

Soccer Drills to improve throw-ins



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Control and pass soccer throw-in drill

Purpose:

The purpose of this drill is to be more accurate when throwing a ball to a teammate, this will also work on the players [passing and receiving skills](#)

Set up:

- 2 cones
- 1 soccer ball per pair

How the drill works:

Set up your cones 10 yards apart (or relative distance to the age and strength of your players). Player 1 will be receiving the throw-in, while player 2 is taking the throw-in.

Player 2 will throw the ball to player 1's feet 10 times alternating feet, with the player receiving the ball passing back to the thrower.

The players will swap around after every 10 throws.

Next will be throwing to the thighs (10 throws each, alternating thighs).

Players will then throw the ball 10 times to the player's chest and finally 10 times to the player's head where they will head it back to the thrower.

Encourage the players to take 2 touches (1 to control and the other to pass).

Coaching points:

- When players are receiving the throw-in they should be receiving in a side on body position and on the front foot.
- Players receiving the throw should check out then check back into create space for themselves.
- Both players should communicate as to when they want the throw-in to be played

Questions that can lead to coaching points:

- What body position should you be in to receive the ball? Why?
- How can you create space for yourself?
- How do you know when a player is ready to receive/throw the ball?



1v1 Soccer drill to improve throw-ins

Purpose:

The purpose of this drill is to help the player receive the ball under pressure and create opportunities to score/ retain possession.

Set up:

- 20 x 15 yard area
- 1 soccer ball
- 2 goals
- 3 players (defender, attacker and thrower)

How the drill works:

Set up your area with 2 goals opposite each other in the middle of the 20-yard lines.

The ball starts with the thrower who will throw the ball to the attacker from the sidelines (like a throw in a regular game).

If the attacker is able to score a goal against the defender they will get 3 points, if the attacker feels they cannot score they can pass the ball back to the thrower for 1 point.

As soon as the ball is thrown the defender is live can step in to win the ball. If the defender is able to step in and win the ball from a throw-in and score a goal, they will get 1 point.

After 5 throws the players will rotate round to a different role.

The player with the most points by the end of the timer will be the winner.

Coaching points:

- Create space for yourself by moving away from the space with your first movement and back towards that space with your second movement
- Receive the ball on your front foot to protect the ball from the defender
- Communicate with the thrower so they know where you want to receive the ball.

Questions that can lead to coaching points:

- How can you create space for yourself under pressure?
- What can you do to help protect the ball from the defender?
- How will the thrower know when and where to throw the ball to you?



Throw-ins for attacking headers soccer drill

Purpose:

The purpose of this drill is to help players score more goals from throw-ins

Set up:

- 1 soccer ball per pair
- 1 goal
- 2 cones
- 20 x 10 yard area

How the drill works:

Set up your area with the goal in the center of the 20-yard line and place 2 cones a yard inside of each post.

1 player in the pair will be the thrower with the other player being the one that is heading.

The thrower will start with the ball and take a long throw to the player who is in the middle, the player in the middle will then attempt to score a goal with a header.

If the player is able to score a goal between the cone and the post they will get 3 points if they score a goal in the center of the goal they will get 1 point.

After 10 throw-ins the players will swap round.

The player with the most points is the winner

If the player cannot score a goal using their head they may finish the throw-in with which part of the body it falls to.

Coaching points:

- Encourage players to start introducing a run-up to their throw-ins (5-6 steps) as well as arching their back to try and get more distance on the throw
- Keep your eye on the ball when heading the ball and try to make contact with the ball using your forehead
- Start your run 5 yards back from the space where the throw-in is being delivered to. This will help you jumper higher and get more power behind the header

Questions that can lead to coaching points:

- What can you do to increase the distance of your throw-ins?
- What part of your head should you try to make contact with the ball?
- Why should you start your run 5 yards back from the throw-in is being delivered?



Throw-in square soccer drill

Purpose:

The purpose of this drill is to help players create space for each other to receive a throw-in.

Set up:

- 20 x 20 yard area
- 1 soccer ball
- 6 players

How the drill works:

Set up your area place 2 players opposite each other on the outside of the area.

These will be the 2 endzone/ target players and they will be neutral (whoever has possession of the ball they'll be on their team).

Instead of passing the ball, the players on the outside will be taking throw-ins to the players in the middle.

This will leave a 2v2 in the middle.

