



Learn Footy @ home!

SESSION 4- MARKING



1. Skill Video: Marking



(Source: www.youtube.com/watch?v=ojHRrIsLQDQ&feature=youtu.be)



2. Skill Activity: Marking



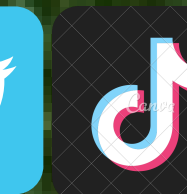
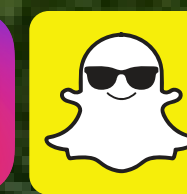
3. Footy Activity: Ten Pin Footy



4. Fitness Activity: Lunges!



@aflcanada



Share your skills with us!