

# The grubber kick

## The session

### What you tell your players the session is about:

- 1 Increasing attacking options through grubber kicks (kicks along the ground).
- 2 Turning and getting behind a flat defence which is closing you down quickly.

### What you tell your players to do:

- 1 Only kick through a gap or through an angle.
- 2 Attack the defence and kick as late as possible.
- 3 Use the outside foot and drop the ball onto the foot.
- 4 Point the toe down on contact and strike the upper half of the ball.
- 5 Chaser: stay low, kick ahead if you need to, drop on the ball to score or sweep it up to run on.

### What you get your players to do:

Set out a 5 metre wide by 10 metre long box.

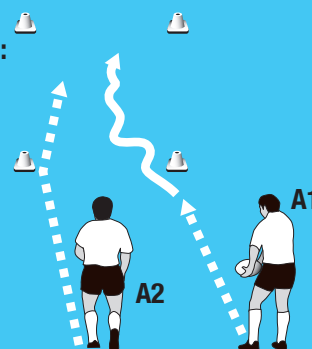
**Practice 1:** The ball carrier stands at one corner and grubber kicks the ball for another player, standing at the adjacent corner, to chase. The chaser picks up the ball and both players run through the box. Repeat with the players swapping places.

**Practice 2:** The ball carrier (A1) runs at an angle from the corner of the box, and then kicks for the other player (A2) to chase. Repeat the practice as before.

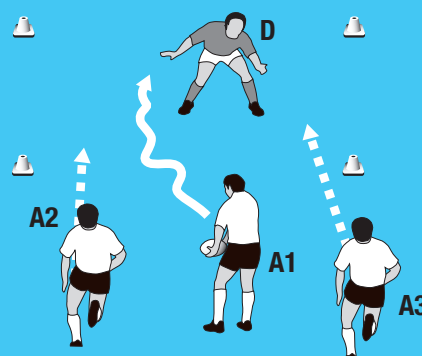
**Practice 3:** Starting at the side of the box, the ball carrier (A1) runs forward and kicks for two players (A2, A3) to chase. A defender (D) must try to block the kick, first with just their legs only, and then by any means.

## The grubber kick

### Practice 2: A1 runs and kicks



### Practice 3: A1 tries to beat defender (D) with kick.



direction of run ■ ■ ■ direction of kick ———>

## Developing the session

The training session can be developed as follows.

- 1 Add another defender. The attackers can only score by kicking through and recovering the ball.
- 2 Start the defenders and attackers at each side of the box. They have to run around the corners before playing as the previous development.

## Coach's notes



### What to call out

- "Keep your head and knee over the ball, lean forward so there is less loss of momentum"
- "Strike through the upper section of the ball – unless you can see the centre of the ball, you are not doing it right"
- "Chasers: keep onside and follow the line of the ball"
- "Kick on your laces"



### What to look for

- Not kicking the ball below the knee height of the opposition, where there is less to get in the way of the ball.
- Kickers slowing down too much before kicking and so giving away their intentions to the defenders.



### What to think about

Should the ball be picked end-on-end so it pops up, or kicked so it rolls along the floor? What are the advantages of using the side or the top of the foot? Who calls for the grubber or do players just react to it? Can you use a grubber in defence as well as attack? What sort of defence would be best to use a grubber against?