

Throw-ins

Why work on throw-ins?

Although they take only 5 seconds to do, they do allow your team to gain an advantage by winning 20-30 free possession. Unpracticed throw-ins are a 50/50 chance of who gets the ball.

What is a throw-in?

A throw-in is awarded when the entire ball passes over the touchline (sideline). Which ever team last touched the ball, the throw-in goes to the team

How to do a throw-in?

1. Faces the field of play;
2. Has part of each foot either on or behind the touchline.
3. Uses both hands to throw the ball in.
4. Delivers the ball from behind and over his head.
5. The ball is in play immediately after it enters the field of play.

What are some special rules for a throw-in?

1. The thrower may not touch the ball again until it has touched another player. If he/she does, the other team is awarded an indirect free kick (rule in KASL depends on age).
2. All opponents must stand no less than 2 yards from the throw-in.
3. If the throw-in goes directly into the opponents goal (not touched by another player), no goal is scored and the restart is a goal kick for the other team.
4. If the throw-in goes directly into his/her own goal (not touched by another player), no goal is scored and the restart is a corner kick for the other team.
5. A player is not offside if he receives the ball direct from a throw-in.
6. If the ball enters the field of play from a throw-in on the ground or in the air and then rolls or blows back out, the throw-in goes to the other team.
7. If the ball never enters the field of play on a throw-in, the throw-in is retaking.
8. The thrower may throw the ball to his/her keeper; however, the keeper may not use his hands to play the ball. If the keeper uses his/her hands within his/her own penalty area, the restart is an indirect free kick for the opponents.

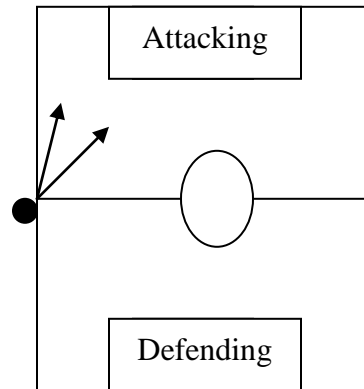
Who should take the throw-in?

In U-10 and below 97% of the time you want it to be a defender or midfielder; unless, you are taking a quick throw-in (will explain later).

Simple throw-in for U4 through U6:

Remind them to face the goal the team is trying to score in and keep both feet on the ground (no jumping). Tell them to throw it to on of these four basic spots (be proud if you can teach them all of these).

1. To player "a"
2. Down the line.
3. Towards the goal
4. To open space.



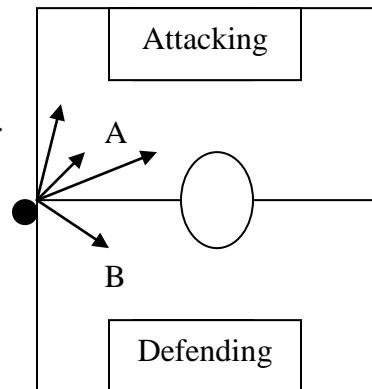
Defending a Throw-in

To defend, most coaches line up the players by the goal. A great way to teach is to tell them to mark up (meaning is under terms). Although you will give up more goals as kids are marking air and standing around looking at people; in the long run, you are preparing them for when they get older (your team will then be ahead of the curve).

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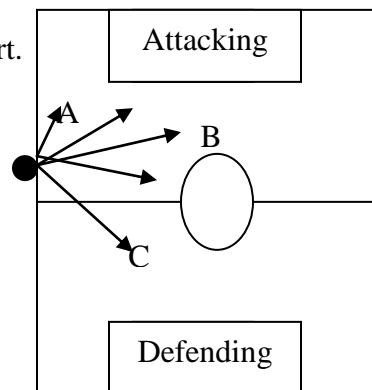
1. Defender throws it in
 - a. To player "A" attacker
 - b. To player "B" defender who is protecting your side
 - c. Down line if open
 - d. Towards the goal if open
 - e. to any open space on the opponents side



Simple throw-in for U7 and U8:

Your defender always throws it in; unless you are doing a quick restart.
A quick restart (see advancement #7 below for an explanation)

1. Defender throws it in
 - a. To player "A" attacker down the line
 - b. To player "B" attacker in the middle
 - c. To player "C" defender who is protecting your side
 - d. Between Players "A" and "B" if need be
 - e. Towards the goal if open
 - f. to any open space on the opponents side



Advancement for how the thrower throws in the ball:

You must understand that each player will advance differently depending on comfort level and how long they have been playing.

1. Stands flat
2. Stands flat but arches back for more distance & power.
3. Taking a step and arches his/her back
4. Running throw (players must remember to drag their back toe).

