

U6/U8 – Week 2 SIMPLE THROW-IN (for beginning players)

- 1st** Stand facing the field with feet apart
- 2nd** Place one hand on each side of the ball
- 3rd** Take the ball behind the head and throw forward onto the field



Remember:

- a) Both feet must stay on the ground
- b) Can stand on or behind the side line
- c) Ball must go behind the head
- d) Must use both hands equally (can't use only one hand & if there is a lot of side spin the referee may say one hand was used too much)
- e) Beginners should throw toward the other team's goal (the goal the opposing Goalie is in)

DETAILED DIRECTIONS FOR TEACHING THROW-INS:

(This is written as if talking to the player)

Start by holding the ball out in front of your face with your arms fully extended.

Put your hands on each side of the ball with your fingers apart and pointing straight ahead. (Your thumbs should be pointing toward the top of the ball and several inches apart.)

Now, take the ball behind your head so the ball touches the back of your neck. When the ball is touching the back of your neck, your elbows should be pointing out to the sides, not straight ahead, and your fingers should be pointing backward. (Having your elbows point out to the side allows you to use your chest muscles when you throw the ball, as well as your arms and shoulders. You can throw the ball farther because you are using more muscles.)

You can bend your back a little for more power.