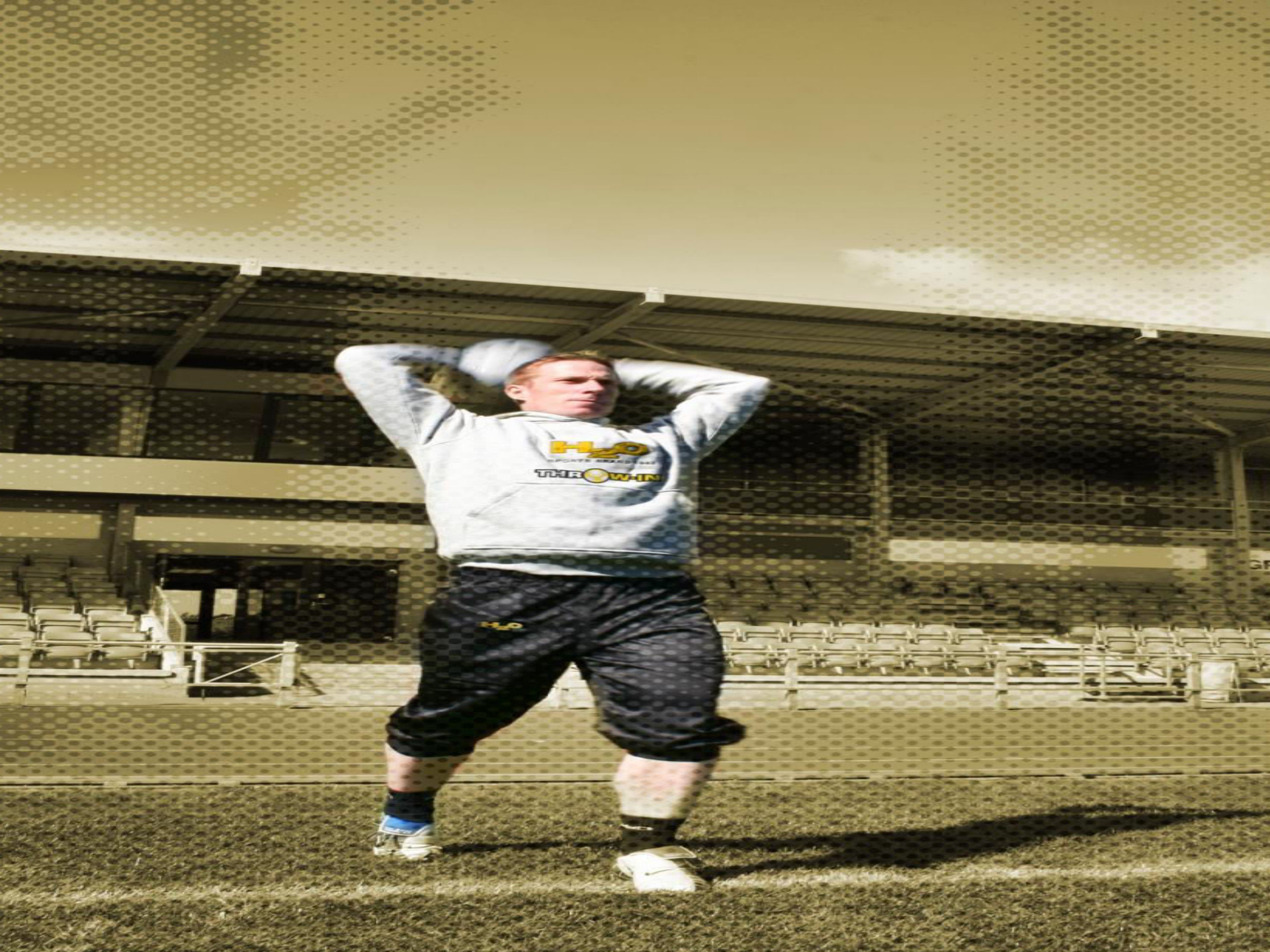


How to win a match with a throw-in

Thomas Gronnemark

www.thomasgronnemark.com











Expert analysis shows the huge impact of Liverpool's throw-in coach Thomas Gronnemark

Jack Lusby

Liverpool FC News 11 September 2019

46
Shares



The impact of throw-in coach Thomas Gronnemark at Liverpool is described as “nothing short of astonishing,” with key statistics highlighting his improvement.

2017/18 season:

45,4% possession on throw-ins under pressure.
18th in the Premier League.

2018/19 season:

68,4% possession on throw-ins under pressure.
1st in the premier League.

2019/20 season:

Scored 14 goals on throw-ins all around the pitch.



Biggest Throw-in challenges

- Little understanding of importance of throw-ins – 40-60 pr. match / under 50% possession.
- Bad throwing skills – unprecision.
- No movements from the outfield players.
- Long throw-ins down the line.
- Little general understanding of space creation and tactical throw-in insights.



