

Creating space with throw-ins

By David Clarke

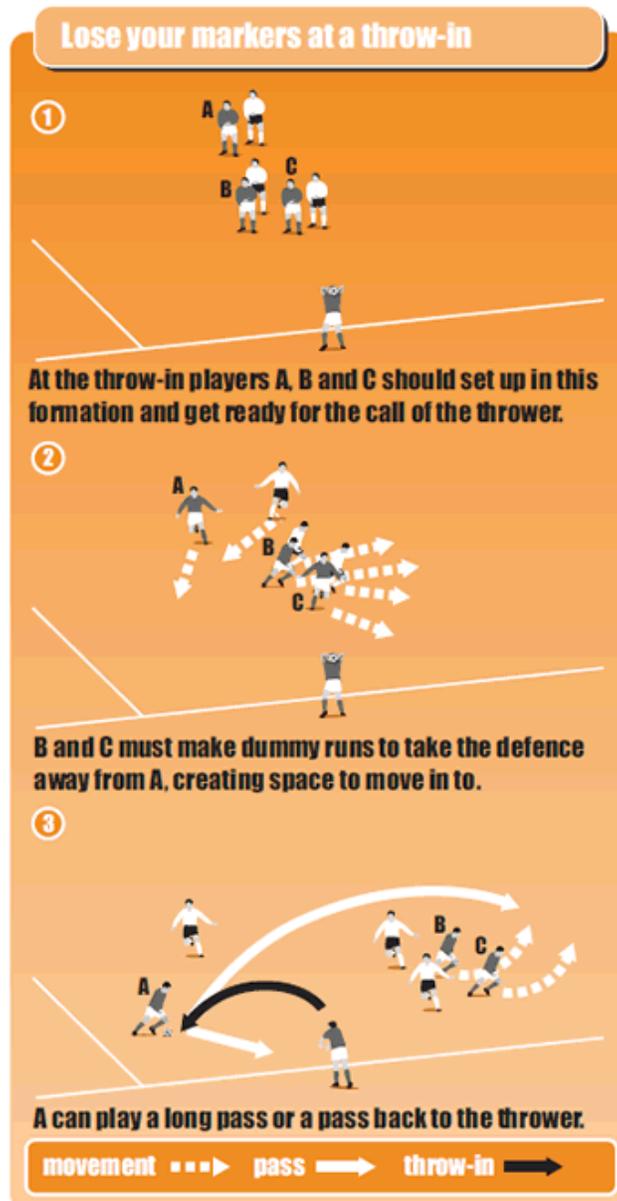
Creating space is something coaches talk about all the time because if your team has space to work in, it is easier to keep possession of the ball.

One of the ways to create space that I work on with my players is from the throw-in. How often will teams defend the touchline but neglect the movement of players? It works to your team's advantage.

I use this tactic which involves my players moving in two directions to fool the opposition and create space. The first movement is away from the player taking the throw-in then the second is a quick move back into the space created by the movement.

It works really well if players work hard and move at the right time. There's a lot of skill elements in it – a good first touch on the ball, sharp and decisive movement off the ball.

In the picture below, A, B and C face the thrower – with A a few yards behind the other two. The player nearest the thrower needs to be about five yards from the touchline.



How it works

- When the thrower shouts his own name this is the cue for A, B and C to move.
- C runs down the line towards the corner flag.
- B runs towards the corner of the penalty area.
- A must wait for B and C to go, then quickly move into the space created by their movement.
- The throw-in goes to A who can then play into the path of the two runners.
- The role of A is crucial. This player has to move away from their marker and then provide the accurate pass down the flank or a simple pass back to the thrower.
- Player A can move to different areas depending on where the space opens up.
- Player A could also hit a first-time volley from the throw-in, making the move even quicker.

Key to the move is the creation of space, so it is up to the attacking team to try and move defenders into other areas.