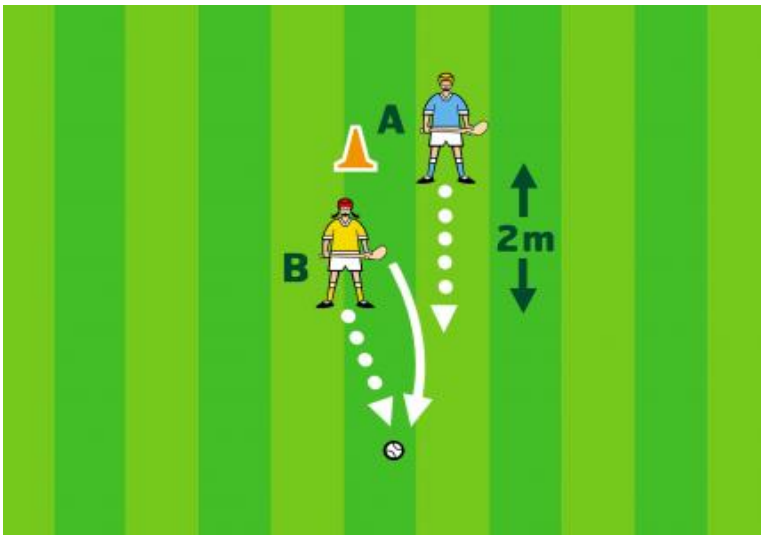
LEVEL 3

HOOK - CHASE & HOOK II

— HURLING



C Y

This Intermediate Drill to practice the Hook technique challenges the players' to react quickly and adapt their position to perform the Hook technique

Organisation

- Players pair off, one ball per pair
- Player A is positioned 2m behind Player B; both players in the Ready Position
- Player B throws the ball out in a random fashion, following it immediately to attempt to strike it on the ground
- Player A reacts to the throw and follows to hook Player B
- 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

Equipment - As the Players become more proficient, introduce a smaller ball like the Quick Touch hurling ball

EQUIPMENT LIST

- Cones
- Sliotar

Notes