



# Kicking in Pairs – Grubber

## Skill – Kicking

TYPE  
**Closed**

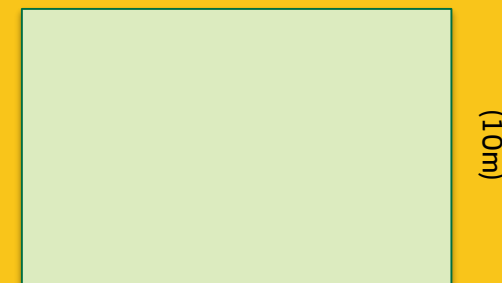
AGE  
**9+**

## Description

- » Players split up into groups of 2.
- » Start with players 10m apart from each other and have them practice a grubber kick to their partner.
- » After a period of time, have players step back 5m each so the kick becomes 20m. You can continue to go further back based on the age and skill level of your group.
- » You can also have players practice with their alternate foot.



Field Size (20m)



## Players



You need 2 players per group

## Equipment



x (1) Football per group



Whistle



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