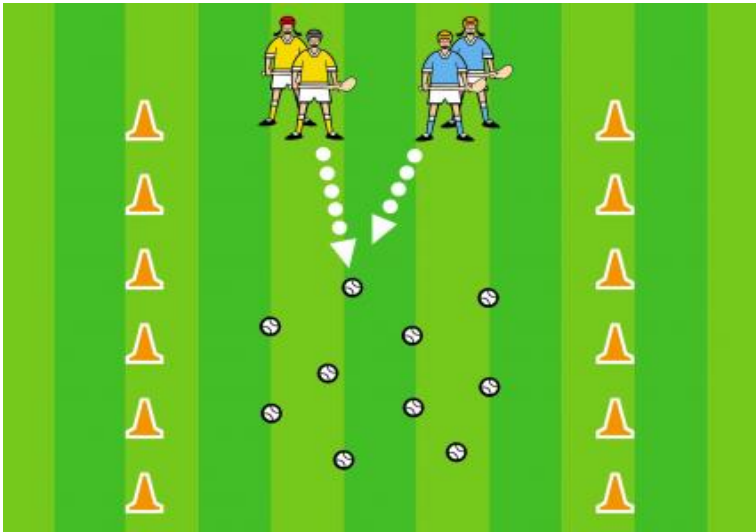


LEVEL 3  
**HOOK - A RACE AGAINST TIME**  
— HURLING



**This is a Challenge to develop the Hook Tackle**

**Organisation**

- Mark out a grid using cones
- Place a number of sliotars randomly throughout the grid
- Divide the players into pairs, one designated the striker and the other the tackler
- Each pair jog around the grid, the tackler attempting to perform the hook tackle on each strike
- Switch the roles after a set time
- The winner is the player with the greatest number of successful hooks in the time allowed

**STEP Variation**

Equipment - As the players become more proficient, use a smaller ball, e.g. the Quick Touch ball. Alternatively use a fixed ball, such as the ball and pin apparatus

**EQUIPMENT LIST**

- Cones
- Sliotar

**Notes**

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