

## Subject Year 9/10 Physical Education

### Term 2 Week 2

Lesson	Content
1	<p><b>For this task you will need the following equipment:</b></p> <ul style="list-style-type: none"><li>• Football (if you don't have a football you can use any ball that you can find)</li><li>• Large surface (outdoors)</li><li>• A target of some sort (could be a fence, rubbish bin)</li><li>• Someone helping you</li></ul> <p><b>Task 1.1- chest mark- use the following skills to practise marking a ball</b></p> <p>One of the most spectacular features of Australian Football is marking, particularly the high mark. However, it is just as important to be able to pull in a safe chest mark on a consistent basis without fumbling the ball. Like all skills, marking needs to be practised. No matter what your size, there will always be a situation in a game where you are in a position to mark the ball.</p> <p><b>Main Teaching Points</b></p> <ol style="list-style-type: none"><li>1. Eyes must be focused on the ball all the way from the player's boot to your hands.</li><li>2. Position your body in line with the flight of the ball.</li><li>3. Move forward to meet the ball; never wait for it to come to you.</li><li>4. Skillful players should take the ball in their hands with their fingers spread and thumbs close together. Beginners should use the chest.</li></ol> <p><b>Arm or chest mark</b></p> <ol style="list-style-type: none"><li>1. Keep your eyes on the ball and line up the body with the flight of the ball.</li></ol> <p><b>Preparation</b></p> <ul style="list-style-type: none"><li>• Body is positioned in line with the flight of the ball</li><li>• Eyes follow flight path of the ball</li><li>• Body moves towards the ball</li></ul>



2. The fingers and hands are extended --- palms up. Tuck the elbows in to the side.



3. The ball is taken on the hands and arms and guided to the chest.



### **Execution**

- Arms are brought forward with elbows flexed
- Elbows are flexed next to torso
- Torso flexion absorbs the force
- Knees are flexed as the ball is marked
- Jumps into the ball depending on the height that the chest mark is taken

4. The ball is hugged tightly to the chest. This is an important marking style if the ball is wet or muddy.



### **Completion**

- Ball is taken cleanly in one grab to prepare for next phase

### **Outcome**

- Player takes clean possession of ball
- Player is balanced and ready for either handball or kick



**Task 1.2- Throw the Football high in the air and try to marking it. Remember the above description of the skill, focus on the technique.**

**Task 1.2- ask a person in your family to kick the ball to you to practise marking the ball. Kick the ball back and try again.**

**Task 2- over head mark**

### **Overhead mark**

This is the mark fans and commentators love to see. It takes great skill and athleticism to launch yourself in the air, but a consistent high mark can inspire teammates and bring other players into the game.

### **MAIN TEACHING POINTS**

- Line your body up with the flight of the ball. Keep your "eyes on the ball".
- Jump off one foot and swing the other knee up to gain maximum height.
- Eyes are kept on the ball, fingers are outstretched and thumbs almost together.
- The ball is met slightly in front of the head with arms extended – "long arms". It should be firmly gripped in the fingers

### **Preparation**

- Body is positioned in line with the flight of the ball
- Eyes follow flight path of the ball
- Take off position at appropriate distance to intercept the flight of the ball
- Hips and knees are flexed

### **Execution**

- Take off using one leg
- Jump is into path of the ball
- Lead knee maintains flexed position
- Fingers are spread and elbows flexed
- Ball is marked in front maintaining elbow flexion along the midline of the body

### **Completion**

- Elbows and lower arms are flexed to guide ball into control
- Landing on two feet

### **Outcome**

- Ball is cleanly marked



**Task 2.1 -Throw the Football high in the air and try to marking it. Remember the above description of the skill, focus on the technique.**

**Task 2.2 ask a person in your family to kick the ball to you to practise marking the ball. Kick the ball back and try again.**