

BRISBANE
LIONS



Hyundai Brisbane Lions Academy

Marking Program for Junior Coaches and Players

Hyundai Brisbane Lions Academy – Marking Program

- From a coaching perspective marking technique that is taught well at an early age can assist players confidence in jumping and catching the ball at training and in games.
- Key focus points for all players and especially younger players is **SEE, JUMP** and **CATCH**





- Timing and Positioning are probably the two most important elements of marking from a technical perspective.
- There are 3 different types of mark - Chest Mark, Hand Mark and Overhead Mark from game point of view and can then be broken down into Contested, Un-contested, Leading, Stationary, Ground Level, Aerial
- **SCIENCE** = posture, momentum, torso / hip / knee / ankle / shoulder / elbow / wrist flexion / extension / rotation, centre of balance, weight transfer, hand-eye co-ordination, timing , kinetic chain of leg movement, decision making etc. etc.
- **ART** = see it, jump, catch it!

SKILLED = *effective technique that can be consistently executed under game pressures*



The Evolution of Marking



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1. PREPARATION:

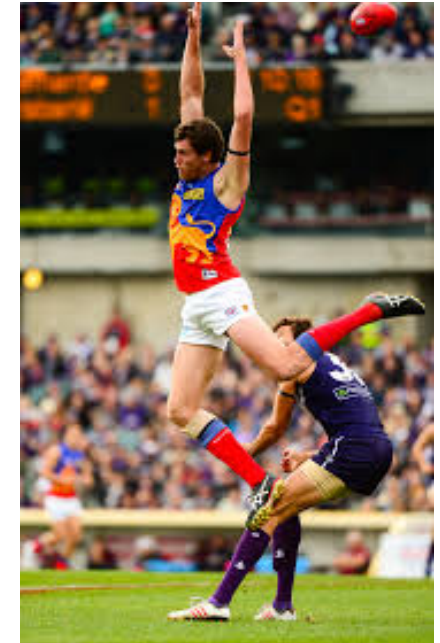
- Visually picking up the flight of the ball early will allow a player to position themselves well to mark the ball
- Players should position themselves so they can run forward and jump to catch the ball at the highest point possible





2. JUMP:

- Organise feet by taking shorter steps in preparation to jump up and forward at the ball
- Accelerate body forwards and jump off up driving leading knee up high to help gain height and protect the body
- Start to extend arms up towards the ball





3. CATCH:

- Spread fingers with small gap between hands
- Players should focus on having strong arms (shoulders & elbows) and soft hands (fingers and thumbs)
- Watch ball come into your hands and upon contact try to squeeze ball tight and secure.



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MARKING DRILLS:

- **WALL BALL:** the 'Wall Ball' activity is scaling back marking to one of it's simplest forms with the only movements being throwing and catching a ball
 1. Stand about 2m away from a brick wall holding a ball
 2. Throw the ball against the wall at approx.. head height
 3. Watch the ball hit the wall and then prepare to catch by extending arms and hands out
 4. Move towards the direction of the ball and attempt to catch with arms and hands continuing to be extended out away from body.



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MARKING DRILLS:

- **PARTNER CATCH:** progression from Wall Ball activity to add body movement by stepping forwards to catch.
 1. Stand approx.. 2-3m away from a partner
 2. One person holds the ball overhead in two hands and throws to the other person.
 3. Receiving person attempts to catch the ball with two hands extended up and forward from body.
 4. Repeat process back to partner.



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MARKING DRILLS:

- **Running Mark:**
 - progression from Partner Catch to add more body movement with stepping forwards to catch a handball or kick from a partner
1. Stand approx.. 10-15m apart from a partner
 2. One person handballs / kicks ball approx. 5-10m into the air
 3. Partner must move forward and jump to catch the ball at the highest possible point with arms and hands extended up and forwards of torso
 4. Repeat process back to partner
 5. Turn into a game with a set time limit and points progression for a chest mark, hand mark and an overhead mark (e.g.. chest = 10pts, hand mark = 20pts, overhead = 50pts)



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