



# Throw in Practice and Movement

Category: Set-Pieces: Throw-ins

Difficulty: Academy Sessions

Pro-Club: FAW Coach Ed  
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## Description

To increase the understanding of positions from throw ins

## Warm Up

### Passing Warm Up

Set-up a number of pitches as shown in Fig 1 Enough for players split in to pairs to have one pitch each

Bib Up players in to 2 teams

1) Players pass back and to (Vary types of passes 2 touch, 1 touch, Right / Left Foot)

### Key Points

- 1) Ball Out of feet
- 2) Non-Kicking foot level with Ball
- 3) Decide surface
- 4) Lock Ankle
- 5) Strike centre of Ball
- 6) Follow kick through

### Progression

Fig 2

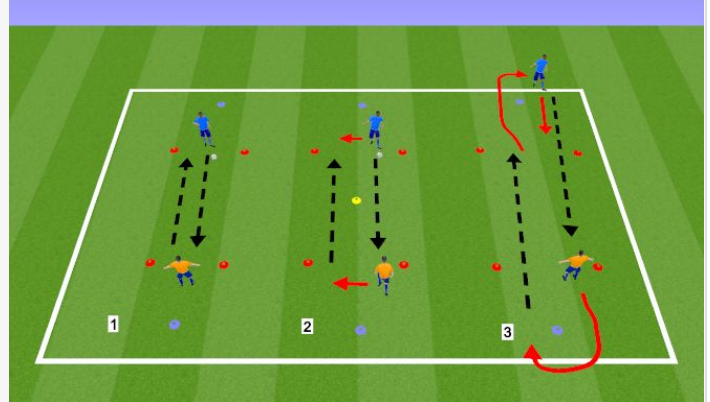
Place cone in centre when players receive pass they move the ball across to pass back the opposite side of the cone

Work Players in both directions.

### Progression 2

When player receive the ball the turn back and go around back blue cone,

Once they are around the Blue cone the pass the their partner, then follows the pass back to the starting position



## Throwing Technique

Set-up Split players into groups of two or three

Working in their groups the players take it in turns to throw the ball in

### Correct Technique

Both feet of Floor

Feet off the Pitch

Hands positioned either side of the Ball

Ball behind head and delivered in one smooth movement

### Progression 1

Try different types of throw

To feet

Chest

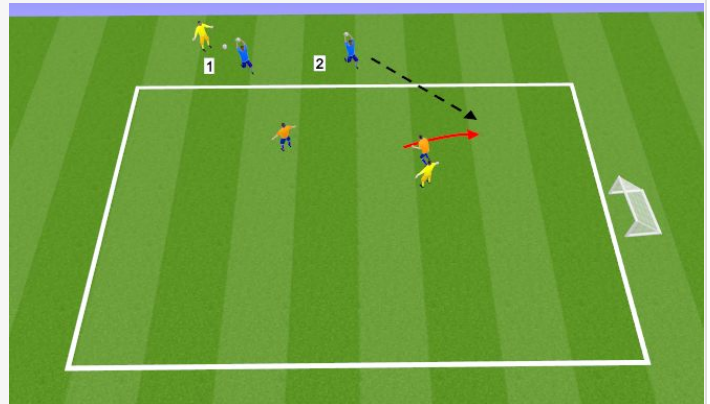
Head for Knock on

Over head into space

### Progression 2

Introduce defender

Can the player beat the defender to score



## End Game

### Small Sided Game

20 x 30 Pitch

Players split into 2 teams

One member of each team on the outside

Player on outside serve balls in with a throw in

Normal football teams try to score in the opponents goal

After ball goes out opposite team starts with a throw in

Change wide player

Coaching Point

Correct throw in procedure (no foal throws)

Attacking and defending players quickly set themselves for throw

Can attackers manufacture space



