

Throw-In

Description: In soccer, when the ball goes over the sidelines by one of the teams, the other team is awarded a throw-in. Players must stay behind the line, throw the ball over their heads, and keep both feet on the ground for play to resume.

Activity: Try throwing the soccer ball behind the line at a 5' x 5' target 10' away. Write down how many throws bounce inside the target.

Part 1: Attempt throw-ins straight onto the field (0 degrees), slightly to the left (45 degrees left), and slightly to the right (45 degrees right).

Part 2: Place 5' x 5' targets 10' away and mark "hit" or "miss" in the tables provided.

Throw-In	Hit	Miss
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2		
3		
4		
5		
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8		
9		
10		

Throw-In	Hit	Miss
1		
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3		
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