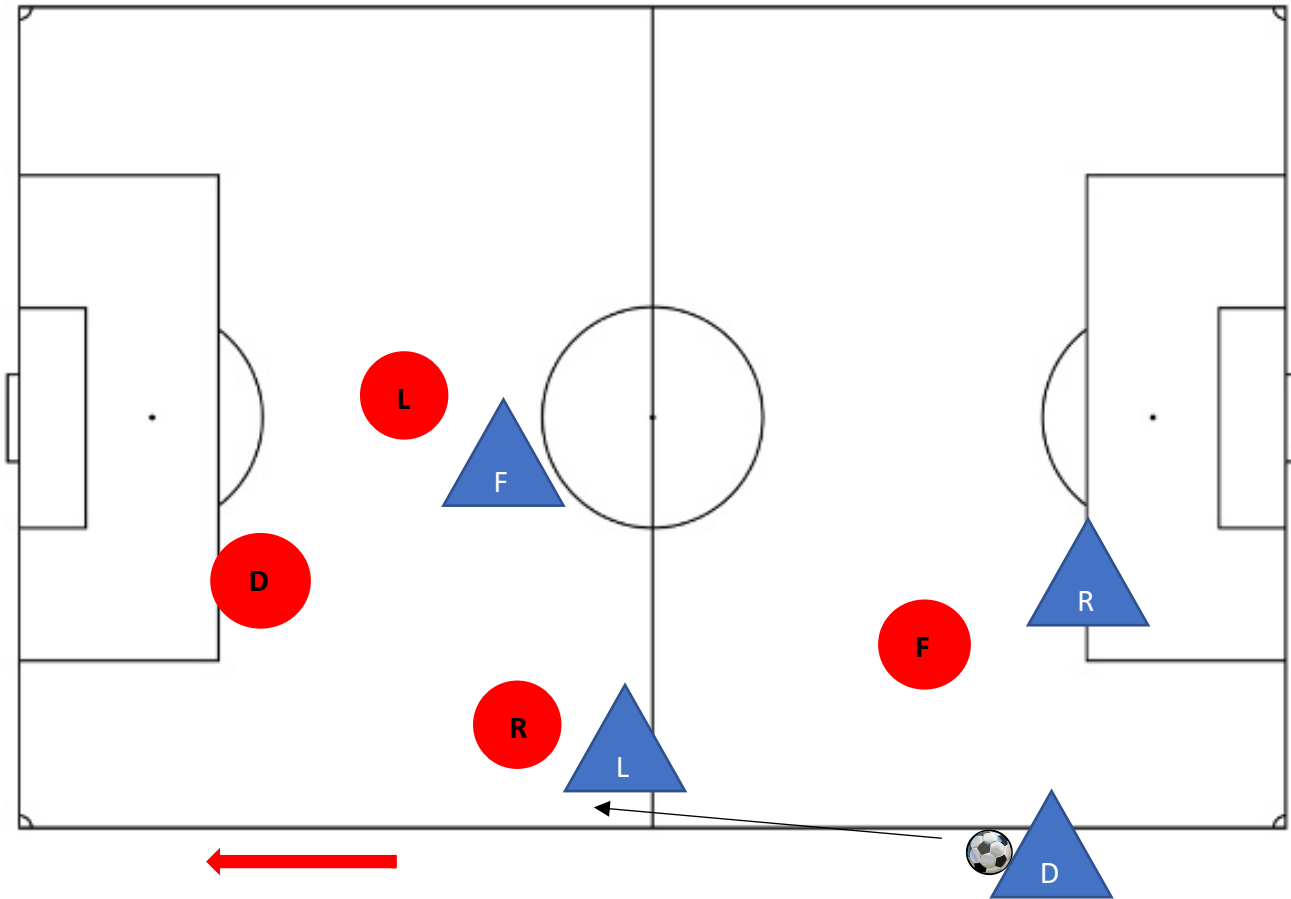
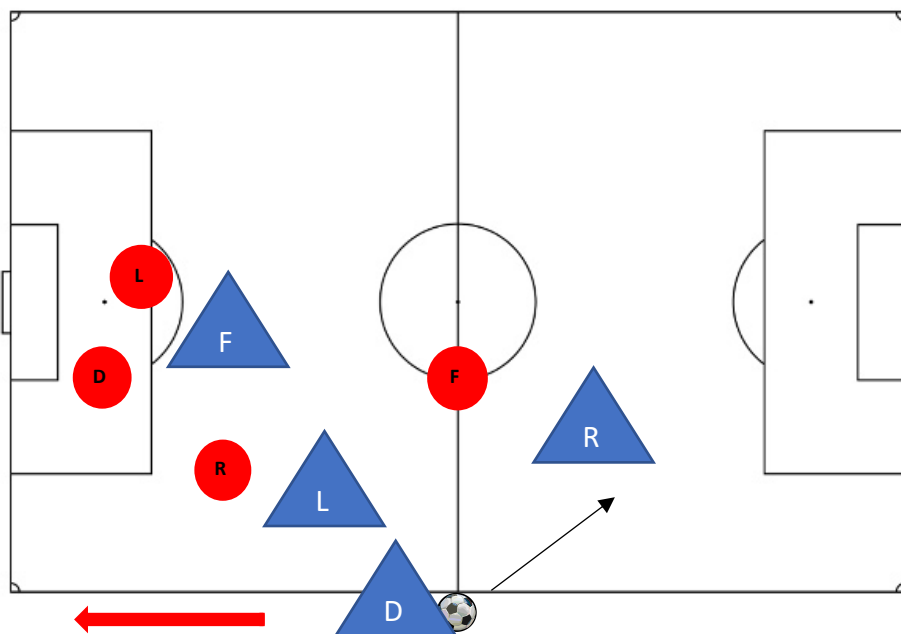


