	Skill Level	Date	Age Groups
	Beginner	**Title:** Throw Ins, Goal Kicks & Corner Kicks	U10 U12 U13+

Skill Focus:
Game Play: Throw-ins, Goal Kicks, Corner Kicks

Equipment:

Session Description:
This session focuses on playing different aspects of game play, Throw-ins, Goal Kicks, and Corner Kicks.

If you are a U10 team or you have a lot of beginners on your team then spend some time talking about the different parts of the field.

Warm up:
jog with the ball or juggling
Scrimmage:
provide a more game like scrimmage

Notes:
Center Line: line that goes through the middle of the field

Center Circle: the circle in the middle of the field. During kickoffs the team without the ball must be outside this circle

Build Out Lines: U10 only – if a team has a goal kick or their keeper has the ball, the opposite team must get behind this line. They can only cross when the ball crosses or another member of the opposite team touches the ball.

Touch Line/Side Line: these are the line on the side of the field. If the ball crosses over, a throw in is awarded.

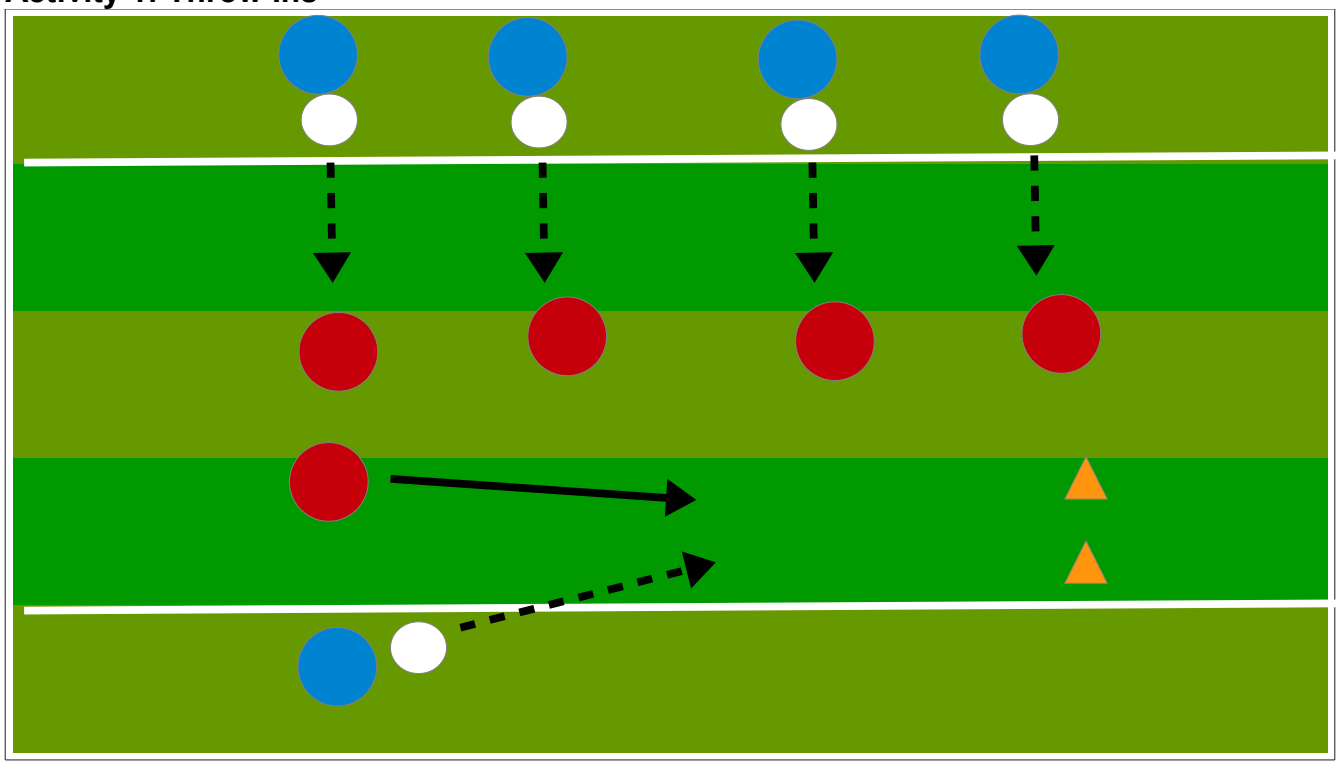
End Lines: these are the lines at the end of the field with the goals. If the ball crosses over this line either a goal kick or a corner kick is awarded.

Penalty Box: the big box around the goal area. The keeper can use his/her hands as long as they are in this box. If a fouls is committed in this box then a penalty kick is awarded.

Penalty Arc: the arc at the top of the penalty box. If a penalty kick is awarded, then both teams must be outside this arc and not past the top of the penalty box.

