

Marking

Skill description

The marker is the defender assigned to put pressure on the thrower and marking is the skill of applying pressure to the thrower.

The marker attempts to prevent or make a throw more difficult. The marker can cause a turnover by either blocking the disc with their body or forcing a bad throw.

Once within three metres of the thrower, the thrower can initiate the stall count, by counting 'Stalling, one, two, three...' at one second intervals. If the marker counts to ten prior to the thrower releasing the disc, a turnover occurs.

Typically, a marker is also responsible for applying the 'force' - allowing the thrower to pass to one side of the field, while denying throws to the other side of the field. The force is typically force forehand (allowing right handed forehand throws and denying backhand throws) or force backhand (allowing right handed backhand throws and denying forehand throws).

Video

[Ultimate 101: Marking](#)

Step	Description	Cues	Common errors
Pre-mark	<ul style="list-style-type: none">● Get ready to apply the force by approaching thrower from the breakside● Extend your arms to discourage a throw● Avoid sprinting in the last few steps, keep your balance and be ready for throws that are close to you● Count stall count out loud once within 3m of thrower	"Force" "Stall count" "Swoop"	Running too quickly at the thrower, giving up easy break throws prior to applying the mark. Forgetting to apply the correct force. Forgetting to stall count, once within 3m of the thrower.
Mark	<ul style="list-style-type: none">● Establish the force and position close to the thrower● Be active and unpredictable with your	"Active hands and feet" "Wide, athletic base"	Not bending knees Lunging rather than shuffling

	<p>hands</p> <ul style="list-style-type: none"> • Feet wider than shoulder width apart, knees bent, back straight • Take short quick steps to shuffle feet laterally as thrower pivots • Force - take away part of the field by angling your body 	<p>“Short, quick steps”</p> <p>“Stay balanced”</p> <p>“Stay low”</p> <p>“Low, unpredictable hands”</p> <p>“Read throwers body, hands, eyes”</p>	<p>Focus on the throwing shoulder - making the mark more susceptible to shoulder fakes. Instead watch the eyes, hands and body</p>
Post-mark	<ul style="list-style-type: none"> • Call up for long throws • Move to open side, and follow thrower as soon as they have thrown 	<p>“Win the first step”</p> <p>“Call, up!”</p>	<p>Watching the throw rather than re-positioning defensively</p> <p>Not calling ‘up’ to alert teammates of long throws</p>

Practice

- Three-person drill: Practice in groups of three - one thrower, one marker, one receiver. Position the thrower and receiver 10 metres apart. The thrower attempts to pass to the receiver while the marker pressures the thrower. Rotate after each thrower (the thrower becomes the marker, the marker becomes the receiver, the receiver becomes the thrower).