

# FRANK ANDERSON

LONG-THROW SPECIALIST  
COACH



“I worked with Frank whilst I played at Partick Thistle. As a full-back, I knew the importance of a long throw, and when Frank offered me the opportunity to learn a new technique which would add distance and accuracy to my current throw, I was delighted to get involved. We worked together for several months using Franks specially created heavier footballs. This allowed me to gain power and by the end of our period working together, the results were night and day. The team now had a long throw option and I had added another positive aspect to my game.”

**Stephen O’Donnell:**  
**Motherwell FC and Scotland**



• [The Scottish Sun Interview Link](#)



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## PERSONAL STATEMENT

My background is not in the world of football but I have always had a keen interest in the game, and many years ago I had trials with Aston Villa FC, Burnley FC, and Newcastle United FC.

Rather than pursue a playing career, I opted to go down the business route. Over the years, I have been involved in and owned a number of successful business operations. These days, I am involved with my sons in building websites and in-app development.

I have an inquisitive mind and I am always striving to unearth solutions for problems or looking for new opportunities.

A few years ago, I was watching a game on television featuring Stoke City FC. The opposition goalkeeper scrambled across his penalty area and kicked the ball out for a corner rather than kicking it towards the touchline and out for a throw-in.

The reason for this unusual action was one of the players on Stoke City's side: Rory Delap. The former Republic of Ireland international possessed a weapon which clearly had the opposition goalkeeper worried — and with good reason.

Rory, who became a Stoke City legend during his time at the club, had a lethal long throw-in. He had the ability to deliver a throw-in from a distance more accurately than many players could kick the ball. This became a major part of Stoke City's game plan under their then-manager Tony Pulis.

From the side of the pitch, Rory would launch a throw-in onto the head of a teammate in the penalty area and this would cause panic in the opponent's defence.

Watching the game was a lightbulb moment. Could you train a player, any player, to deliver a throw-in like Rory Delap?

I set about devising a training technique and a way to develop a player to be able to deliver a long throw-in with distance, accuracy, and power.

This can be a tremendous attacking weapon for a side: the player taking the throw-in will be able to hurl the ball into a specific zone in the penalty area with pace and power, onto the head of a teammate.

Over time, I came up with an invention to help train players and develop their long throws: I will touch on that later in this document. I worked with the squad at Partick Thistle FC for a season and the results were evident. They became a far greater threat from a throw-in as I had developed players who could deliver a throw-in with pace, power, and accuracy.

I am so confident in my methods that I am willing to go into a club and work for free initially. Within a half-hour session, I will use my training techniques with a player to help them throw the ball further and with greater accuracy. From one session, I can work with a player to add 10 metres to their throw.

Then, I will work with players over a two-week period. After that, players will be able to deliver a throw-in with power and accuracy, and it will become another attacking weapon for a team.

Only once I have proved to a club that my methods and training techniques work will I discuss business arrangements with them.

I am not a football coach: my concerns are not a player's football development, or team formations and tactics.

I am a specialised long throw-in coach who has designed and developed a training methodology that is proven to enable players to deliver long and accurate throw-ins.



"I've witnessed at close-hand Frank's techniques and the improvements they have brought to teammates who have now developed a long throw, which has positively affected the team. Not only has Frank taught his techniques in a clear and visual way but he uses video analysis to get his points across and offer feedback to players. Frank's attention to detail is second to none and I would recommend any team or player who has the appetite to develop a long throw to get in touch with Frank."

**James Craigen: Spartans FC**

## PROCESS

I have always tried to solve problems, to come up with solutions. That is how my mind works. So, I set about coming up with a solution to train players to have the ability to deliver an accurate long throw-in.

Any player can take a throw-in, but they may lack accuracy and power. If that is the case, luck will determine where their throw ends up because they are not controlling where it is going.

My methods and training technique take the luck out of it.

It was not luck when David Beckham repeatedly curled free-kicks into the top corner. It was because of his technique and consistent repetition on the training ground as he practised taking free-kick after free-kick. He honed his craft.

It is the exact same for the art of a long throw-in.

Repetition is the key. You must practice, practice, and practice again. Repeat over and over what you are doing, even when you have mastered the technique. Therefore, one of the key elements is repetition and muscle memory.

I studied the art of the long throw-in and the muscles players use for this process.

I devised training techniques to build up these specific muscles, without bulking up the upper half of the players' bodies. This is important as high muscle mass in the upper half of the body can affect a player's balance when they are playing.

Instead, I designed a methodology which helped players strengthen the specific muscles they use when taking a throw-in.

In order to get players to throw the ball longer, common sense would tell you that they should simply throw a heavier ball over and over again. Then, when they go back to taking a throw-in with a normal football it will seem a lot lighter to them and they will be able to throw it further.

If only it was as simple as that. Initially, I tried this method and had players throwing big medicine balls: but this did not help them with their accuracy, distance, or power.

So, I set about devising a method that saw players work with normal footballs that had been injected with a fluid.

I came up with a process to inject the balls with a fluid, so the ball would be heavier but still retain its bounce. This is a key element, that the ball still retains its bounce. After working with players for a couple of weeks, the distance of their throw would increase by approximately 20 metres thanks to my training techniques.

I would work with players using the heavier balls. We would repeat the process over and over for the half hour I was with them on the training pitch.

The training I did with the players would build up the specific muscles required for the long throw-in and there would be almost instant results.

After working with players for a half-hour session, twice a week, players would be able to deliver long and accurate throw-ins after two weeks. If they wanted to put a throw onto the penalty spot they could.

There is also a technique for how a player should throw the ball. I know what it is but I do not want to reveal all my trade secrets in this document. Instead, I would prefer to show it to a club on a training pitch.

At many clubs these days, there is perhaps one player who is a long throw-in specialist. What if you had an entire team of them?

I am so confident in my methods that I know I can develop any player to be capable of delivering an accurate and powerful long throw-in. If you have players who can deliver a throw-in onto the penalty spot or towards the back post, then your team has an important attacking weapon.

I have worked with teams and individual players and my methodology has had proven success. I firmly believe I can achieve this at any club.



## CLUBS WORKED WITH

I worked with Partick Thistle FC for a year, visiting the club twice a week to deliver throw-in coaching sessions.

Initially, I worked with a couple of players for just half an hour ahead of their training sessions.

The work I did with the players enhanced their upper body strength and the players got stronger physically.

This led to more and more players from Partick Thistle FC's first-team squad wanting to come and work with me and be put through their paces.

The players enjoyed the workouts. They got stronger and liked seeing the results of their work in their strengthened biceps and triceps.

Within this role, I worked with players at Partick Thistle FC whose throw-in would struggle to reach the penalty box. After working with them for three weeks, players would be able to get accurate throws to the penalty spot.

The sessions are fun and when players see the evidence of their results, they buy into my process.

I have also worked with players on an individual basis and with junior side Glasgow Perthshire FC. With Glasgow Perthshire FC, I worked with their entire squad. After two weeks, every player could at least throw the ball to the front post.

## PLAYERS WORKED WITH



- **Stephen O'Donnell**



- **Kevin Nisbet**



- **James Craigen**



- **Liam Lindsay**

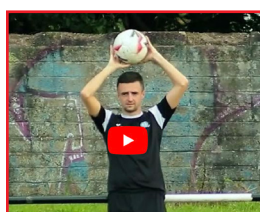


- **Frederic Frans**

## LINKS



- [The Scottish Sun Interview Link](#)



- [longthrowcoach.com](https://www.longthrowcoach.com)