

Armed and dangerous

Attacking throw ins in the final third can be effective weapons when creating opportunities for crossing or shooting.

This session expands your team's attacking arsenal at throw ins close to the opponent's penalty area.



What you tell your players the session is about

1. Improving ball retention from throw-ins.
2. Creating crossing opportunities.
3. Creating shooting opportunities.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Balls	Players react to control and pass the ball. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 67
The session	Balls, goal	Simple movements that create space to receive the ball
Development	Balls, goal	Movement in two directions enabling throws to feet or to space
Game	Balls, goal	Normal game – more effective movement on throw ins
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Movements to receive, passing, control, turning, dribbling, crossing

Team skills: Communication, combination play, movements

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- 14 [Attacking throw ins](#)
- 103 [Crossing](#)



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What to think about

- Make sure players are 10 yards to 15 yards away from the ball to enable space to receive the throw.
- Get two players to work together and use sharp movements to create space.
- Ensure the ball is thrown towards the receiver's feet and not in the air. This makes it easier to control.
- Play quickly. The receiving player must either cross the ball or lay the ball back to the throwing player.





Set-up

- Create a 40 yards by 30 yards pitch with a penalty area and goal.



What you get your players to do

Two players start together on the edge of the penalty area facing the touch line. One player runs to the left and the other to the right.

The thrower now has three options. Can the receiver make a cross or shot? Can they lay the ball back for the thrower to cross?

Repeat the drill five times.



What to call out

- “Set up”
- “Be sharp in your movements”
- “Be active after your throw”



Development

Now develop different movements.

- One player comes towards the ball and then spins behind to receive in space. At the same time, the other player comes to receive to feet.
- One player starts on the goal line, the other inside the area. The throw is taken towards the player in the area so the player on the goal line can make an overlap. The player taking the throw can make a forward run to increase the passing options.
- Add a defender or two to add pressure, if the players are coping.



Game situation

Play a normal game and look to see the effectiveness at throw-ins.

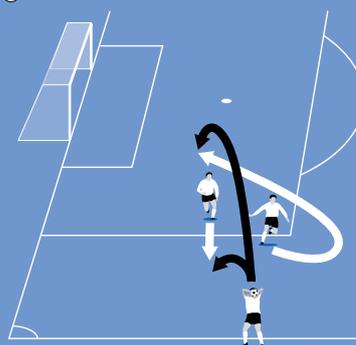
A rule that can help this further is to insist that the players start at least 15 yards from the thrower in order to create some space to receive the ball.

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direction of run ⇐⇒ throw in →



One attacker runs to the right and the other to the left. This gives the thrower a number of options.



The first attacker turns into space vacated by the second attacker, who approaches the thrower.



The players continue to practise throw in moves, but defenders are added to force pressure.