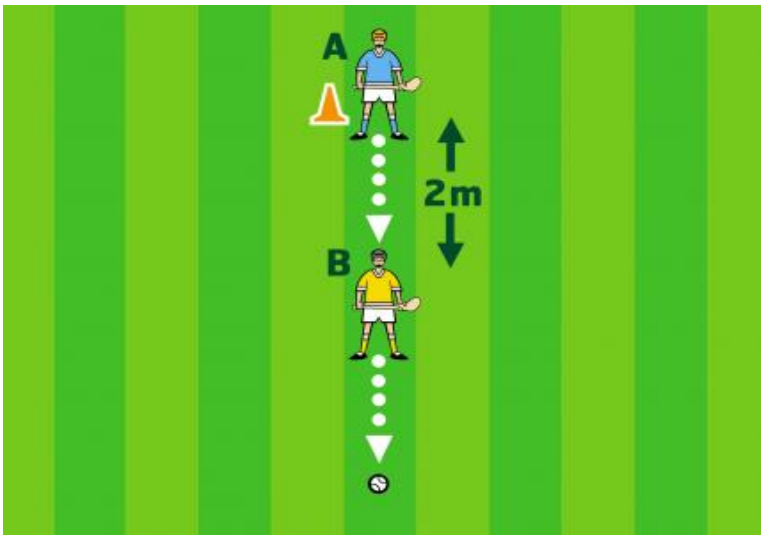
LEVEL 1

HOOK - SWING & HOOK

— HURLING



This Basic Drill to practice the Hook technique introduces contact

Organisation

- Players pair off; Player A is positioned an extended hurley and arms length behind their partner
- On a signal Player B strikes an imaginary ball as Player A attempts to hook them
- Ensure that all players are swinging in the same direction
- Repeat several times before changing roles

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