LEVEL 3

HOOK - A RACE AGAINST TIME

HURLING

EQUIPMENT LIST

- Cones
- Sliotar

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

Notes