

Skills & Drills



How to Take a Chest Mark

Teach NAB AFL Auskickers how to perfect a chest mark by following these simple steps!

1. Track the ball

Auskickers to keep their eyes on the ball at all times!

2. Arms out

Auskickers to stretch their arms out straight in front of them and keep their elbows in.

3. Palms face the sky

Ask Auskickers to imagine their hand is a pancake; keep their palms flat, facing the sky.

4. Catch and hug the ball

Once Auskickers see the ball coming their way, have them catch the ball in their arms then hug the ball against their chest (like they're hugging a teddy bear!).

