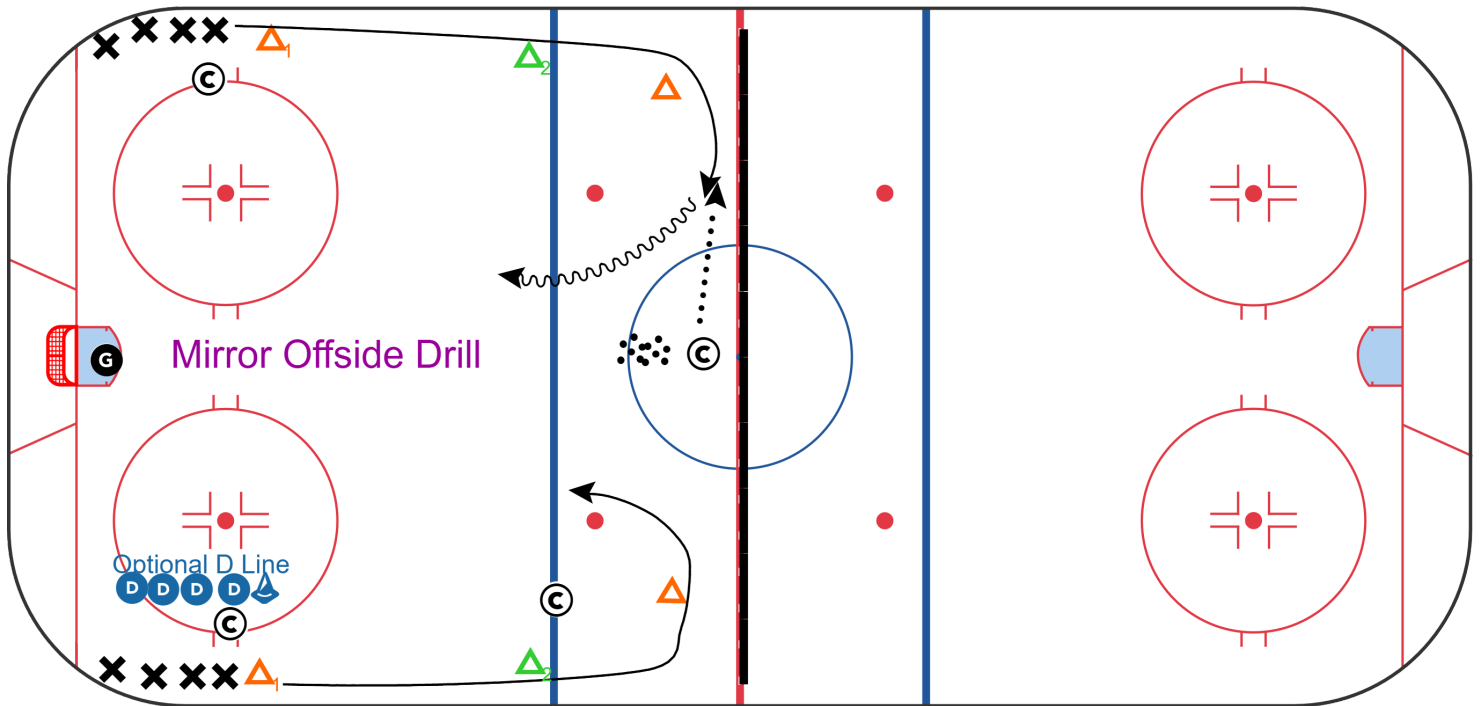




# Teaching Offside



## Description

### Mirror Offside Drill

- To setup, have a © with pucks in the centre ice face-off circle. Have two equal lines by the boards inside the zone facing towards the neutral zone. Option  $\triangle 1$  (orange) or option 2  $\triangle 2$  (green).
- On the whistle, a player from each side takes off around the pylons. The © will pass the puck to the one player who must enter the offensive zone, while the other player without the puck, must stay outside.
- If the player goes offside, blow the play down and yell OFFSIDE! They players turn is now done. The coach by the line can explain and reinforce what happened.
- If the play is onside, players play a 2-0 against the goalie.
- Players then should go to the opposite line they were just at to take turns from each side.
- Half-way through the drill, change the side you pass too.

### VARIATIONS

- If the passing is too difficult, have players start with the puck, and then progress to the © passing it.
- Bring the two lines closer to the blue line to increase the difficulty as the players will have less time to see what is going on and judge the offside (orange vs green pylon).
- You can have the line that doesn't receive the puck, have two players go, increasing the difficulty as both need to stay onside.
- To add more game like elements, you can have a 3rd line near the line that doesn't get the pass who acts as a defender and chases after the two, making the players have to focus on something other than just staying onside.

## Key Points

### KEY TEACHING POINTS

- Player with the puck needs to go as fast as they can and get over the line. The puck carrier can't make moves at the blue line.
- The player without the puck should be watching their teammate the entire time, and adjusting their speed so they cross the line **IN MOTION**. We don't want them stopping and waiting. Show them how to straddle the blueline going across it if they need too!