

Possession at throw-ins

Keeping possession of the ball from a throw-in is vital. Make sure your players know how to keep it and what to do with it.



What you tell your players the session is about

Learning how to become effective at retaining possession and creating goal scoring chances from throw-ins.

Session planner

Warm up 10 mins	Session 15-20 mins	Developments 20-25 mins	Game 10-15 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm-up	Ball each	Various throwing and catching skills inside the area
The session	Balls, cones, bibs	Individual technique to create space to receive the throw
Development	Balls, cones, bibs, goal	Understanding group movement to retain possession on one side of the pitch
Game	Balls, cones, bibs, goal	Keeping the team shape and opening up the pitch to create goal scoring opportunities
Warm-down	na	Gentle jogging, static stretching, de-brief Q&A



Where it fits

Individual skills: Throw-in technique, movements, discipline to hold position, passing and receiving, dribbling, shooting, and crossing

Team skills: Movements, combination play, communication, teamwork, and team discipline to hold shape

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What to think about

It is vital that you address throw-ins at least once or twice a season but coaches often neglect this crucial area.

However, throws-ins happen regularly in the game and simple movement combinations can be the difference not just between retaining or losing possession, but also in your team's ability to create crossing opportunities and even score goals.





Set-up

- 40x50yd area.



What you get your players to do

Split the team into three groups (throwers, receivers, and defenders) the receivers work for 1 minute.

The first 30 seconds are unopposed and the receivers must make runs to receive a throw and then pass back to the thrower.

The next 30 seconds are opposed with the defenders coming out to pressure the receivers on each throw.

Rotate the three groups so they experience each role in the practice.



What to call out

- “Hold your shape”
- “10 to 15yds away”
- “Be active after taking the throw”

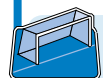


Development

Split the pitch in two halves. This is important when working on the team’s effectiveness at retaining possession as it will only allow three players to work the throw-in area.

One player should be in line with or deeper than the taker, one should be down the wing and one should be diagonal to the taker.

All three players should be 10-15yds from the taker in order to give themselves and the thrower space to receive. You can now look at various movements to receive and then combine 4v3 (thrower joins in after throwing) to get a cross or shot on goal.



Game situation

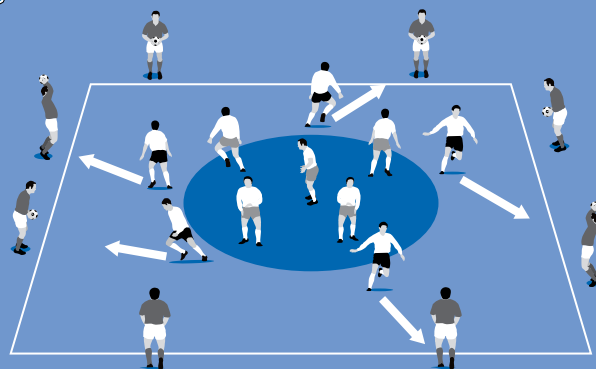
Take the middle line out of the pitch and play a game where the defenders have one player less.

The team must stick to the three players and 15yds rule introduced in the development. But now they have the added bonus that due to the team holding its shape, a quick switch of play can find a team mate unmarked and in space to attack.

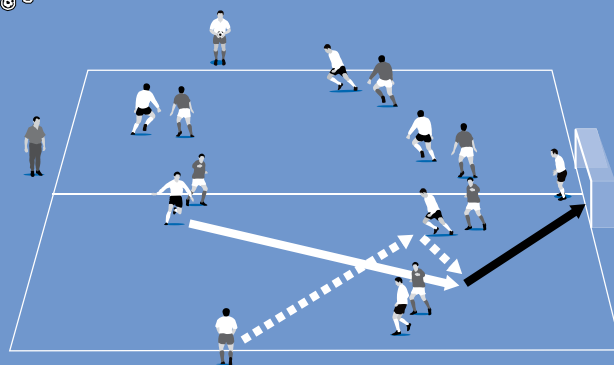
Rotate sides that the throw-ins are made on.

Possession at throw-ins

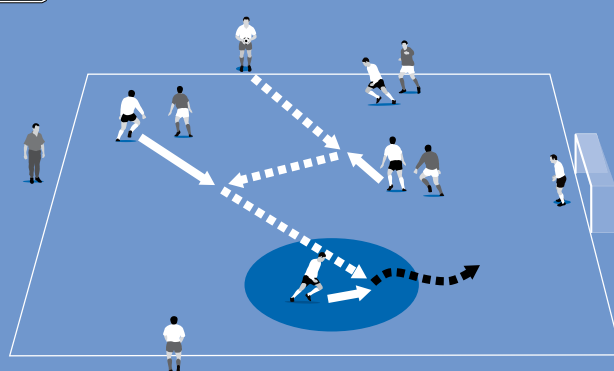
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
dribble \dashrightarrow shot \rightarrow



Start by practicing receiving the ball from a throw-in individually.



Introduce teamwork and tactics on one side of the pitch.



Open up the pitch enabling players to benefit from quickly switching play from a throw-in.