

## Attacking throw-ins

Throw-ins in the attacking third of the field are more than just a way of restarting play – they're also a means of launching attacks.



What you tell your players the session is about

1. Building an attack
2. Retaining possession
3. Restarting the game when the ball goes out of play

### Session planner

Warm up	Session	Developments	Game	Warm down
7-10 mins	15-20 mins	15-20 mins	15-20 mins	10 mins

Activity	Kit	Outcome
Warm-up	Balls, disc cones	Dynamic stretching, gentle running, jumping and catching
The Session	Balls, bibs, disc cones	Practising attacking throw-ins
Development	Balls, bibs, disc cones	Improving attacking throw-ins technique and movement
Game Situation	Balls, bibs, disc-cones, goals	Applying attacking throw-in principles in a game situation
Warm-down	Balls, disc cones	Gentle running, static stretching



### Where it fits

Individual skills: Throwing, Decision making

Team skills: Keeping possession, Movement

#### Related Smart Sessions

- 34 [Developing Ball Control](#)
- 55 [The Short Throw-In](#)
- 104 [Movements to Lose a Defender](#)



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### What to think about

- Movement – checking, crossover runs etc – creates space to receive ball
- Quick throw-in if possible.
- Options: Throw forward to a player in space? To a player with their back to goal who returns the ball? Or away from pressure?
- Range of communication – verbal, eye contact, movement.
- Thrower follows ball onto the pitch quickly to support play.





## Set-up

- Approx 10 x 15m grid
- 1 ball
- 3 players



## What you get your players to do

- Play 2v1 in a grid. Play begins with an attacker's throw-in from near one corner of the grid.
- Once the ball is in play the attackers combine to reach the endzone at the far end of the grid.
- After three goes, rotate players so everyone has a go at being the thrower and the defender.



## What to call out

- "It's like a pass – make it easy for your teammate"
- "Shake-off your marker"
- "Get on the pitch once you've released it"
- "Remember the basics"
- "Throw to feet"



## Development

- Introduce another attacker and defender.
- With additional players the thrower's decision making is tested.

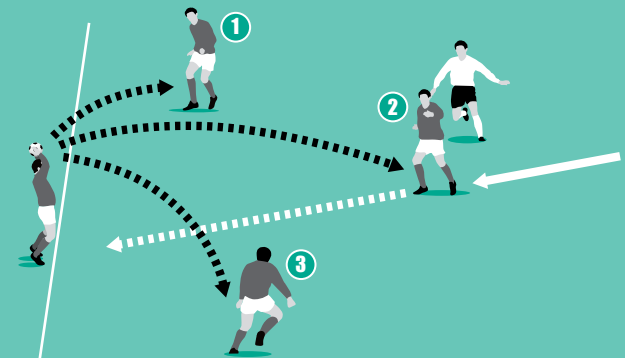


## Game situation

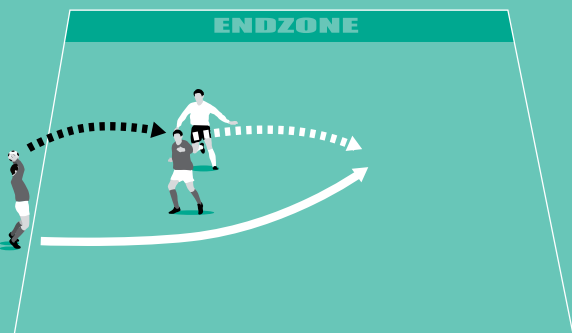
Play a 4x4 game plus a goalkeeper for each team. Bonus points are awarded for goals scored within a certain number of touches after a throw-in.

# Attacking throw-ins

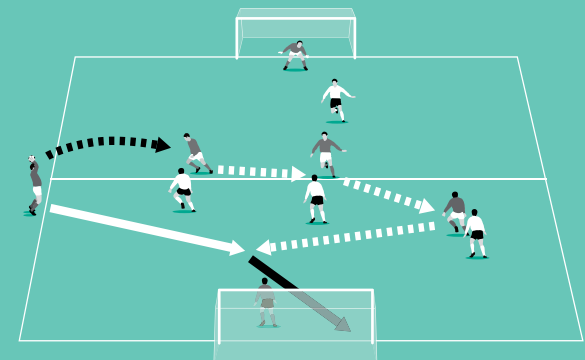
direction of run  $\Rightarrow$  pass  $\square\square\square\Rightarrow$   
shot  $\blackrightarrow$  throw in  $\dashrightarrow$



Give the thrower options from an attacking throw in.



Can the attacking team reach the end zone from a throw-in in this 2v1 situation?



Bonus points are awarded for goals scored from within 5 touches after a throw-in.

