

# SKILL CARD YELLOW #2 - MARKING

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

**Intensity:** Medium  
**Variation:** Medium  
**Difficulty:** Medium

<b>ACTIVITIES</b>	<b>REPS</b>	<b>TIME</b>
1. Rebound Net – 1 throws / 1 marks	2 X 10	2mins
2. Rebound Net – Take and Give (Left side)	10	
3. Rebound Net – Take and Give (Right Side)	10	
4. Walking Rebound	2 x 10	
5. Physical Activity – Core Stability (Bridges)		1 min
6. Stationary High Ball (Left leg take off)	10	
7. Stationary High Ball (Right leg take off)	10	
8. Physical Activity – Core Stability (Side Bridges)		2 mins

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