

44 ONE-HANDED MARKING

Purpose: The importance of the eyes in marking.

ORGANISATION

- ▶ 3 players per group.
- ▶ A handballs to the side of the marker (Hb1) who marks one-handed and throws the ball back to A.
- ▶ B immediately repeats the drill (Hb2).
- ▶ Rotate roles after specified repetitions, e.g. 20.

COACHING POINTS:

- The marker should stare at the ball in flight and particularly when it is in his/her hand.
- An excellent drill for emphasising the importance of watching the ball right into the hands when marking.

