

Players: 16

## Double Line Touch

**Objective** – To develop hand catch and ability of support runners to run from depth

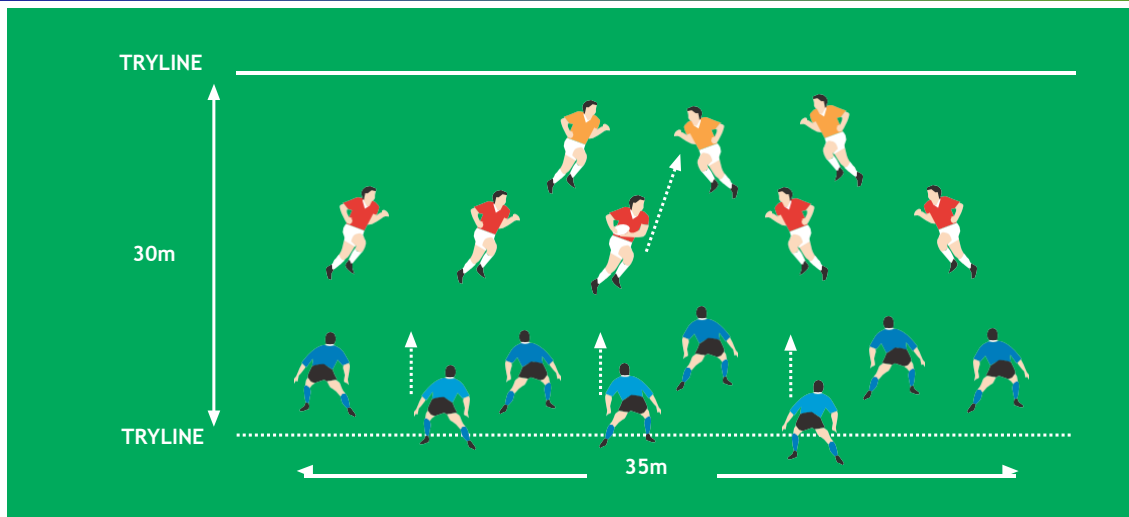
### Equipment needed:

- Balls: 1
- Cones: 1 stack
- Bibs: 8

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- Eight players per team (three in bibs).
- Emphasis is for support runners to start deeper and run forward to receive pass / offload.
- Non-bibbed players can only pass to bibbed players and vice-versa.
- Bibbed players can not be first receiver in open play - they must be in a supporting role.
- In defence, bibbed players filter into the defensive line - creating one defensive line.
- At a turnover, bibbed players should work hard to get in a supporting position.

### Difficulty:

- Rotate bibbed (support) players to allow weaker / stronger players opportunity to work on skills.
- Narrow pitch to promote the importance of running from depth.
- Increase / decrease number of support runners per team.

### Coaching points/Key factors:

#### Hand Catch:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow-through and fingers point to target after the ball is released.
7. Support runners to talk effectively with ball carriers e.g. 'Short, right'.

#### Support:

1. Start in behind the ball carrier - remain 'on toes' to anticipate pass.
2. Communicate with ball carrier.
3. Accelerate into space and anticipate pass - even if they don't receive it.
4. Get back into the game as soon as possible.