

# Skills

There are five main football skills: the kick, the handball, the mark, the pick-up and the bounce.



## KICKING

### HERE'S HOW

- ➔ Face your target.
- ➔ Hold the football in line with the leg you will kick with.
- ➔ Guide the ball down with one hand.
- ➔ The ball should hit your foot around the top of your shoelaces.
- ➔ Follow through straight towards your target.
- ➔ Guide the ball down with one hand. The same hand as your kicking foot.
- ➔ The ball should hit your foot around the top of your shoelaces/bootlaces.

Hawthorn goalkicker **LANCE FRANKLIN** has eyes only for the ball.



## MARKING

### HERE'S HOW

- ➔ Watch the football all the way from the kicker's boot to your hands.
- ➔ Move forward to meet the ball. Don't wait for it to come to you.
- ➔ With your elbows tucked in and your palms facing up, catch the ball and hug it to your chest. That's a chest mark.

Sydney player **RHYCE SHAW** takes a lot of marks from the back line.



## HANDBALLING

### HERE'S HOW

- ➔ Place the football on a flat palm.
- ➔ Make a fist with your thumb outside the fingers.
- ➔ For a right-handed handball, the left foot is forward, and vice-versa.
- ➔ Swing your punching arm so the fist makes contact with the football.
- ➔ Cradle the foot ball in one hand (instead of place the football on flat of palm).

Western Bulldog **DANIEL CROSS** gets set to execute a perfect handpass.



## PICKING UP AND BOUNCING THE BALL

### HERE'S HOW TO PICK UP

- ➔ Line up your body behind the path of the ball in a semi-crouched position.
- ➔ Extend your arms and hands towards the ball.
- ➔ Gather the ball in two hands.
- ➔ Keep your eyes on the ball.

### HERE'S HOW TO BOUNCE

- ➔ Hold the football slightly on top with your bouncing hand.
- ➔ Push the ball down with that hand.
- ➔ The ball should hit the ground at an angle of about 45 degrees.
- ➔ Bounce the ball in front of you, so you can catch it again as you run forward.

Richmond star **BRETT DELEDIO** is a whiz at bouncing the ball on the run.