



Coach Beyond...

OFFSIDES

**An activity to discuss team norms regarding
hazing, bullying, and unacceptable behaviors**

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Offsides Activity

1. Divide athletes into small groups of 3–4.
2. Provide each group with a strip of tape and a stack of behavior scenario cards. There are a few blank ones for you to add your own examples.
3. Instruct groups to place a line of tape horizontally on the ground. This tape represents the Offsides Line.
 - One side of the line is "Onside" (acceptable behavior).
 - The other side is "Offsides" (unacceptable behavior).

Activity Instructions:

1. Ask each group to review the behavior cards together and discuss them.
2. As a group, decide where each behavior card belongs:
 - For behaviors that are questionable or context-dependent, place them close to the tape line to prompt deeper conversation.
 - For cards that are clearly onside or offside, place them further away from the tape to showcase “how far” offside they are.
3. Once all cards are placed, facilitate a larger group discussion around:
 - Which behaviors were hard to categorize?
 - How we can support our teammates when we see something offside?
 - Discuss the importance of establishing a positive team climate. What team norms do we want to reinforce going forward?

Coach Tip:

Use this as a safe and interactive way to talk with athletes about power dynamics, trust, and how you want your team environment to feel. Also, how athletes will intervene when they hear or see negative behaviors. It's okay if disagreements come up as they help build understanding and team norms.

**One teammate makes comments
consistently and negatively about
another teammate's body.**

**During a road trip, the team makes
inside jokes and everyone is laughing
about the event.**



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A captain tells a teammate who is struggling “You’re embarrassing us. Maybe you should quit the team.”

**After practice, older players make
new players line up and bark like
dogs ‘for team bonding.’**

**The team sings a silly chant
every time someone scores in
practice.**

**The same player gets mocked
every practice and every time they
make a mistake - ‘Butterfingers
strikes again.’**

**One of your teammates makes fun
of someone's voice, accent, or
appearance (e.g., weight, height,
race, ethnicity, etc).**

One of your teammates spreads rumors or gossips about another teammate to embarrass him/her (online or in-person).

**Someone on your team
takes/hides other players' gear so
they get in trouble with the coach.**

A group of players create a group chat but leave out one teammate they think is annoying. They also named the group chat “Annoying Alex Club.”

**A player gives another player the
nickname 'Sloth' because they
move slow.**



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**A senior tells a first-year player
‘You have to carry everyone’s gear
until you earn your spot.’**

**A new player gets water dumped
on them after a first win. The
player laughs and the entire team
cheers to show pride for the
player's performance.**

**The student section while cheering
at your game uses racial slurs to
chant negative things about a
player on the opposing team.**

In the locker room, a game gets started where everyone gets touched, slapped, or hit with a towel while they are trying to shower/not clothed.



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Your team has a tradition of giving seniors before their last game “funny” gag gifts like lingerie, laxatives, speedos, and t-shirts with embarrassing photos on them, etc.

To initiate first-year players on the team, your coach has a tradition of running the them until they feel like are going to pass out to show them ‘what hard work feels like’



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You and your teammates create an Instagram post or barstool account mocking an opposing team's top players and their girlfriends/boyfriends.

Your team decides to do a team meal together but lots of players decide not to come.

Your teammates pressure first-year players to shotgun several beers at a party because your team wants to be seen as the “best partiers” as compared to others.



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**Your teammates often joke and
call each other names like ‘gay,
insecure, pussy, fag, etc.’**

**You ask your teammate how s/he
is doing after you notice s/he
missed a few days of practice this
week.**

**You stand up for a teammate who
is getting picked on. You even say,
“Hey, offsides - knock it off.”**

You tell a trusted adult or coach about the pressure you feel to do something with the team over the weekend you don't really feel comfortable doing (e.g., party, senior prank, etc.).

**Your teammates or the coach
make another teammate play
through an injury or pain.**

**One of your teammates humiliates
another player by sharing private
photos of them.**

**While running a training session
for your team, a “guest coach”
calls players on your team names
such as Helen Keller, Ninja, Fat
Boy, etc.**

**One of the captains on your team
grabs the throat of another player
during practice in frustration.**

 **Coach Beyond...**