

## THIELE DRILL - Modified Game Sim – Decision/ Throw in

Begin with throw in 1 approx. 2metres from behind post. Needs to be throw that goes straight back parallel with the kick off square. After throw run wide to see a decision from partner hitting ball at 50-70m out. Regardless of decision have Throw in (2). Ensure this is towards the centre circle.

After Throw in 2 run inside the boundary as if ball is already out of bounds to 10-15m out from behind post for Throw in 3. Some level of fatigue would be good here.

