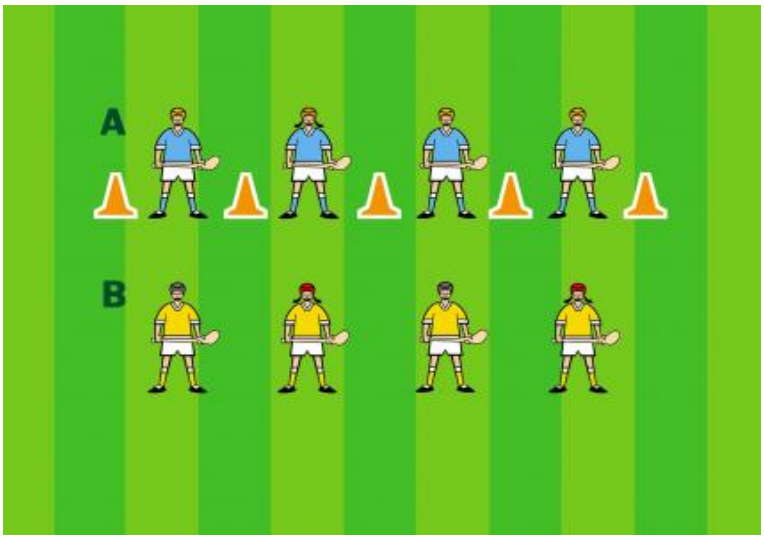
LEVEL 1

HOOK - IMAGINARY PRACTICE

— HURLING



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This is a Basic Drill to practice to the Hook technique

Organisation

- Position the players along a line at 2m intervals
- On the whistle, the players move from the Ready Position to the Hook position and back to the Ready Position
- The Coach may count the players through the stages of the technique to help with the sequence and the timing
- Repeat several times

STEP Variation

Task - As the players become familiar with the technique, repeat the drill while walking, and eventually while jogging across the field

EQUIPMENT LIST

Cones

Notes