THROW-INS

The ball should be thrown into space **where the players are going** or **where you want them to go**.



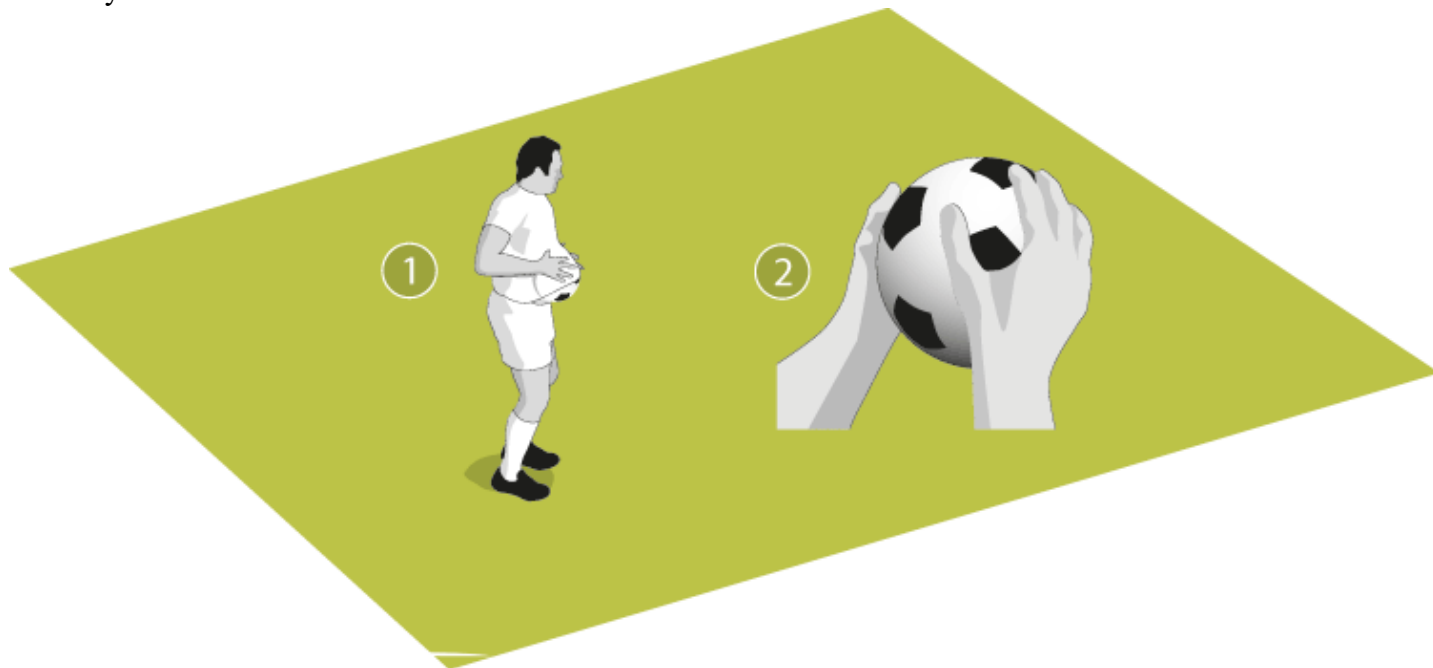
When teams are up by more than 4 goals, ALL throw ins SHOULD be played back to the defending side of the field (or to your 'last defender').



