



4 Hand Touch Game

Skill - Defensive Fundamentals

TYPE
Game

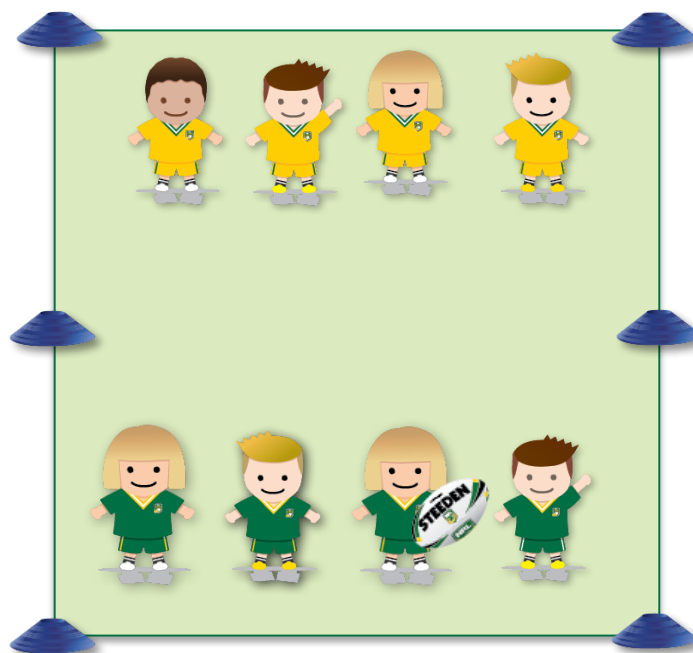
AGE
13+

Aim

- » Practice working as a defensive unit, not individual defenders

Description

- » The effect a tackle, the defensive team must have two players touch the ball carrier simultaneously, with two hands each.
- » If the attacker isn't tagged with 4 hands at once, they can play on.



Equipment



x (6) Markers



Whistle



x (1) Footballs

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



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