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

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	* 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 receiving 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.	* Release the ball over your head towards your team mate's feet. * Movement/Angles to support the player once the ball has been thrown in. * Communication, verbally and through body language
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	* Release the ball over your head towards your team mate's feet. * Movement/Angles to create space to receive the throw
MATCH		
5 V 5 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	= Players = Ball = Dribble = Pass = Throw-In = Goal = Movement without the ball
COOL DOWN	Players pass and move in pairs. Stretch	