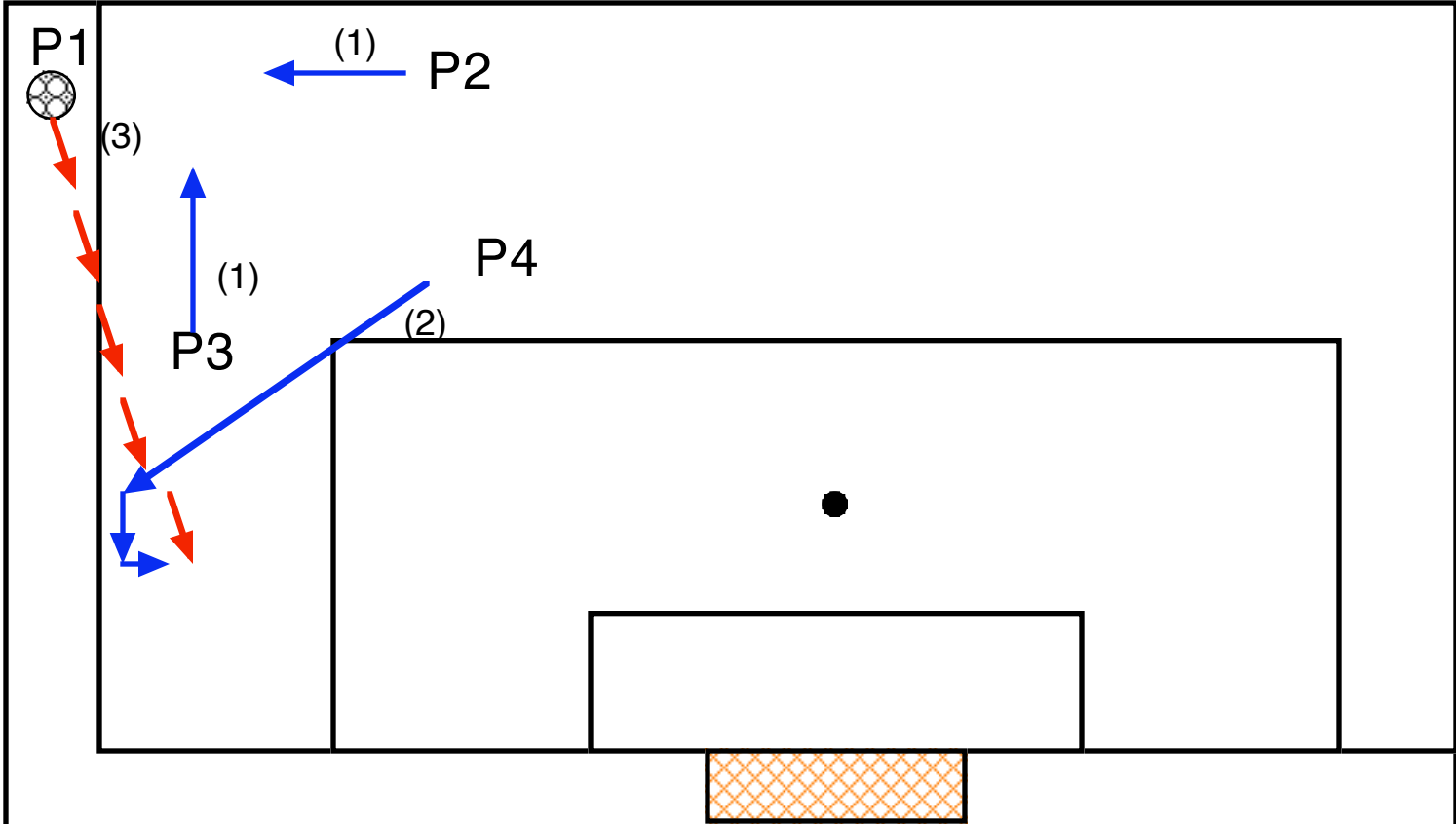


THROW-IN PLAY: In Attacking Third



THE SETUP:

> Player 1 (P1) takes the throw-in; mPlayers 2, 3, 4 form a triangle

NOTE: This play is designed to be run in the attacking third of the field, but is useful in the middle and defending thirds

THE PLAY

(1) Players 2 and 3 make a run straight at Player 1

(2) Player 4 runs behind Player 3

(3) Player 1 throws the ball down the sideline toward Player 4

Note: P4 has to circle around the ball to try to receive it side-on, facing the goal

COACHING POINTS

-- Before rehearsing the play, begin with a “throw-in” warmup:

> put the players into pairs or trios and start with 1 player throwing the ball in toward his/her partner who receives/traps, and then returns the ball back with a push-pass; have each player perform 3-5 throw-ins

> progress to the player receiving the ball “side-on” before returning the ball