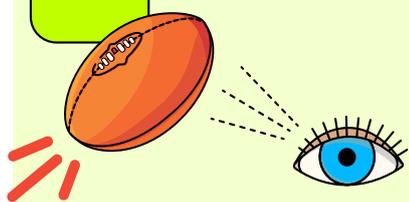


FOOTY SKILLS

HOW TO MARK

For chest marks!

1

**Track the ball**

Make sure to keep your eyes on the ball at all times.

2

**Arms out**

Stretch your arms out in front of you. Make sure to have your palms to sky and keep elbows in.

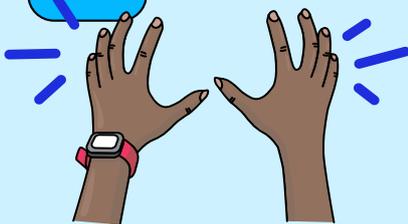
3

**Catching the ball**

Once you catch the ball, bring your arms in tight to against your chest (like hugging a teddy bear).

For overhead marks!

1

**Make a W**

To overhead mark make sure to follow step 1 and then make a 'W' in the sky with your hands.

2

**Extend and catch**

Extend your arms and catch the ball slightly in front of your head. Make sure to bend your elbows slightly.