**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**

**Topic =** Throw-Ins within a Game Environment  
**Coach=** Adrian Parrish

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| * Team handball: two teams of 5 players.  
* Players throw the ball using the same technique as they do in a game.  
* Players cannot run with the ball  
* They throw the ball to a team-mate who keeps possession if it is caught.  
* If the ball is dropped or intercepted possession changes  
* Teams score a point for 5 consecutive throws | * Ball behind the head/neck  
* One foot in front of the other.  
* Keep Both feet on the ground  
* Eye Contact with receiving player  
* Follow through with the arms upon releasing the ball  
* Support/Movement from arms upon releasing players |

**MATCH RELATED ACTIVITY**

* 3v3. Two players in the middle and one on the outside for each team.  
* Teams keep possession and can use their team mate on the outside to keep the ball.  
* Players on the outside can move around the whole entire grid (20 x 15)  
* If the ball goes out off an opposing player, the other team gains possession and uses a throw in to restart the play  
* 5 or more passes equal a point.  

**MATCH RELATED ACTIVITY**

* 3v3 or 4v4 in a 25 x 15 yard grid, including the end zones  
* The game starts by a player throwing it into their team mate and then joining in the play.  
* Teams score by dribbling the ball into the opposing team’s end zone.  
* You can’t throw the ball to a team-mate in the opposing end zone  
* If a player can dribble from a throw-in straight into the end zone it counts as 2 points  

**MATCH**

* 5 V 5 or 4 v 4 no GK’s  
* Normal soccer rules  
* Little to NO coaching. Watch and observe the throw-ins and movement during these moments  
* Place extra soccer balls around the outside of the field to allow for quick throw-ins  

**COOL DOWN**

Players pass and move in pairs. Stretch

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