



Ausball – www.ausball.com
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Lesson Plan 3 – Secondary - Marking

Object: To teach skill of catching (known as marking).

Tip: Use this link for more teaching points from the AFL pros
<http://bcove.me/k5eipfld>

Skills: Activity 1 – Off the Line Marking Skills – Marking Groups of 4/5 - 5mins
Students stand in line, with one student coach in front about 5 yards away. Student 1 runs out and chest marks ball handballed (or tossed) by student coach, then tosses ball back to student coach, runs around him and returns to line. Repeat to next student. Rotate student coaches.

Activity 2 – Off the Line - Marking overhead – 5mins
Same as Activity 1, except this time student coach handballs (or tosses) ball above head for students to jump up and catch in their hands. Students should be instructed that hands need to come together above their heads, fingers spread wide, with thumbs almost together. Line from index finger and over thumbs to other index finger should form a “W”.

Activity 3 - Kick to Kick Skills – Kicking, marking 5 – 10 min.
Spread students apart and have them kick the ball to each other. Race to be the first pair to 10 marks.

Ausball Game: Remainder of lesson. Use same rules as lesson 2. Encourage students to catch ball out in front on their hands