



2010 DRILLS



Drill of the Week...

Throw-ins—Long and Short Balls:

It is important to practice both short and long throws in this drill. A long throw-in can be as good as a corner, so it is a good idea for several players in one team to be able to put distance on their throws. A throw-in must be taken with both feet on the ground. The ball must be thrown from behind the head. Hold the ball firmly, with your hands forming a "W" shape, with the thumbs touching.

To take a throw-in from a standing position, plant your feet firmly on the ground with your toes pointing outward. Hold the ball above your head, making sure your hands are in the correct position, and bend backward so your head and shoulders drop back slightly. Then straighten your back, moving your shoulders and arms forward, and let go when your arms are at their highest point. To add more momentum to a throw to allow the ball to travel further, take a couple of paces forward, putting your weight on your front foot as you throw the ball, making sure that your back foot is touching the ground at all times.

Note: Most foul throws are caused by the back foot leaving the ground. You must also make sure that your feet don't go over the sideline.

Tip: Make time for team building. At the beginning or end of practice (if you are the last team on the field for the day) allow five minutes on the playground or a game of dribble tag with the coach. This may be the most memorable part of the season for some kids.

Video drill for the week: Throw-in Technique for Soccer Beginners - <http://www.youtube.com/watch?v=e0kGbG2jOnY>

Throw-in

