

Skills & Drills



How to Overhead Mark

Teach NAB AFL Auskickers how to perfect an overhead mark by following these simple steps!

1. Track the ball

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

2. Make a 'W'

Auskickers must point their fingers to the sky and spread their hands to make a 'W' shape.

3. Extend your arms and catch!

To help catch the ball at the highest point, ask Auskickers to catch the ball slightly in front of their head by extending their arms high to the sky, and elbow slightly bent.

