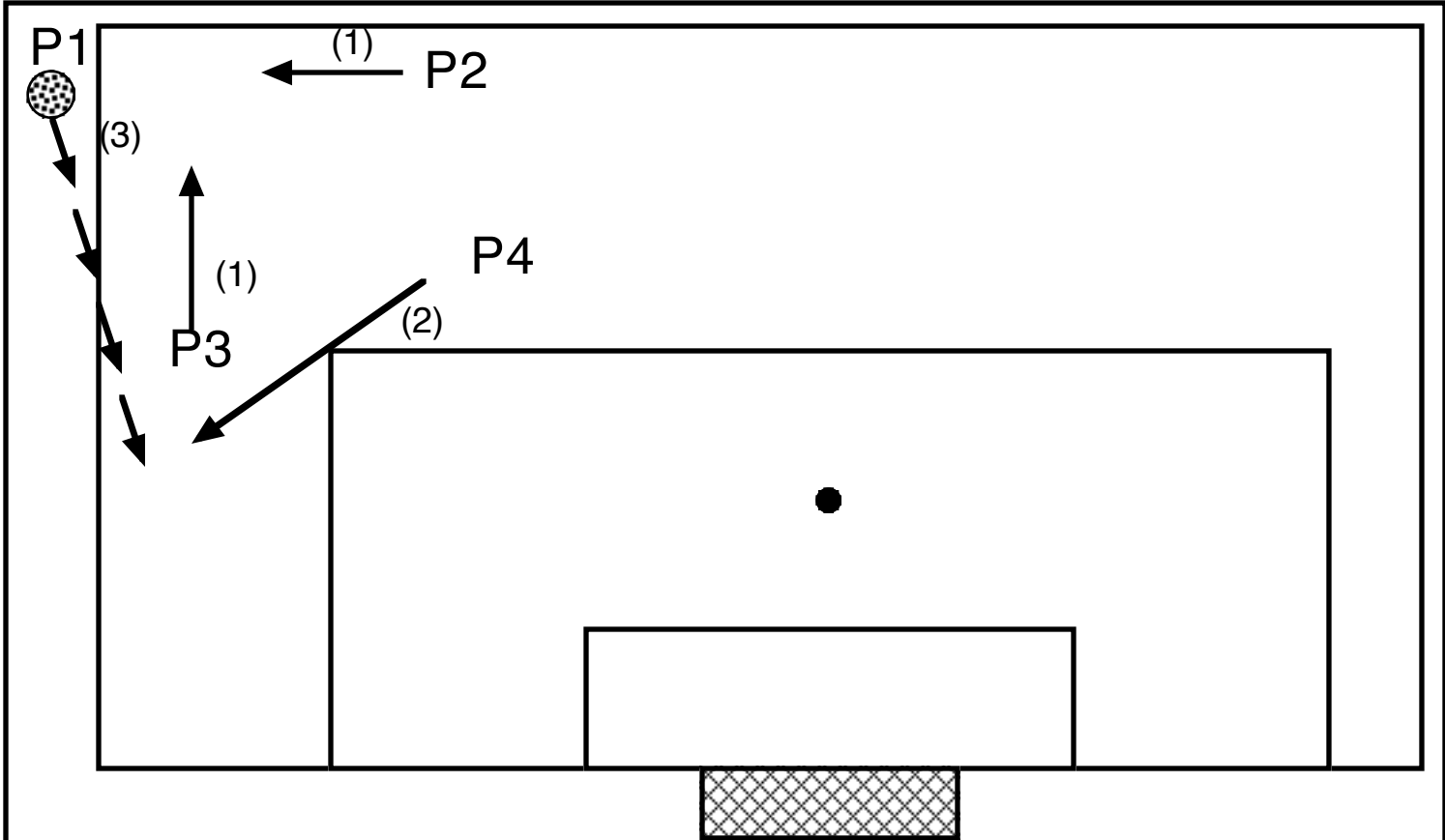


**THROW-IN PLAY:  
 In Attacking Third**



**THE SETUP:**

- > Player 1 (P1) takes the throw-in
- > Players 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: Player 4 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
  - > (1) start with 1 player throwing the ball in toward her partner who receives/traps, and then returns the ball back with a push-pass
  - > have each player perform 3-5 throw-ins, then switch roles
  - > (2) progress to the player receiving the ball "side-on" before returning the ball