

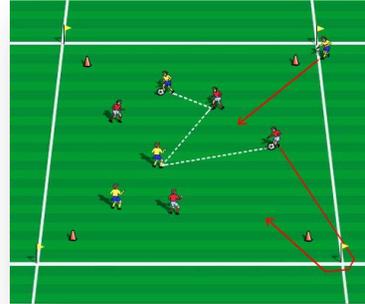


Beating the Offside Trap

Warm Up

Setup 20x20yard box with additional markers 5 yards from box
Players split into two teams

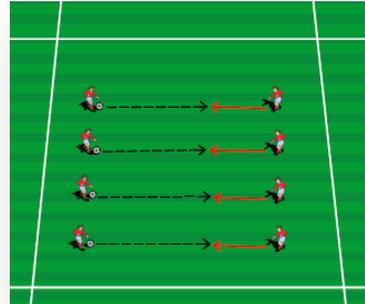
Instructions Players are split into two groups, one red, one yellow. Players pass in sequence (i.e. Red passes to Yellow, Yellow passes to Red) After a player passes to the next player he should exit the work area and run around the outside markers which have been placed on the perimeter. Dynamic stretching whilst without the ball.



Drill

Setup Use width of the field with players 15yards apart
One ball per pair

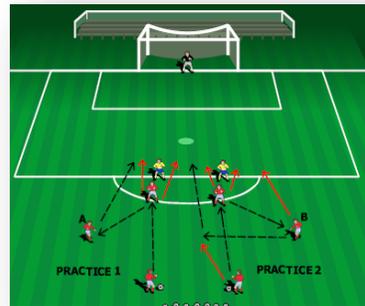
Instructions Short, crisp passing, players on their toes calling for the ball. The midfielder on the left is restricted to 2-touch, the forward on the right must back off (check away) before coming to meet the ball and returning it to midfielder with first touch. The emphasis is placed on the attacker receiving the ball and keeping it under control.



Development

Setup Players setup outside the 18 yard box as shown
Players given attacking and defensive responsibilities

Instructions Start the practice the same as Activity #1 with sharp, crisp passing and lay-offs, then introduce two midfielders (A,B). Red forward must check away in to defender then come forward quickly to receive the ball, as soon as the ball is laid back to the midfield he can start a forward run. If the play breaks down all players must return to starting positions.



Game Related Practice

Setup Half Pitch
Players in two teams (9 Attackers v 7 Defenders)

Instructions The Red midfield players are encouraged to pass the ball around until the opportunity arises to pass to a player in an advanced position. The players in advanced positions must time their runs to receive passes from the midfield players. The back-four are encouraged to hold their line and use offside to their advantage.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.