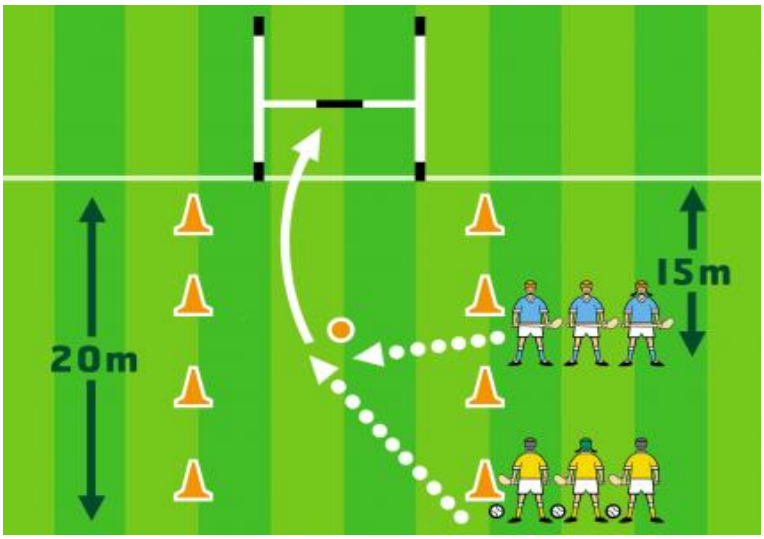
LEVEL 4

HOOK - CATCH ME IF YOU CAN

— HURLING



This Practice Play challenges the defending player to chase down and hook the attacking player

Organisation

- Divide the players into a line of defenders and a line of attackers;
- Position the lines facing towards the sideline from a position in front of the goals; the attackers line nearer the goal
- Position the ball out from the line of attackers
- One of each line run on the whistle to challenge for the ball, the attacker arriving first to strike and the defender attempting to hook them

STEP Variation

Task - Position the ball an even distance from each line and let the contest between the players develop

EQUIPMENT LIST

- Cones
- Sliotar

Notes