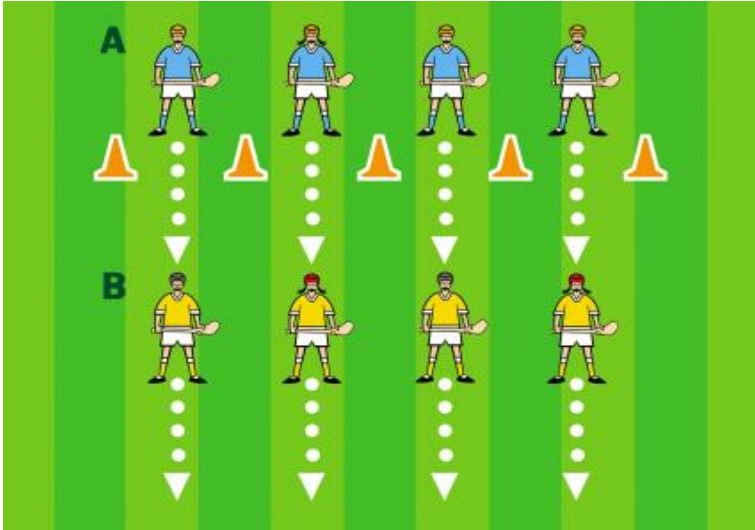


LEVEL 1
HOOK - POSITION & HOOK
 — HURLING



This Basic Drill to practice the Hook technique focuses on getting into the correct position to perform the Hook

Organisation

- Players pair off
- Beginning shoulder to shoulder Player A takes three steps backwards and one to the side to position themselves behind Player B
- Player A adjusts this position to ensure their dominant arm is behind the side Player B is going to strike from
- Player A begins in the Ready Position while Player B adopts the Lock Position
- Player A strides into the Hooking position on the whistle
- Repeat several times before changing roles

STEP Variation

Task - Challenge the players to improve their positioning by repeating the drill while walking, and eventually while jogging across the field

EQUIPMENT LIST



Cones

Notes
