

## THROW-IN PLAYS

A throw-in is a dead ball situation. Remember that the throw-in is a pass and so it should have the same qualities as a pass made on the field of play. As with any pass a throw-in made into the field of play must be for penetration or possession.

### QUALITIES OF A GOOD PASS

ACCURACY, PACE, ANGLE, HEIGHT, TIMING, DISGUISE

Sometimes a throw-in can simply be made to an open teammate if the opposition marks poorly. However if the opposition marks well on a throw-in then it must be approached as a set play. Follow the K.I.S.S. Principle here – Keep It Simple Stupid. The intent is simply to shake off a marker just enough to receive the throw-in from a teammate. If penetration into the attacking third or toward the opponents' goal can be achieved then so much the better. Yet the most important objective of a throw-in is to keep possession of the ball.

Of course any sort of set play for the throw-in will go wasted with a foul throw. So every player on the team needs to know how to make a throw-in and should practice the technique. When using the throw-in as an offensive weapon, it is most effective if thrown on a flat trajectory and with maximum speed. This makes it much more difficult for the defense to judge the distance and speed of the throw. It also reduces the time necessary for defenders to react, to mark opposing players, and follow the flight of the ball. Aim the throw at the receiver's feet or head or into space for the receiver to run onto the ball. The throw must be in accordance with Law 15. Here are three simple exercises that players can do alone to practice the throw-in technique.

Exercise 1: start on the back, two hands on the ball, arms stretched out above the head. Sit-up and throw the ball against the wall. Abdominal muscles, back muscles and a whip like action make a good throw-in.

Exercise 2: While kneeling hold the ball with both hands in a W, above and a little behind the head. Arch the back like a sling. Pick a spot on the wall and aim the ball at it.

Exercise 3: Standing now recoil, hands behind the ball, arch and whip the ball forward. Keep the feet together (once this style is perfected then stagger the feet apart).

In each exercise vary the distance to the wall. Always have a mark, high or low, on the wall as a target to improve accuracy. With the standing throw use the lines on the court/field or mark a mark with tape in the floor when in a gym or a line in the dirt when outside.

After the exercise diagram for practicing the technique of the throw-in are two tactical plays for a group of players to practice.

