

How to coach players to take effective throw-ins

Written by Paul Bright

Just like any other technique or skill in soccer, players should be taught the procedure of how to take a throw-in and how they can be used to maintain possession and launch an attack.

Law 15: The Throw-In

There are 17 Laws covering the game of soccer, and Law 15 addresses the throw-in as a method of restarting play.

According to FIFA's Laws of the Game, "a throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air."

Procedure: How to take a throw-in

If the above procedure is not followed, the throw-in is awarded to the opposition team and is often referred to as a 'foul throw'.

When taking a throw-in, all opponents must stand no less than 2 yards from where the throw-in is taken.

The ball is in play when it enters the field and after delivering the ball, the thrower must not touch the ball again until it has touched another player.

If the ball touches the ground before entering the field of play, the throw-in is retaken by the same team and from the same position, provided that it was taken in line with the correct procedure.

Throw-ins and the Offside Rule

A player cannot be deemed offside when receiving the ball directly from a throw-in. This allows the attacking team to use clever movements to take up positions behind the last opposition defender, giving them a clear run to goal.

Scoring goals from a throw-in

If any player touches the ball before it goes into the goal, then a goal is awarded.

A goal or own-goal cannot be scored directly from a throw-in without being touched by a player; if the ball enters the opponents' goal directly from a throw-in, a goal kick to the opposition team is awarded. If the ball enters the thrower's own goal directly from a throw-in, a corner kick is given to the opposition.

Goalkeepers and throw-ins

A goalkeeper cannot touch the ball with their hands when thrown to them by a team mate. The opposition goalkeeper is permitted to handle the ball direct from a throw-in.

If a goalkeeper handles the ball in their penalty area directly from a throw-in, an indirect free kick is awarded to the opposition. If this happens outside of the penalty area a direct free kick will be given by the referee.

Goalkeepers are allowed to take throw-in's and as with outfield players, after delivering the throw-in the goalkeeper must not touch the ball again until it has touched another player.

Coaching players how to take a throw-in

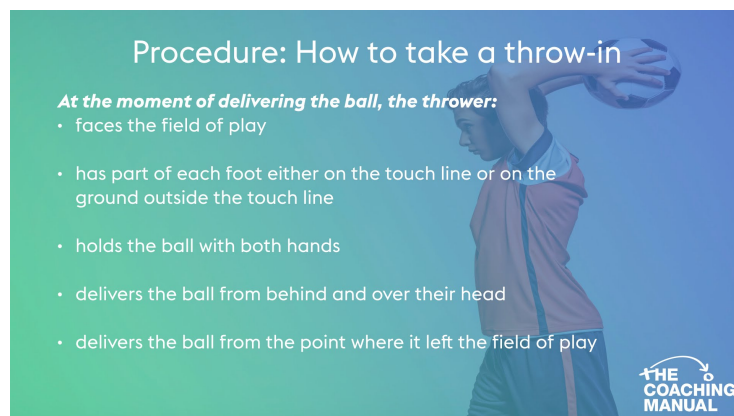
In the majority of youth soccer games, players are consistently pulled up for a 'foul throw' as they have not followed the correct procedure. The question is; have the players ever been taught how to take a throw-in?

These practices will help you to teach players how to take a correct throw-in whilst the more advanced practices then develop movement off the ball to ensure throw-ins are effective in maintaining possession and creating attacking opportunities.

1 to 1 Throw-In's (5-8):

This practice introduces players to throw-ins and provides challenges to ensure young players understand how to perform a throw-in correctly. [1 to 1 Throw In's Practice \(https://www.thecoachingmanual.com/Content/6258238959910912\)](https://www.thecoachingmanual.com/Content/6258238959910912)

Movement to receive from a throw-in (9-12):



A practice that develops the understanding between the thrower and the receiving players in order to maintain possession of the ball. Focus should still be on the procedure and effectiveness of the throw-in. [Movement to receive from a throw-in \(https://www.thecoachingmanual.com/Content/6460415015911424\)](https://www.thecoachingmanual.com/Content/6460415015911424).

Attacking from throw-ins (13+):

This practice was delivered on the UEFA A Licence and focused on players understanding positional requirements to create goalscoring opportunities from attacking throw-ins. [Attacking from Throw-In's \(https://www.thecoachingmanual.com/Content/6255033840566272\)](https://www.thecoachingmanual.com/Content/6255033840566272).