

How to coach players to beat the offside trap

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It is vital that players entering 7v7, 9v9 or 11v11 formats of the game understand the offside rule (Law 11) and how they can beat the offside trap when their team is in possession of the ball, in order to create goalscoring chances.

If you wish to teach your players the offside rule, this [guide \(https://www.thecoachingmanual.com/Content/6245498526629888\)](https://www.thecoachingmanual.com/Content/6245498526629888) clarifies this important Law of the Game and provides advice and video examples for your players to understand offside.

1 to 1 Movements to beat the offside trap: Technical Practice (9+)

This 1 to 1 practice develops the movement of the player to beat the offside trap and receive the ball to finish. [1 to 1 Movements to beat the offside trap: Technical Practice \(9+\) \(https://www.thecoachingmanual.com/Content/6232255464734720\)](https://www.thecoachingmanual.com/Content/6232255464734720)

Tactical Play: Movements to beat the offside trap Small Sided Game (9-12)

A small sided 4v4 game that includes conditions for players to perform movements to beat the offside trap and receive the ball to score on goal. [Tactical Play: Movements to beat the offside trap Small Sided Game \(9-12\) \(https://www.thecoachingmanual.com/Content/6313157347770368\)](https://www.thecoachingmanual.com/Content/6313157347770368)

Tactical Play: Movements to beat the offside trap Conditioned Game (13+)

This 11v11 conditioned game encourages players to perform movements to beat both a deep and a high offside line in game-specific situations. [Tactical Play: Movements to beat the offside trap Conditioned Game \(13+\) \(https://www.thecoachingmanual.com/Content/4899321759662080\)](https://www.thecoachingmanual.com/Content/4899321759662080)

Messi beating the offside trap

Once your players are familiar with the offside rule and its complexity, they can use this game understanding and movement to beat the offside trap, like Lionel Messi.