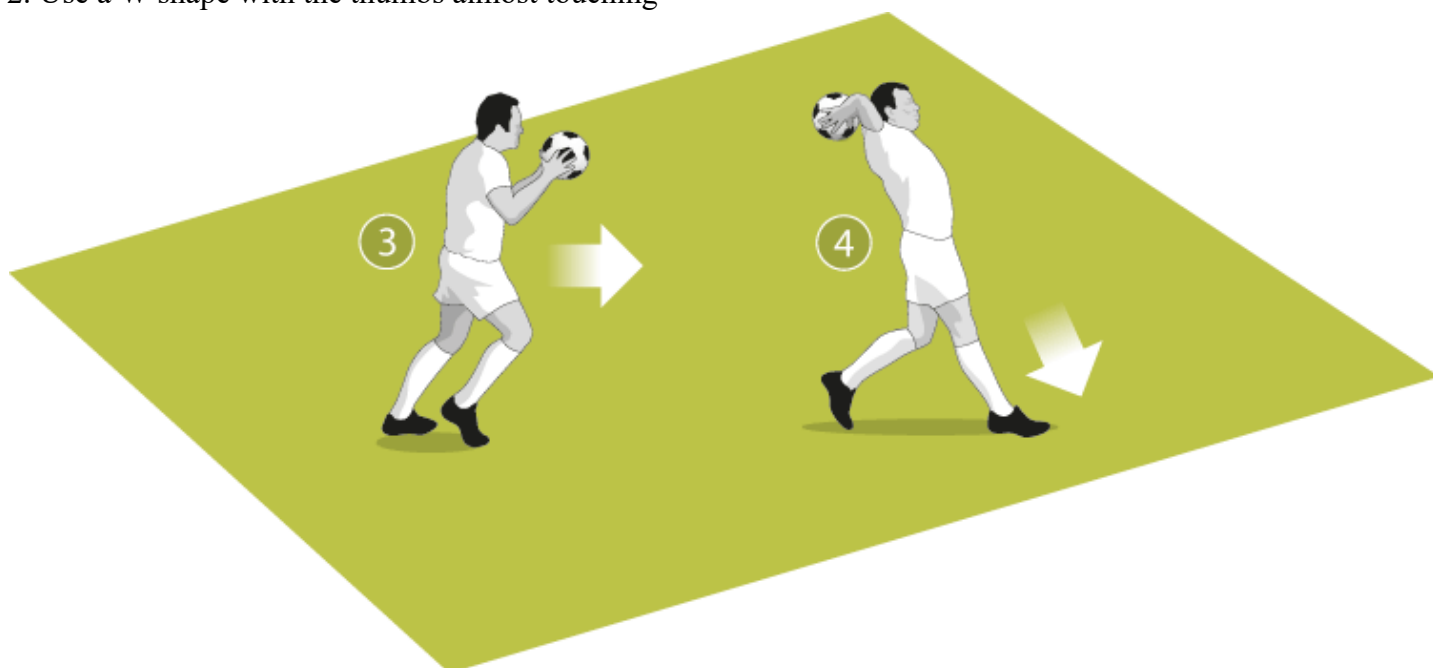
How to take throw-ins

A long throw when teams are in the attacking third of the pitch can be as effective as a corner kick or a free-kick. Use this session to identify a couple of players who can perfect the technique.

