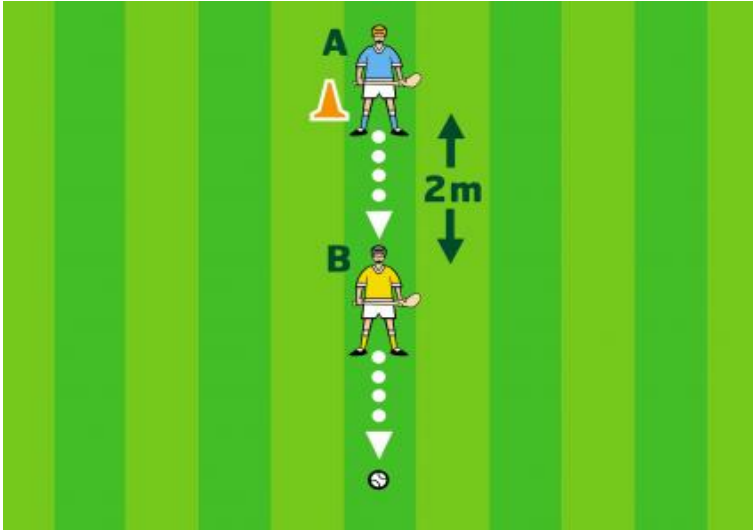




## LEVEL 2

# HOOK - CHASE & HOOK I

— HURLING



This is an Intermediate Drill to practice the hook technique which requires the tackler to follow the striker at pace

### Organisation

- Players pair off; one ball per pair
- Player A is positioned 2m behind Player B, with both players in the Ready Position
- On a signal from the Coach, both players run towards the ball
- Player B attempts to strike it on the ground, while Player A attempts to hook
- Encourage Player A to follow up the tackle and gain possession by jab-lifting the ball
- Switch roles after each successful hook and lift

### STEP Variation

Task - Player A must hook Player B who runs in a line to strike a number of balls placed at regular intervals

Equipment - Alternatively, use a fixed ball, such as the ball and pin apparatus

### EQUIPMENT LIST

- Cones
- Sliotar

### Notes

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