

Steal ball

The key to being a good fetcher is not only speed to the breakdown and being physically strong, it is technique and body position. A player needs to ensure that they use correct body position at the breakdown when attempting to steal otherwise two things can happen:

- a. Be penalized for not supporting your body weight and going over.
- b. Get cleaned out by the opposition.

What is good body position when attempting to steal ball?

1. Low entry into pocket (onto the ball), which will make it harder to be cleaned out.
2. Quick explosive arm thrust onto the ball & explosive pull into your chest. You are fighting for the ball and need to be the first to lay hands on it and pull it away.
3. Chin on chest, this will protect your head from the onslaught of the cleaners and if you pop your chin up a gap will open for a cleaner to get under you or slip an arm in to rip you away.
4. Hips below shoulders, this shows the referee you are supporting your body weight.
5. Foot positioning should not be too wide apart and not too close together, you need to have a stable base to support yourself from being knocked backwards.
6. Strong core, this will ensure you are stable and hard to move so work hard with your core muscles to anchor yourself.

These exercises are very effective in strengthening the CORE muscles, which will assist in stability during the steal.

1. Leaning shoulder drop



2. Russian twist



3. Physio ball wrestling

