

2-Touch Defence

- When tipped by one defender attackers may continue but should look for support to pass to.
- When tipped by a 2nd defender the attacker must stop before passing.
- This encourages attackers to go forward and to look for support.
- Defenders are encouraged to work together and to fill spaces around the ball-carrier to prevent easy passes.

Key Points:

- Alignment – wide/close/flat/deep
- Speed of Attack – accelerate onto the ball

Skill Emphasis:

- Lateral Support / Channel Support
- Continuity in Contact

