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Lesson Plan 4 – Secondary – Man on mark

Object: To further practice skills of kicking & marking, how to defend mark & how it is used in a game

Skills: Groups of 4, with 2 at each end, about 20 yards apart. 10 mins

Kick to Kick – ball is kicked to one pair. One student marks ball then the other student stands on the spot where the ball was caught. Student with the ball backs up to give themselves enough room to kick over the “man on the mark”. Student with ball kicks it back to the other pair who repeat exercise.

Tip - Students should always give themselves enough room to kick over man on mark. They should work on getting back quickly, to move the game along. Player on mark should put their hands up & attempt to smother ball, but are not allowed to progress past the spot where the mark was taken.

Game: Remainder of lesson. Add man on the mark into game.