Goalie Box: if a goal kick is awarded then the ball must be place inside this box. Typically it is put on one of the corners of the box.

Activity 1: Throw Ins



Setup: Players should partner up.

Time: 10-15 minutes

Equipment: balls, cones or net

Description:
Proper throw-in technique:

1. Both hands must be on the ball
2. The ball must go behind the players head.
3. The player must not lift their foot until after the ball is thrown.

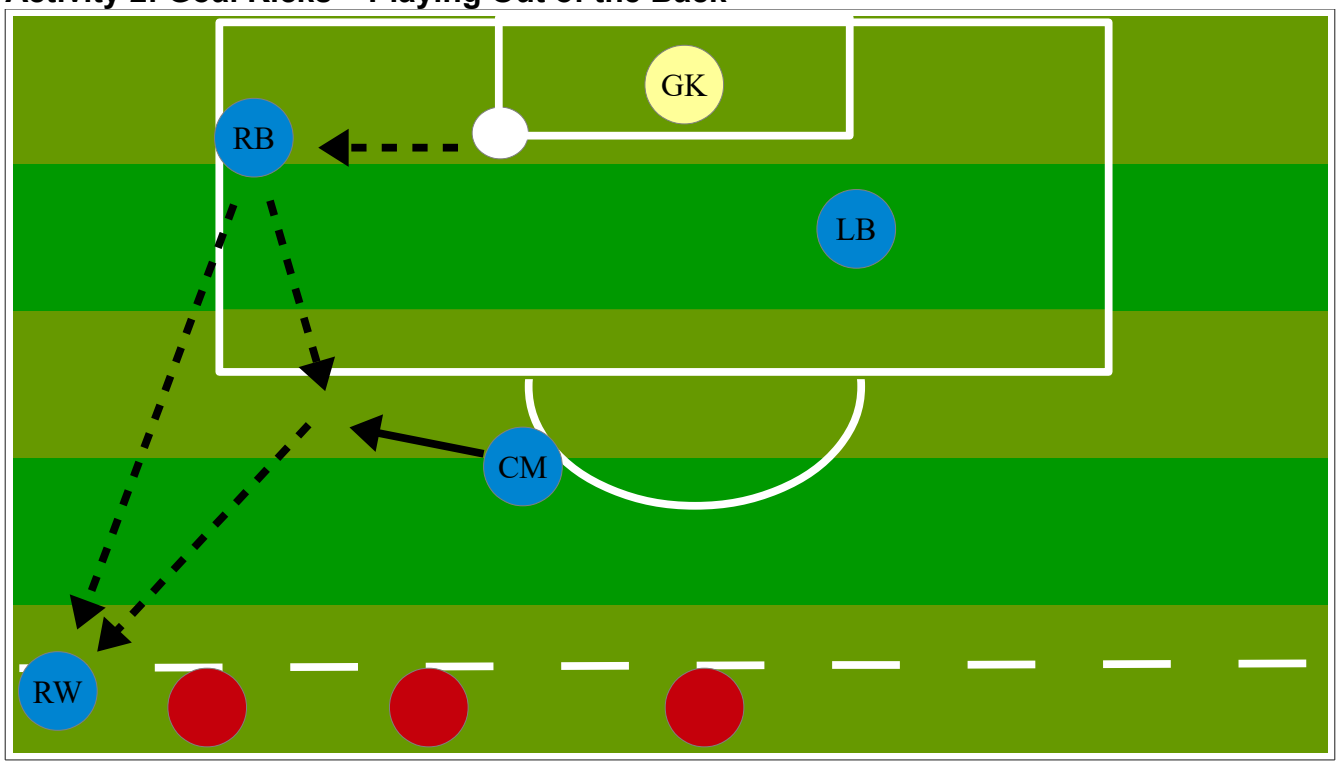
Round 1:
One partner will be on the field and the other behind the touch line. The player behind the touch line will attempt to throw the ball into their partner. The partner will trap the ball with their chest, thigh or foot and play it back. Repeat 5 times then switch players.

Round 2:
When the player raises the ball over their head, the partner will run down the line. The player takes a step and throws the ball down the line. The receiving play shoots into a goal.

Coaching Points:

- To generate power, take 1 – 2 steps before throwing the ball
- Drag your back foot to prevent it from coming off the ground.

