**Throw Ins**

1. THROW & TRAP : all players and coach

* Two separate lines and practice throw-ins (both feet on ground, cross feet, drag one foot)
* DO NOT LIFT FOOT
* Bring ball back over head – throw to TEAMMATE (coach)-do not spin ball
* coach throws ball correctly to them, they trap, pick up ball and throw to coach and coach picks up the ball, if player plays ball correctly they go to end of line and next players turn. If they do it incorrectly, have them try it again.
* Have players in line watch thrower if they throw it correctly

###### TRIANGLE DRILL

Set up a triangle with 15-20 foot sides. Mentally label the cones A, B, and C. Players stand in a line at "A." One player is standing at "B." The first player at "A" does a throw-in to the player at "B," who traps the ball and dribbles around "C" and back into line at "A."

1. THROW-IN PLAYS

* Players already on field
* Coach kicks ball out of bounds – closest person throws it (switch sides and players)
* Thrower look for teammates before throw, concentrate on a good throw (foot down)
* Teammates open up for thrower – be there for the throw -----1st to ball!!

Run a throw-in drill. Have each player throw the ball in from the sideline to each of the other players. Have the receiving players trap the ball correctly and pass it back to the player that threw it in. Repeat this until all players complete the throwing role.