

Throw-Ins

A throw-in occurs whenever the ball goes out of bounds on the sides of the pitch, rendering the team who didn't touch the ball last possession

Short Throw-Ins For a short throw in; keep your feet close together, with your entire sole on the ground. Grab the ball with both hands, bring it over your head and throw it to your free man using your elbows, or for slightly more powerful throws, helping out with your shoulders. Make sure you don't throw the ball on either side of your head and make sure your heels are down on the ground at all times, since otherwise the ref will call a miss-throw and award possession (through another throw in from the same spot) to the opposing team.

Long Throw-Ins For long throw-ins, you will want to move back from the line and take a few steps to allow yourself to **charge up** your throw in with power. Run forward, planting one foot on the line (heels down, again) and at the same time, throwing the ball with full force using your shoulders and elbows. The other foot can either be dragged on the ground or planted next to the first one, as long as it touches the ground.

You can use your body to gain some extra power in your throw in, arching your back before the throw and bringing it back quickly exactly when you release the ball.