The goal is for one team in the middle to work the ball from one target player to another, if they do this they will get 1 point.

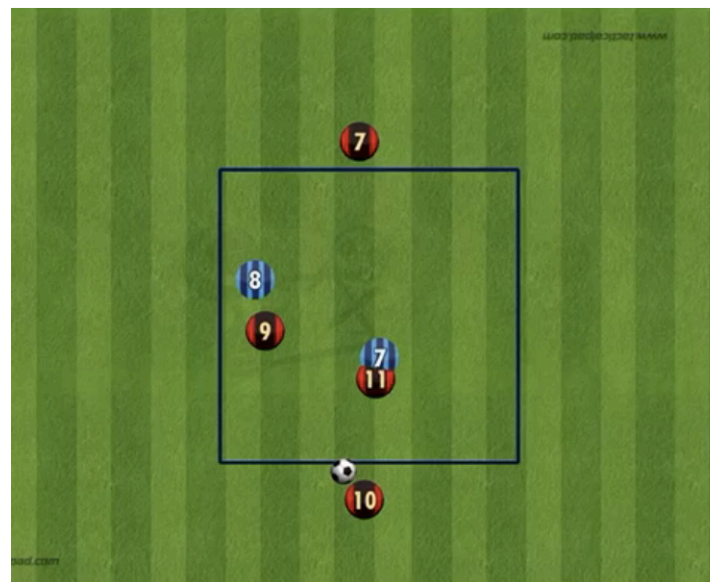
Players may pass the ball back to the thrower, where they can pick the ball up and throw it back to the team (if you want more throw-in repetition). If you want a more match realistic the outside player can control and pass the ball with their feet.

Coaching points:

- Create space for yourself by checking away from the space you want to receive the ball in then check back towards the space
- Create space for your teammate by vacating your space dragging a defender with you for them to move into.
- Communicate with the player taking the throw-in so they know when and where to throw the ball.

Questions that can lead to coaching points:

- How can you create space for yourself?
- How can you create space for your teammates?
- What can you do to help the player taking the throw-ins?



Into the box soccer throw-in drill

Purpose:

The purpose of this drill is to create more chances from throw-ins in more advanced positions.

Set up:

- 25 x 15 yard area
- 2 goals
- 1 soccer ball
- 8 players (3 defenders, 5 attackers)

How the drill works:

This will be a more game-realistic throw-in soccer drill that allows the players to discover different ways to get success.

This will be a 5 v 3 scenario where the aim for the attacking team is to score a goal from the throw-in.

If the team is able to successfully score a goal from the throw-in they will get 3 points however if they are able to create a chance that nearly leads to a goal they will get 1 point.

If the defending team is able to take possession of the ball and score they will get 2 points.

For your attackers, you should recommend to the players they have a fullback, (who takes the throw-in).

A defensive midfielder (who gives the thrower an option to go back).
A wide player (who gives the player an option down the line).

The striker (who is an option for a long throw) and the other fullback who isn't taking the throw-in who the team can switch the play to change the point of attack.

Coaching points:

- The player on the ball should have a minimum 3 options on the ball
- Check in and out of spaces and rotate positions to help create space for yourself and your team mates
- Communicate with your teammates

Questions that can lead to coaching points:

- How many options should the thrower on the ball have when taking the throw-in?
- How can you create space for yourself and team mates?
- What can you do to improve team cohesion?



Throw-in scrimmage Soccer drill

Purpose:

The purpose of this drill is to reward teams that are able to successfully score a goal from a throw-in.

Set up:

- 20 x 25 yard area
- 1 soccer ball
- 2 teams of 3
- 2 goals

How the drills work:

This will be a regular 3v3 scrimmage, however, if a phase of play that started with a throw-in ends with a goal then the team will receive 3 goals instead of 1.

This soccer drill with this point scoring system is a great way to encourage certain behavior, also by keeping it as a small sided game players with getting lots of repetition of practicing a wide variety of skill not just their throw-ins!

Coaching points:

- Receive the ball in a side on position to help protect the ball from the opposition
- Check in and out from space to create space for yourself
- Be-aware of spaces that have been created by your teammates movement that you could move into

Questions that can lead to coaching points:

- What position should your body in when receiving a throw-in to help protect it from the opposition?
- How can you create space for yourself?
- Why should you be conscious of your teammates movement? How can it help you?

