

SKILL CARD RED #3 - MARKING

Players required: 4 players
Total Time: 20 minutes
Skills: Marking
Warm Ups: Dynamic Warm Ups 20m

Intensity: Medium
Variation: High
Difficulty: Medium

ACTIVITIES	REPS	TIME
1. Rapid Fire Kicking / Marking (At eyes)	5	
2. Double Effort Marking – Running with the Flight / Hands	10	
3. Physical Activity – Core Stability (Bridges)		1 min
4. Marking Drills – 1 v 1 (with pad) Push back	5	
5. Marking Drills – 1 v 1 Contested (Body Contact / Drop Zone)	10	
6. Marking Drills – 1 v 1 Contested (Full)	10	
7. Pairs Repeated Marking (hands)	2 x 5	
8. Physical Activity – Core Stability (Side Bridges)		2 mins

Outcomes: Improved hand / eye co-ordination – Core Stability
Cues: Bodyline / Count In