

## Marking the ball

**Why?** To try and make it harder for your opponent to make a pass or shoot.

## Teaching points

- **Distance:** Maintain a distance of 0.9m (3 feet) from your opponent's feet.
- **Reach:** Extend your arms to get closer to the ball without moving your feet.
- **Balance:** Keep balanced to avoid falling into your opponent and causing an obstruction penalty.
- **Support:** Use the opposite hand to help maintain balance.
- **No Contact:** Do not touch the ball while your opponent is still holding it.

