



2 Hand Carry Game

Skill - Attacking Fundamentals

TYPE
Game

AGE
13+

Aim

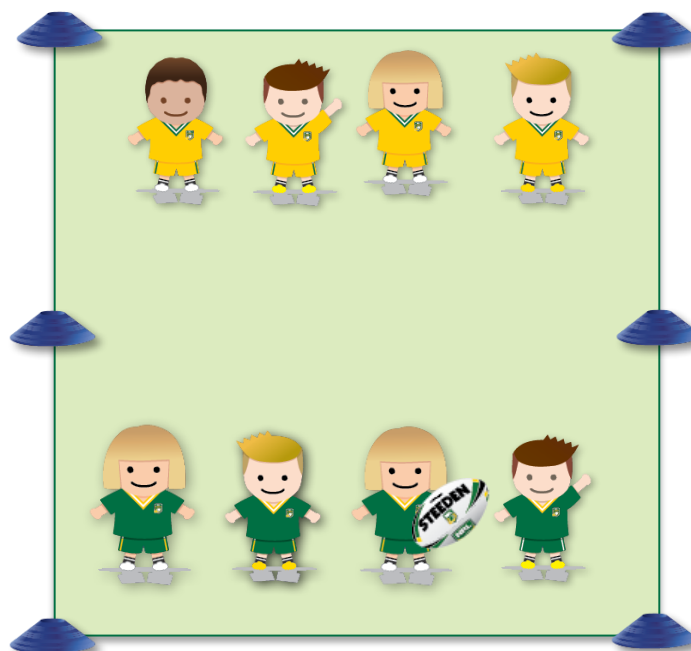
- » The aim of the game is to encourage players to run with the ball in two hands.

Description

- » The ball carrier **MUST** always carry the ball in two hands whilst running

Consequence

- » If the ball carrier runs with a one hand carry, it can be counted as a tackle, or a changeover.



Equipment



x (6) Markers



Whistle



x (1) Football

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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