Activity 2: Goal Kicks – Playing Out of the Back



Setup: This activity should be practiced in a goal area
Time: 10-15 minutes

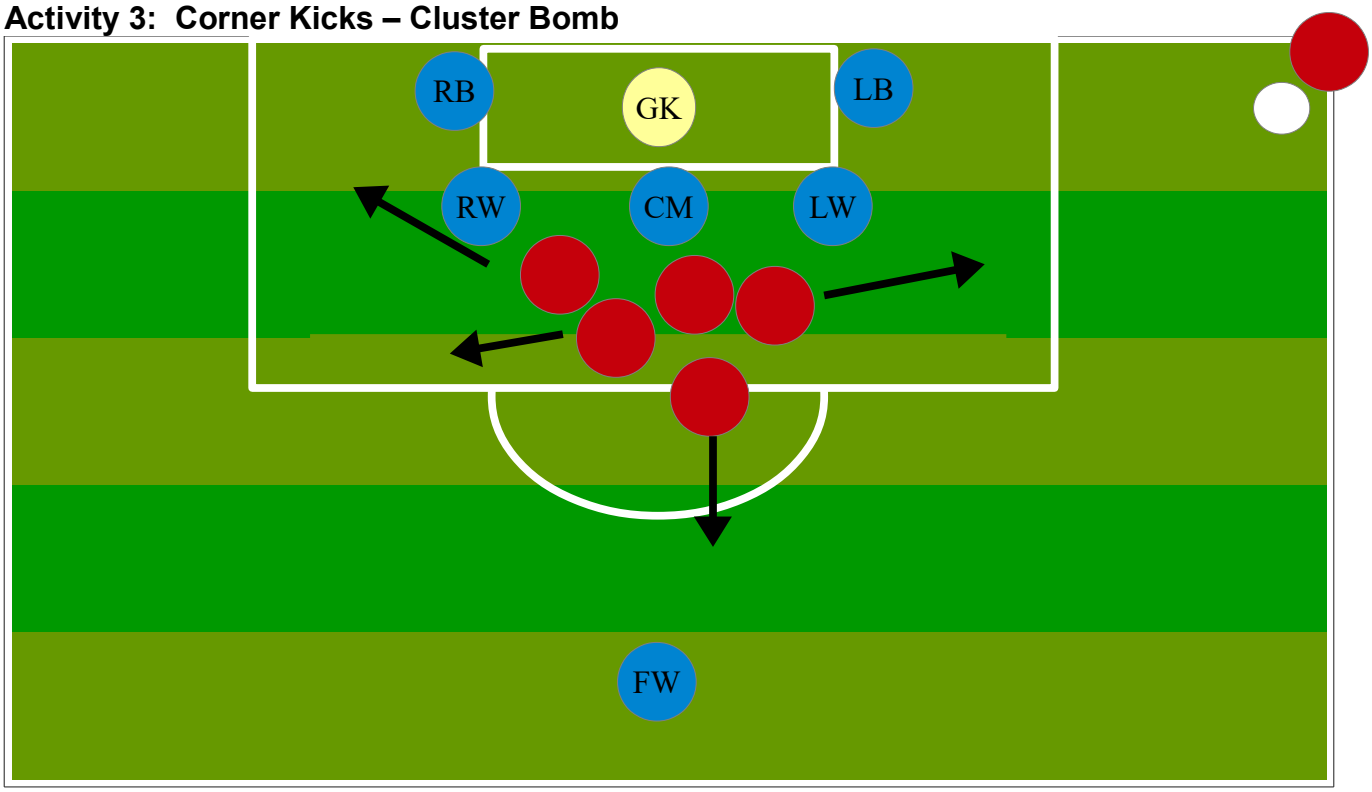
Equipment: balls

Description:
Goal Keeper places the ball on the goal box on the right side.
The right back takes a position even with the keeper, just inside the penalty box.
The right wing takes a position where the touch line and the build out line meet.
Center Midfielder takes a position around the penalty arc.
The left back takes a position inside the penalty area

Coaching Points:
- Good strong pass from the goal keeper to start
- RB get your head up to find your wing.
  - If the wing is covered find the CM.
- CM drop into space
- LB cover space when the ball goes out wide

Progressions:
1. Run this activity to both sides of the field.
2. Rotate players to different positions
3. Add pressure from the opposing team.
4. Add a target player on the goal kick team, if they successfully get the ball to the target player then the team gets 3 point. If the opposing team steals it they can attempt a shot on goal. 1 point per goal.

Activity 3: Corner Kicks – Cluster Bomb



Setup: This activity should be practiced in a goal area
Time: 15 - 20 minutes
Equipment: Balls

Description:
When the player lines up to take the corner kick they will raise 1 hand.
The other players will bunch up in a cluster in front of the goal keeper.
When the player taking the corner puts their hand down the cluster of players explodes outward.
When the ball comes in, the players attack it to try and score a goal.

