

Soccer Throw In Drills/Activities:

Before completing any of these drills, coaches should take a few minutes to explain how to properly throw the ball in

(video: [How to make a throw-in](#) – watch from 7 seconds – 25 seconds)

Steps to a proper throw-in:

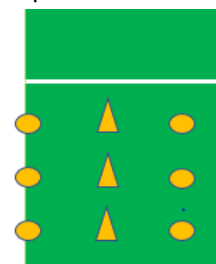
- Stand facing the field with feet apart
- Place one hand on each side of the ball
- Take the ball behind the head and throw forward onto the field remembering to keep both feet planted on the ground.


Reminders...

- Both feet must stay on the ground
- Player taking the throw will stand on or behind the side line
- Ball must go over and behind the head (usually tell players to have the ball touch their neck)
- Players must use both hands equally

Partner Throw-Ins:	Equipment: Soccer Ball (one ball per pair of players)
Set-up: <ul style="list-style-type: none"> • Players partner up with another player. One player (with the ball) • All the players with the ball stand on the sideline, while their partner stands about 10 feet across from them 	Procedures: <ol style="list-style-type: none"> 1. Players with the ball (on the sideline) attempt to throw the ball to their teammate (who is standing 10-feet across with proper throw-in technique. Ball should land at the FEET of their partner. 2. Teammate traps the ball with their body and KICKS the ball back. 3. If the player accurately threw the ball with proper technique (and accuracy to his/her teammate), the teammate may take a few steps back. 4. Continue play for a few minutes. Teammates should then switch roles. 5. By the end of the drill, all players should be able to demonstrate a proper throw-in <p>** Throughout the activity, coaches should be monitoring the players along the sidelines who are throwing the ball in. Players who are incorrectly throwing the ball should be provided with instruction/feedback.</p>
Coaching Points: Individual Feedback to players regarding proper throw-in techniques.	
Link: Soccer Throw-In Drill	

Partner Throw-In Battles	Equipment: Soccer Ball (one ball per pair of players); One Tall Cone per pair; two dome cones per pair (to designate where players should stand).
Set-up: <ul style="list-style-type: none"> • Players partner up with another player. • Players stand 15+ feet apart (younger players U8/U10 will stand closer together; while U12/U15 would be further apart). • Set up the field as shown below (set up enough so that all players can participate at the same time. • Each pair has a ball 	Procedures: <ol style="list-style-type: none"> 1. On go, the player with the ball attempts to throw the ball toward their partner attempting to knock down the tall cone between them (using proper throwing technique) 2. Teammate retrieves the ball and attempts to throw the ball back toward their teammate/partner attempting to knock the cone down as well. 3. Players can keep track of how many times they knock the cone down. 4. Continue play for a few minutes. 5. By the end of the drill, all players should be able to demonstrate a proper throw-in <p>** Throughout the activity, coaches should be monitoring the players to see who needs help with proper throw-in techniques.</p> <p>One coach can monitor each column of players.</p> <p>Players who are incorrectly throwing the ball should be provided with instruction/feedback.</p>
Coaching Points: Individual Feedback to players regarding proper throw-in techniques.	



<p>Throw-In Challenge</p> <p>Set-up:</p> <ul style="list-style-type: none"> Place a dome cone on the sideline (as pictured – blue dot) Set up one cone in the field about two yards away from the dome cone. Set up a second cone three yards out (one yard behind the first) and then another one four yards out (one yard behind the second). Players line up on the sideline behind the dome cone in a single file line facing the cones (with their soccer ball) 	<p>Equipment: Soccer Balls (one ball per player; Tall Cones, Dome Cones)</p> <p>Procedures:</p> <ol style="list-style-type: none"> The player in the front of the line takes a turn taking a throw-in and tries to hit one of the cones. Player retrieves his/her ball and goes to the end of the line. After the first cone is knocked down, players try for the second cone, and so on. Challenge players to be the first one to hit the third cone. <p>Please Note: There can be TWO lines of this going on at once (one coach monitoring each line).</p> <p><i>Only count cones as a hit when one is hit by a properly taken throw-in. If the throw was taken incorrectly, coaches/players should return the cone to standing position</i></p> <p>** Throughout the activity, coaches should be monitoring the players to see who needs help with proper throw-in techniques. Players who are incorrectly throwing the ball should be provided with instruction/feedback.</p>
<p>Coaching Points: Individual Feedback to players regarding proper throw-in techniques.</p>	
<p>VARIATIONS –</p> <p>Make this a relay race. Each time a player on one team hits a cone, he can grab that cone and place it on top of the next cone and this becomes the target for the whole team until a player hits it. The first team to hit all of the cones wins.</p>	