

Throw In

Objective: To put the ball back in play when it has been kicked over the touchline.

1. Position legs

- Place feet on or outside of the touchline
- Face the field
- Knees slightly bent
- Weight evenly distributed on both feet

2. Hands

- Hold ball equally with both hands
- Place ball behind head with both hands

3. Throw

- Move hands together and throw ball over your head
- Bend forward at the waist, then arms, then hands
- Keep a part of both feet on or outside the line while throwing

4. Observe and correct common errors:

- Feet not on ground during the throw – player does not bend at waist – knees may be locked. *Work on flexibility during the throw in and follow through.*

To do a legal throw-in, the ball must come back over the head (refs usually look to see if the ball goes back past the ears) before being thrown forward; both feet must be on the ground when the ball is released; and both feet must be behind or on the touch-line.

There are two basic ways to do a legal throw-in. One is to step forward with one foot in the direction of the throw, and drag the toe of the trailing foot as the ball is thrown. The other is to simply stand with both feet firmly planted and throw the ball in. Which style is used is a matter of player preference. Both ways are effective so let your players use the one that works for them.

The most common error in throw-ins is lifting the foot. This error almost always occurs because the player is trying to throw the ball too hard and almost always occurs in players who use the first method and are lifting the trailing foot in an unconscious effort to get more power on the ball. Therefore, if you notice that a player is lifting the foot repeatedly, switch them to doing throws by standing with feet together and tell them that their main job is just to get the ball on the field. By taking the pressure to set distance records off, your chances of a good throw are greatly improved.