

7v7 Throw-Ins

This year the games will have real official. Throw-ins will be called correctly. This means the ball will go to the team who did not touch the ball last before it when out of bounce.

Also the girls must keep their feet down and the ball must be thrown from over their head.

Some refs are strict and some are not so be prepared. A strict ref will give the ball to the other team if the throw-in is not correct.

During practice partner everyone up with one ball. Have them stand about 10 feet apart.

The first partner will throw the ball to their teammate. Have the thrower cross their feet so they can't lift a leg when they throw. (This is how academy teaches throw-ins.)

This drill is also great for practicing trapping and controlling the ball. The players receiving the ball must use their body to control the ball. Switch after 10 throws.

