

# SKILL CARD GREEN #1 - MARKING

**Players required:** 1 or 2  
**Total Time:** 15 minutes  
**Skills:** Marking  
**Warm Ups:** Dynamic Warm Ups

**Intensity:** Low  
**Variation:** Low  
**Difficulty:** Easy

ACTIVITIES	REPS	TIME
1. Tennis Ball Throws – Left hand	10	
2. Tennis Ball Throws – Right hand	10	
3. Tennis Ball Throws – 1 hand / 1 eye – Left hand	10	
4. Tennis Ball Throws – 1 hand / 1 eye – Right hand	10	
5. Tennis Ball Throws – Half volley pick-ups	20	
6. Physical Activity – Core Stability (Bridges)		1 min
7. Footballs / Partner Passing – Overhead centres	20	
8. Footballs / Partner Passing – Side & Slide	20	
9. Footballs / Partner Passing – Unders & Overs	20	
10. Physical Activity – Core Stability (Side Bridges)		2 mins

**Outcomes: Improved hand / eye co-ordination – Core Stability**  
**Cues: Eyes on / Soft hands / Bodyline**