Advancement for where the thrower throws in the ball:

You must understand that as players progress, mistakes will be made as the thrower and his/her teammates need to be on the same page.

1. Down line - Simply throws it down the line.
2. Towards goal - Simply throws it towards opponents goal.
3. To "A" - Simply throw it to teammate "A".
4. Open space - Simply throws it to opponents side where the defenders are not standing.
5. Back - When you throw it not towards your opponents side but to a defender on your own side who is open (away from the pressure of the opponents).
6. Look - Once they understand the above throws, most good coaches will only say "look". This gets the player away from looking at you for every little direction and it forces them to think and react the the game.
7. Quick - When you feel an advantage can be gained by a fast throw. Normally taken by the closest player to the ball. Normally taken when you have a player ahead of the defense when a quick throw will get him/her a breakaway or a huge advantage towards your opponents goal.

How do I teach players to do a Great Throw-in?

1. Start by holding the ball out in front of your face (arms fully extended).
2. Put your hands on each side of the ball (fingers apart and pointing straight ahead).
3. Thumbs should be pointing toward the top of the ball.
4. Take the ball behind your head till it touches the back of your neck.
5. When the ball is touching the back of your neck, your elbows should be pointing out to the sides. This allows you to use your chest muscles with your arms and shoulders (greater distance).
6. You can bend your back a little for more power.
7. Be sure the player drags the toes of rear foot so hard he can hear it (if moving to throw it in).
8. Now take a step forward and throw the ball (standing still in the younger ages).
9. Stay upright (bending forward generally causes players to lift their foot).
10. Be sure to snap your wrists and follow through (A full wrist snap adds more power).

How much power do I teach players to do a Great Throw-in?

1. When throwing to a teammate, you want your player to throw-in to his/her feet.
2. Then throwing down line of into space, you want hard, straight power.
3. When trying to get around defenders, you want high arching throws over their head.

What is the hardest thing to teach the throwers teammates?

The biggest problem is players tend to move so far away from the thrower that he/she can not get the ball into play without making it a 50/50 ball.

Drill 1 Throwing to teammate (without pressure):

1. In pairs, facing each other and spaced about 5-10 yards apart (depending on age).
2. One player throws the ball to his partner who will trap ball with his/her feet and passes the ball back.
3. Repeat for 1 minute and then switch thrower.
4. Emphasis on technique and getting it to the players feet with speed.

Drill 2 Throwing to teammate over a defender (with pressure):

1. In pairs, facing each other and spaced about 8-12 yards apart (depending on age).
2. A third player is in the middle trying to intercept the ball.
3. One player throws the ball to his partner over the defender in the middle.
4. Repeat for 5 times, then switch the thrower and defender.
5. Emphasis on technique, eye/head position and releasing the ball so it goes over the defender.

Drill 3 Throwing to space or down the sideline (without pressure):

1. In pairs, facing each other and spaced about 5-10 yards apart (depending on age).
2. The player throws the ball to the space (side) of his/her teammate so he/she may run onto the ball.
3. Repeat for 1 minute and then switch thrower.
4. Emphasis on technique and pace of the throw so his/her teammate can get to the ball first.

Drill 4 Throwing to space or down the sideline (with pressure):

1. In pairs, facing each other and spaced about 5-10 yards apart (depending on age).
2. A third player is a defender marking the receiver.
3. The player throws the ball to the space (side) the defender is not on so his/her teammate may run onto the ball.
4. Repeat for 5 times, then switch the thrower and defender.
5. Emphasis on technique, seeing the open space and pace of the throw so his/her teammate can get to the ball first.

Drill 5 Throwing to an open player (without pressure):

1. One thrower and 3 receivers and 2 defenders about 8-12 yards apart (depending on age).
2. The player throws the ball to the open teammate since there is only 2 defenders.
3. The player who receives the ball traps it and picks it up to become the thrower.
4. Repeat for 1 minute and then switch positions.
5. Emphasis on technique, seeing the open player and pace of the throw so his/her teammate can get to the ball first. Also, teammates must see where to move to get open.
6. Add game, if defender steals the throw, they switch spots.

Drill 6 Putting it all together (let the players figure it out):

1. 1 thrower, 3 receivers and 2 defenders.
2. Teammates call out line, feet, space, etc. as they are moving into the positions.
3. The player who receives the ball traps it and picks it up to become the thrower.
4. Repeat for 1 minute and then switch positions.
5. Emphasis on technique, seeing the open player and pace of the throw so his/her teammate can get to the ball first. Also, teammates must see where to move to get open and only communicate when they are open.
6. Add game, if defender steals the throw, they switch spots.
7. Add game, if defender steals the throw because of a teammates call, they switch spots.