The Long, Fast and Clever Throw-in Philosophy



The Long Throw-in



Throw-in AREA improvement

	Start		Now		Improvement	
Kian Hansen	30,70	1480	36,70	2115	6,00 meters	+635
Munksgaard	23,70	882	32,40	1648	8,70 meters	+766
Mads Døhr	22,25	777	34,50	1869	12,25 meters	+1092
Andreas Poulsen	24,25	923	37,90	2256	13,65 meters	+1333
Mikkel Qvist	35,50	1979	39,60	2463	4,10 meters	+484
Mads Bech	34,90	1913	40,80	2614	5,90 meters	+701
Andy Robertson	19,80	615	27,00	1145	7,20 meters	+530



Long throw-in



- Longer + faster + flatter throw-in = greater chance of scoring
- Long throw-in = greater throw-in area!

The Fast Throw-in



Fast throw-in

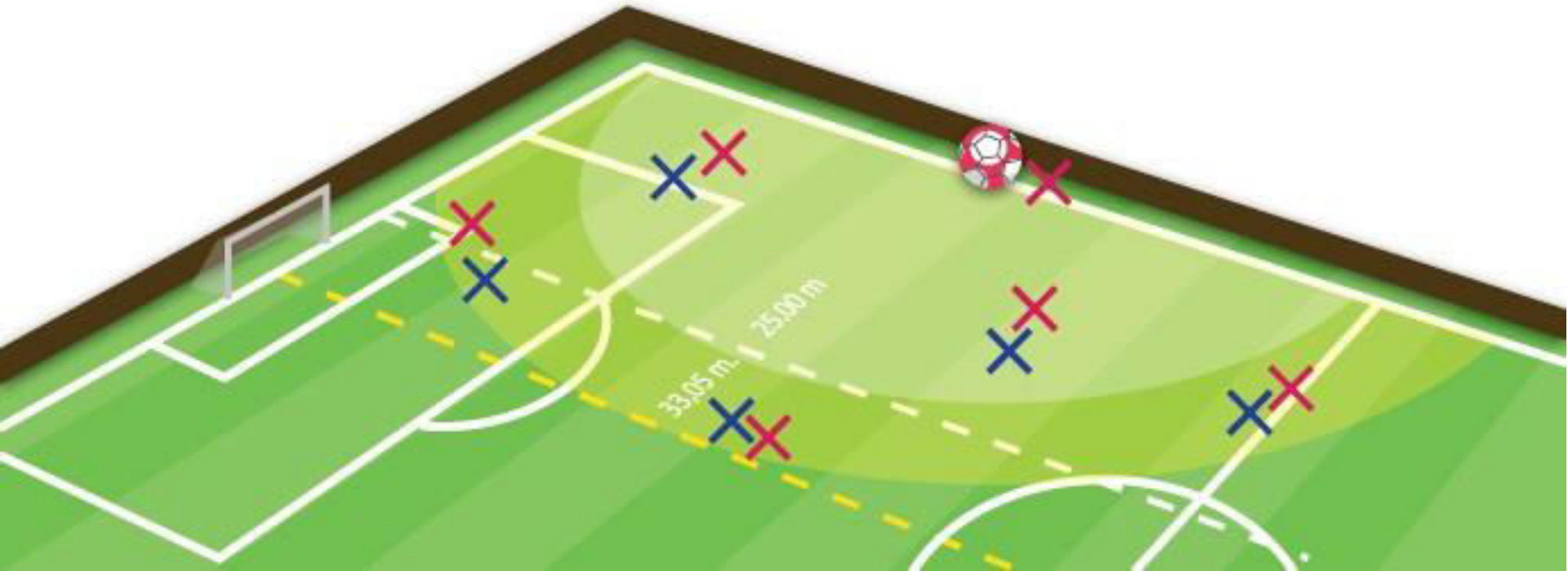


- Faster throw-in = less marking of players or loss of possession!
- Faster marking and organisation gives more pressure on opponents
- Fast throw-ins gives counter attack opportunities

The Clever Throw-in



Clever throw-in



- Longer throw-in = Greater throw-in area
- More movement + tools = Creates more space for throw-ins
- "3 tactical throw-in zones": 50 zone specific throw-in tools

My training in the clubs

- Inspirational visit: 1-2 training sessions (30-60 min)
- 3-5 visits pr. season – of 2-3 training days
- Combination of training on the pitch, talks and analysis.



Content and order of training

Throw-in basics:

Throw-in length & precision, basic space creation, fast reaction and marking.

Clever throw-in tools:

Space creation tools to unlock different throw-in challenges.

The 3 tactical throw-in zones:

Specific solutions for each of the zones on the pitch.



My 4 best basic throw-in drills



www.thomasgronnemark.com/free

Q & A