



Throw-Ins — Forty Free Balls a Match

Session A4 • Set pieces • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Technique

0:10 – 0:25 • 15 MIN

Three Options

0:25 – 0:40 • 15 MIN

Defending the Throw

0:40 – 0:55 • 15 MIN

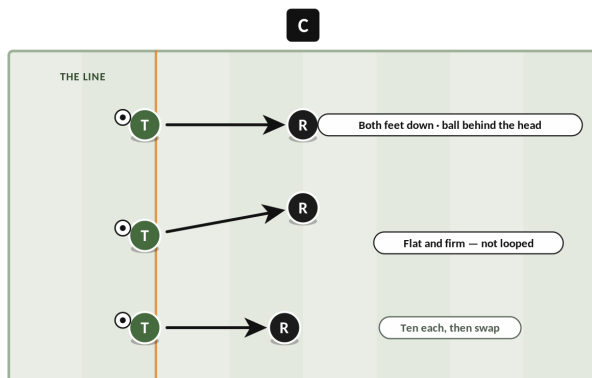
The Throw-In Match

0:55 – 1:00 • 5 MIN

Questions and homework

A4.1 THE TECHNIQUE

Warm-up • 10 min



FORTY OF THESE A MATCH • AND WE GIVE MOST OF THEM AWAY

SET UP

- 32 × 18 m with a clear line marked down it — a touchline if you have one.
- Pairs, one either side, 8 m apart.
- One ball per pair; the thrower stands at the line ...

RULES

- Both feet on the ground and behind the line. A foul throw is a foul throw, even in a warm-up.
- Ball from behind and over the head, delivered with two hands.

COACH IT

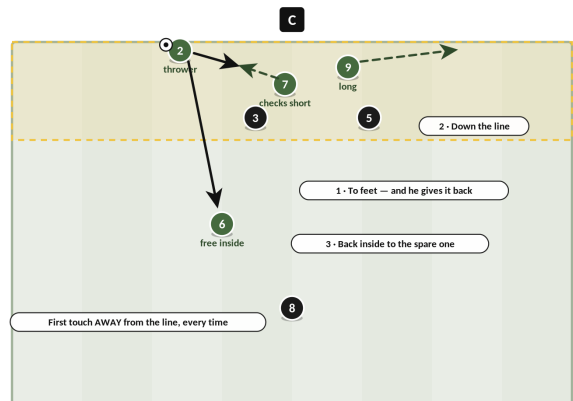
- Technical: Feet either both behind the line or one behind and one on it; a short run-up if the player wants distance; hands spread behind the ball; the ...

SAY

- The most common fault. It is worth ten seconds each to fix.

A4.2 THREE OPTIONS

Technical practice • 15 min



THE THROWER IS AN OPTION AGAIN THE MOMENT HE HAS THROWN IT

SET UP

- 40 × 26 m with a wide channel marked along the throwing side.
- Four attackers including the thrower, against three defenders.

RULES

- Somebody must move before the ball is thrown. A throw to a stationary player scores nothing.
- 1 point for three passes kept after the throw; 2 if the throw went inside.

COACH IT

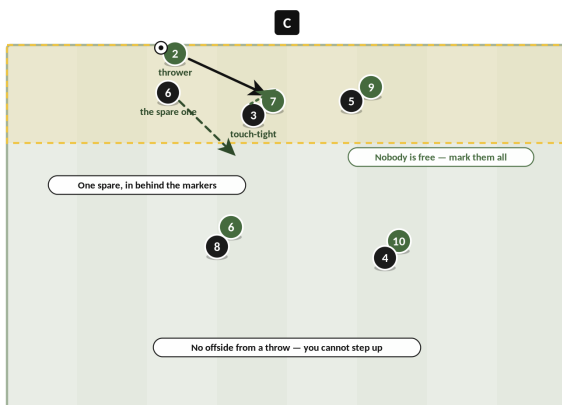
- Technical: The receiver's first touch, taken across the body and into the field. And the thrower's accuracy to a moving target, which is harder than ...

SAY

- The whole session. If nobody moves, there's nobody to throw to.

A4.3 DEFENDING THE THROW

Skill game • 15 min



THEY HAVE ONE FEWER PLAYER — THE THROWER CANNOT PLAY IT TWICE

SET UP

- 40 × 26 m with the wide channel marked.
- Four attackers including the thrower against four defenders — even numbers, because the thrower cannot play it twice.

RULES

- Even numbers — the throwing team's advantage is that the thrower rejoins, not that they start with more.
- Defenders 1 for winning it within three seconds, 2 ...

COACH IT

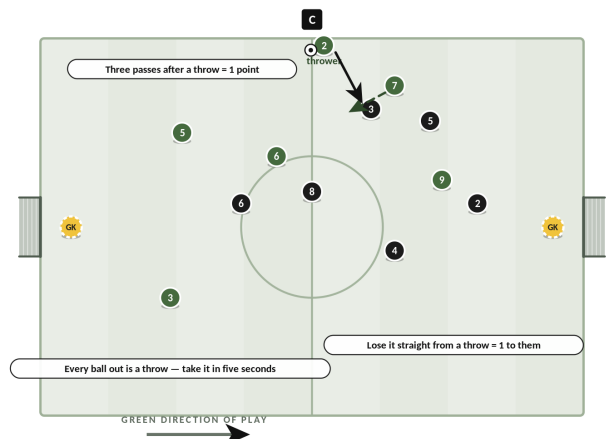
- Technical: Marking touch-tight on the goal side, and intercepting a thrown ball — which is slower and easier to read than a passed one.

SAY

- The whole practice. Point at them rather than explaining.

A4.4 THE THROW-IN MATCH (6 v 6 + GKs)

Conditioned match • 15 min



GREEN DIRECTION OF PLAY

SET UP

- One pitch, 46 × 32 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes every two minutes.

RULES

- Three passes kept after your own throw = 1 point.
- Winning the ball straight from their throw = 1 point.
- From minute 7: throws must be taken within five ...

COACH IT

- Technical: Throwing accurately to a moving target under fatigue, and receiving with the correct first touch under pressure.

SAY

- Still the main fault, even after two practices.
- The five-second rule fixes it entirely.