US Youth Soccer



Sit-up position

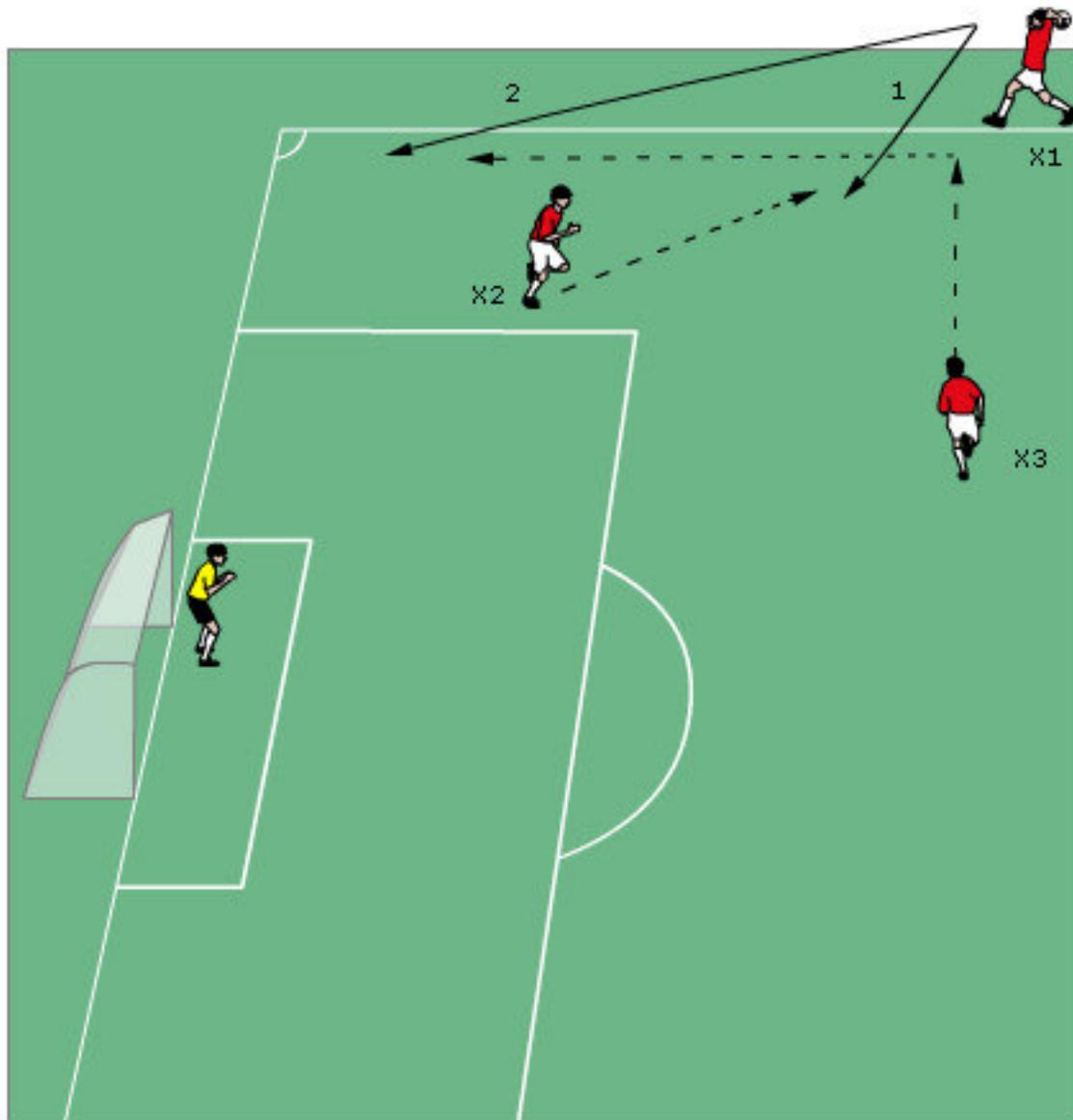


Kneeling position



Standing position



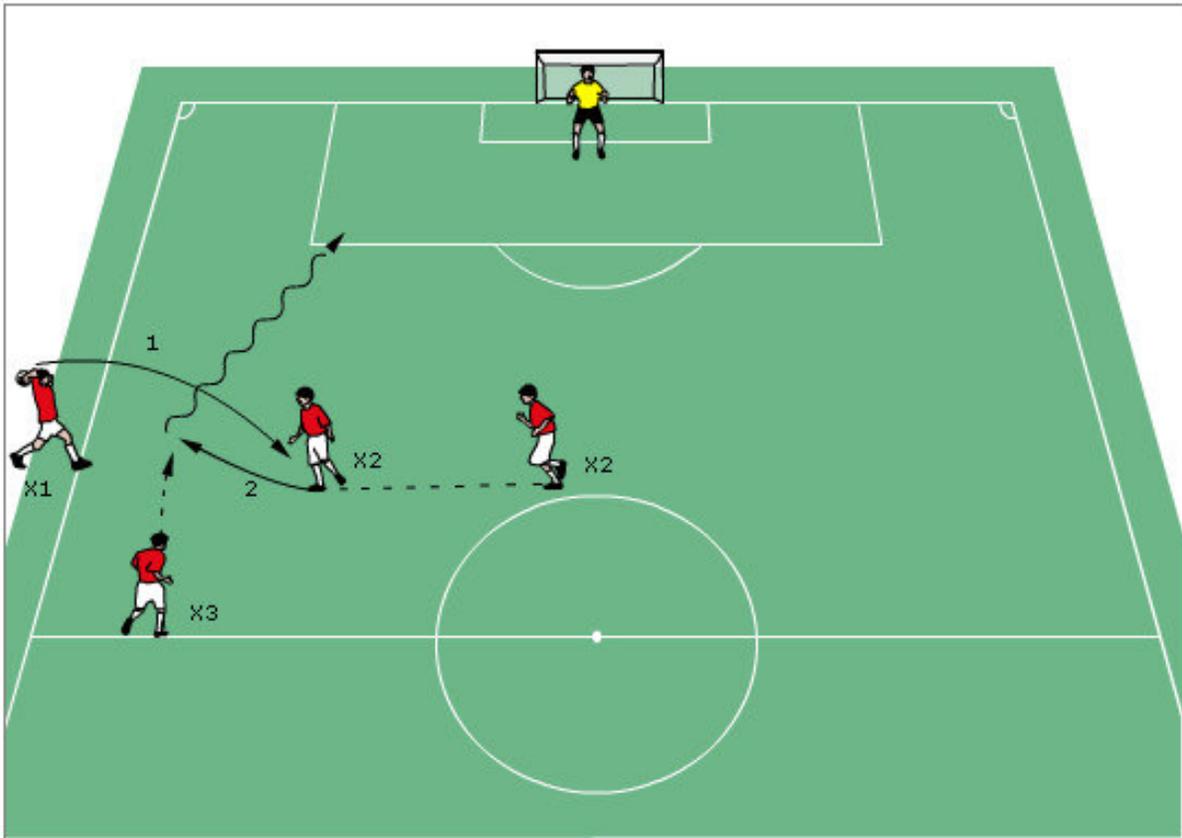


X1 = thrower

Throw to X2 if his checking run is unmarked and X2 can then turn with the ball to the inside. Throw to X3 if X2 is marked. The throw should be forward into space for X3 to run onto.

X2 = diagonal checking run to X1.

X3 = square checking run to X1 and then a sharp turn up field to receive the throw from X1 or to support X2 if the throw goes to him.



X1 = thrower

X2 = checks to the ball to receive the throw-in (1) and lays off (2) the ball into the path of X3

X3 = off the ball run between X1 and X2 to receive the ball from X2 and then dribble to penetrate