

# Static Defence

Sometimes it's hard to explain the basics of the offside rule to children, so this training session helps them to learn by showing it to them in action

## WHY USE IT

Getting players to learn where and when they are offside can be a tricky business but this session can help them understand.

## SET UP

Use the penalty area of your pitch coned off at the width of the penalty area and create an offside line of cones just outside the area. You also need two cones five yards from the line of offside. We've used nine players including a keeper and two servers.

## HOW TO PLAY

Have three players lined up on each cone, plus a keeper and two servers at the side. Each player takes a turn to run at the line of cones, do a skill to get past it and shoot from outside the penalty area. The attacker must then react quickly to get back onside, before making another run to hit a first time shot from a pass by the server on the opposite side. The attacker then joins the opposite queue ready for the next turn. Play until every player has worked both sides.

## TECHNIQUE

This shows players they can stay onside by dribbling the ball past the last defender but if they haven't got a ball they must be onside when it is played. It helps kids understand if you show them the rule in action.

Activity by: David Clarke

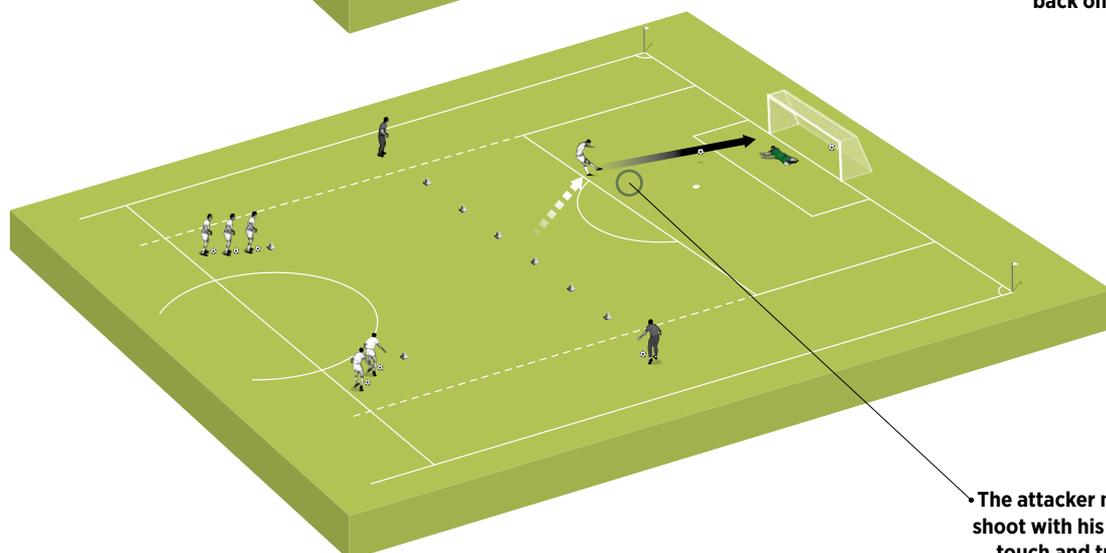
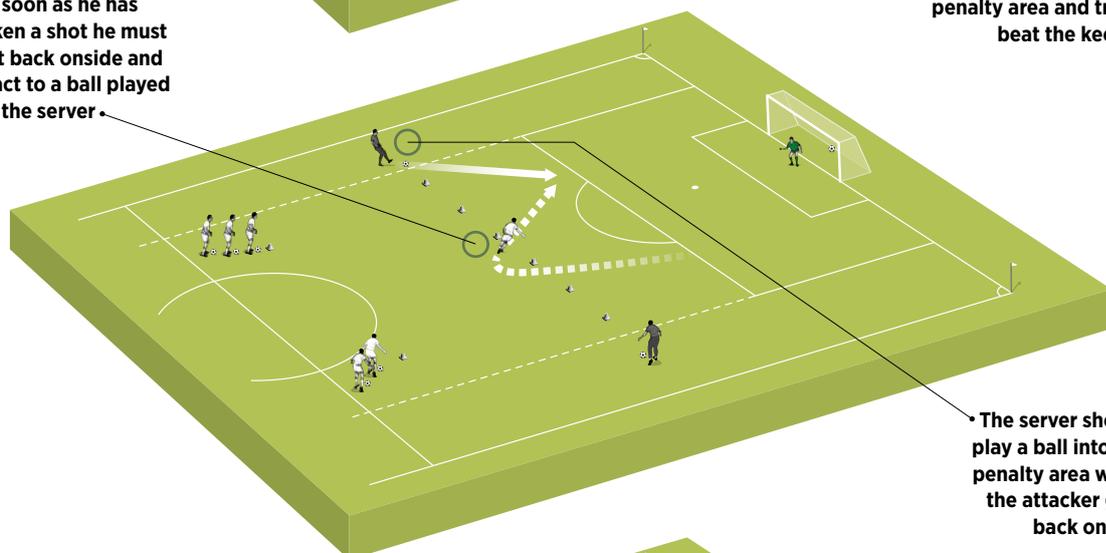
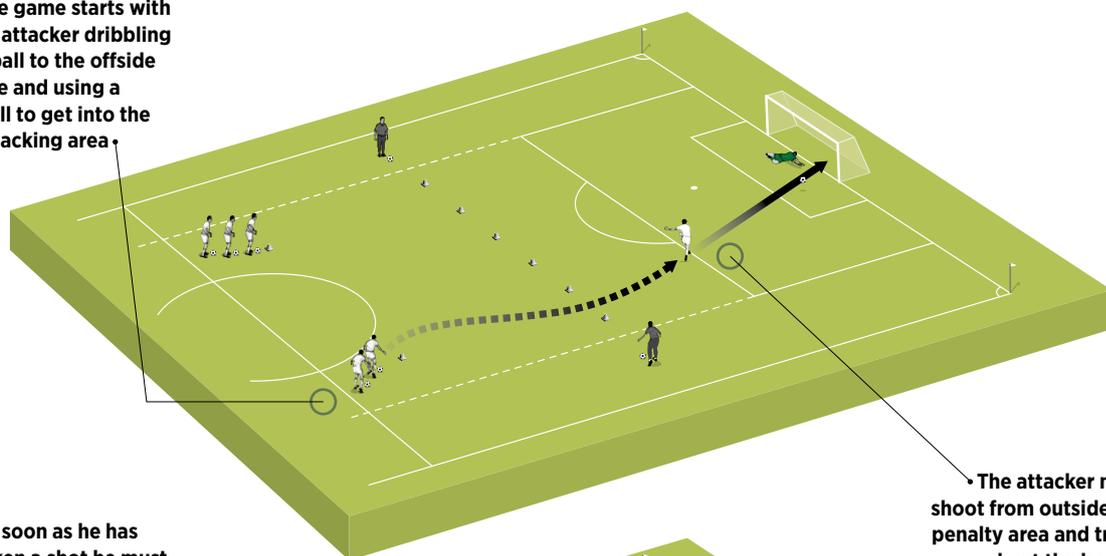
The game starts with an attacker dribbling a ball to the offside line and using a skill to get into the attacking area.

As soon as he has taken a shot he must get back onside and react to a ball played by the server.

The attacker must shoot from outside the penalty area and try to beat the keeper

The server should play a ball into the penalty area when the attacker gets back onside

The attacker must shoot with his first touch and try to beat the goalkeeper



Player movement

Ball movement

Run with ball

Shot