



Playing Onside (FIFA Law 11 – Offside)

Background

It is not an offence in itself to be in an offside position. Ultimately, whether a player is adjudged offside is ***in the opinion of the referee***, not the coach/player.

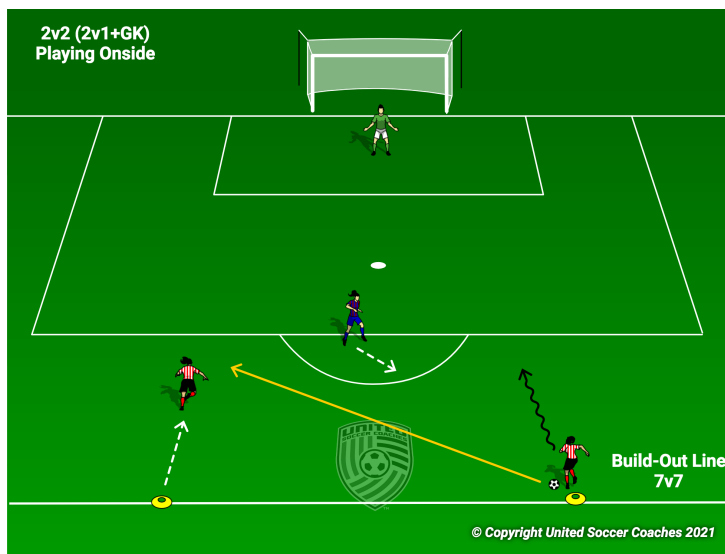
“Offside” – when the ball is played or touched by a teammate, and...

- when a player is in the opponents’ half, and
- nearer to the opponents’ goal than the ball and second to last defender
- and involved in active play, interfering with play, or interfering with an opponent, or gaining an advantage by being in that position

“Onside”

- Player is in their own half (7v7 = before opponents’ build-out line)
- Player is behind the ball
- Player is level with the second to last defender
- Player receives the ball directly from a goal-kick, throw-in, or corner-kick

Practice Activity – 2 Attackers vs. Defender & Goalkeeper (2v1+GK)



Set-Up:

- 2 Attackers with a ball
- 1 Defender
- 1 Goalkeeper

Coach stays level with defender and stops play if an offside situation occurs.

Activity can be run with multiple pairs of players. Rotate out defender and GK after set number of attacks or time.

For 7v7: Add a build-out line.

Attackers can either start from build-out line (offside can occur immediately), or from half-way line (offside can occur after build-out line).

The player with ball needs to have the vision to see if their partner is onside – if not, they should possess the ball (dribble) and re-evaluate if their partner regains an onside position before choosing to pass, continue dribbling, or shoot.