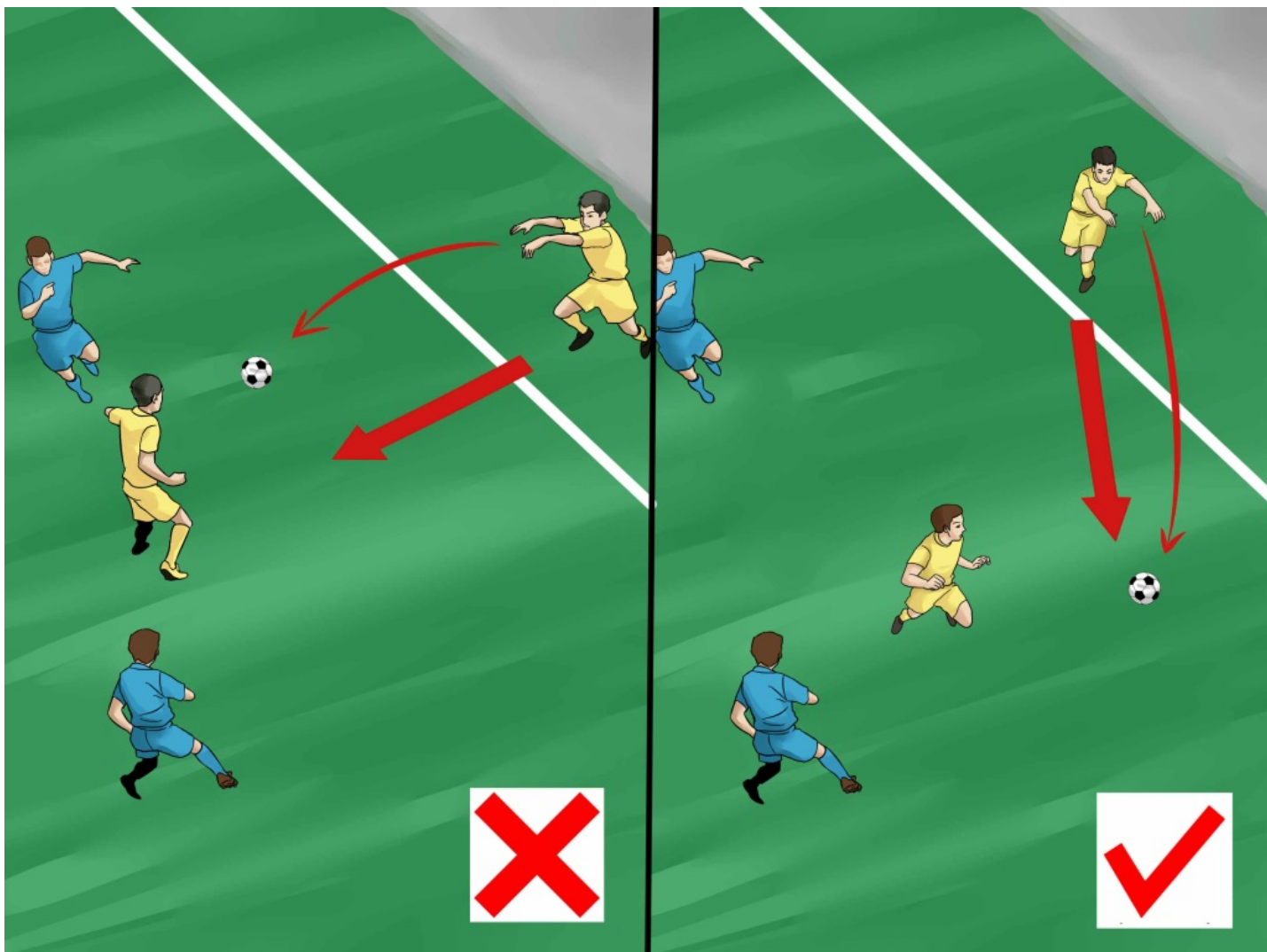
Throw-ins and heading are the crux of the game. The fact that passes are thrown offers greater supply accuracy.



1. If the ball is wet make sure you dry it on your shirt or it will slip out of your hands
2. Use a W shape with the thumbs almost touching



3. Hold the ball in front and move forwards
4. Take the ball behind the head, keep both feet on the floor and bring the ball sharply forward



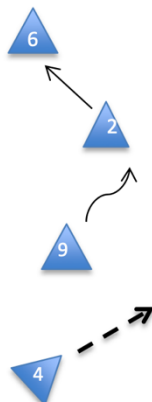
Do NOT throw the ball to your teammate.
 Instead, throw the ball into play where you want your teammate to go!

DIAGRAMMING KEY & SYMBOLS:

PLAYERS: Team your training
 (Functional Exercises Use Positional Numbering)



PLAYERS: Opposition
 (Functional Exercises Use Positional Numbering)



PASSES represented using **thin lines** with a head. The **length** to the arrow-head is an indication of the **distance**. The arrow-head represents the end point of the pass. **For accuracy, the angle and length should be drawn in proportion to the field diagram in which they are placed.**

DRIBBLING or RUNNING WITH THE BALL is represented using **squiggled line** with an arrow-head.

PLAYER MOVEMENT or RUNNING WITHOUT THE BALL represented using **dashed line** with an arrow-head. **Angle of the point of triangle represents angle of approach by the player**

Don't fall foul of throw-ins

