

Category: Set-Pieces: Kick-ins Difficulty: Junior

## Description

Position and movement of throw in from Attacking Half. Unlike 'SUSHI" this attacking half throw in lines up with an emphasis on the far side and quickly transitions to the near side.

## **Starting Position**

"A" calls the formation: "BANG BANG!" (BA - for "BACKSIDE", unlike "SUSHI", players line up on the back-side (far side) of the field. "C" responds when D & B are set in position: "PIVOT" ("C" says Pivot because she will take the defensive "Pivot" position at midfield.

A-responds to "C" with "READY!" and the players begin motion.



## Players go in Motion

On "A" call of 'READY!" all players go in motion

A has options, and decisions based on how defenders react.

- 1) if "B" is open as she checks in
- 2) if "B" loses defender as she "runs the line"
- 3) if "D" is open for a one-touch shot on goal



## **Supportive Ending Position**

