

Skills & Drills



How to Grab a Ground Ball

Teach NAB AFL Auskickers how to grab a ground ball by following these simple steps!

1. Low stance, get low

Ask the Auskickers to approach the ball with a low sideways stance, with their body behind the ball. Then, get nice and low!



2. Pick up the ball with both hands

Pick up the ball with two hands. Fingers should almost be touching the ground, palms facing towards the ball.