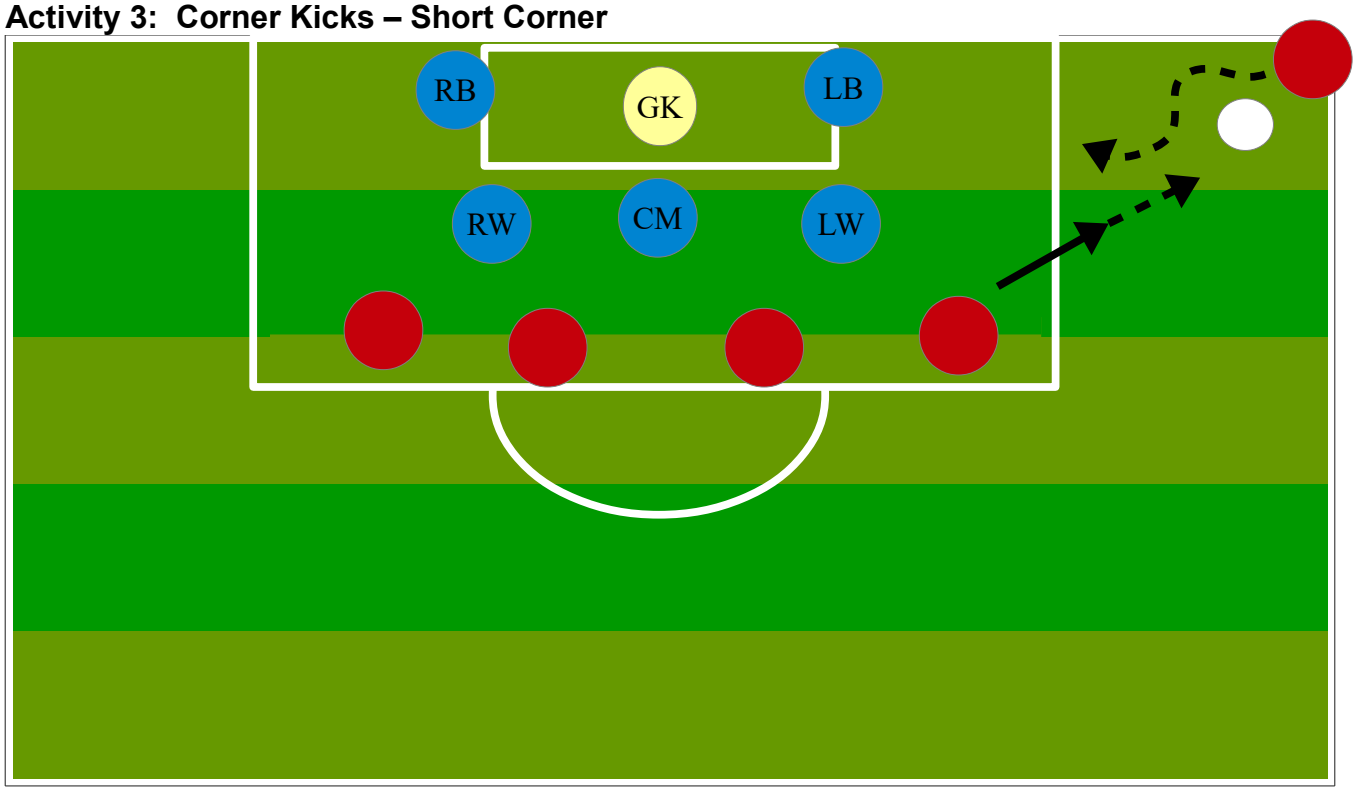
The defending team set up:

RB – Back post	GK – Middle of goal	LB – Front post
RW – Back corner of goal box	CM – Middle of goal box	LW - Front corner of goal box
FW – Stays high as an outlet		

Coaching Points:
- From the corner taker, give a good strong kick to get the ball into the danger zone
  - in the middle of the area just to the top of the goalie box.
- Explode out hard to confuse the defense.
- Defense watch for runners in the box and get the ball out quickly
- Goal Keeper catch the ball with your hands.

Progressions:
1. Run this activity to both sides of the field.
2. Rotate players to different positions
3. Add pressure from the opposing team and guarding from the defending team

Activity 3: Corner Kicks – Short Corner



Setup: This activity should be practiced in a goal area
Time: 15 - 20 minutes
Equipment: Balls

Description:
When the player lines up to take the corner kick they will raise both hand.
The other players will line up in front of the penalty box .
When the player taking the corner puts their hands down the closest player to them runs towards them and takes the pass. They can either pass it back or put the bal in the danger zone.
If the ball comes in the danger zone, the players attack it to try and score a goal.

The defending team set up:

RB – Back post	GK – Middle of goal	LB – Front post
RW – Back corner of goal box	CM – Middle of goal box	LW - Front corner of goal box
FW – Stays high as an outlet		

Coaching Points:
From the corner taker, give a good strong kick to get the ball into the danger zone in the middle of the area just to the top of the goalie box.

Defense watch for runners in the box and get the ball out quickly

Progressions:
Run this activity to both sides of the field
Rotate players to different positions
Add pressure from the opposing team and guarding from the defending team