

US Women's National Teams Program

Attacking Throw Ins

'A Study in Progress'

During preparations for the Olympic Games 2000, the Women's National Team coaching staff observed that maintaining possession from our own throw-ins was a technical and tactical weakness in our game. We were curious to see if the same deficiency was prevalent at other elite levels in the women's game. Below you will see statistics kept during two events involving girls and women. The results lead us to the conclusion that possession from our own throw-ins is a weakness and must be addressed at all levels. The first problem is the throw (we often observe the ball bounce up into the mid section before it can be controlled with the feet), the second problem was the receiver's body positioning (often setting herself so near the touch line that she limited her space to receive the ball). What percentage of attacking throw-ins does your team possess? When was the last time you conducted a training session on the technical and tactical merits of attacking throw-ins?

I. USYS Girl's Olympic Development Inter-Regional November 20-26, 2000.

8	Games
219	Throw Ins
135	Where possession was maintained
84	Where possession was lost

Summary:

62%	Good
38%	Bad

*At the '86 birth year the percentage was just the opposite. **60% Bad** and 40% Good.

II. WUSA/Umbro Select College All-Star Draft Weekend February 1-4, 2001.

4	Games
134	Throw Ins
62	Considered 'good,' where possession was easily maintained.
72	Bounced off the ground and into the mid section, considered 'bad.'

Summary:

46%	Good
54%	Bad (specifically these balls bounced first then, up to the mid section).