LEVEL 1 **HOOK KICK - PARTNER KICK FOOTBALL**

2

EQUIPMENT LIST

Cones Football

This is a basic drill to practice the Hook Kick technique

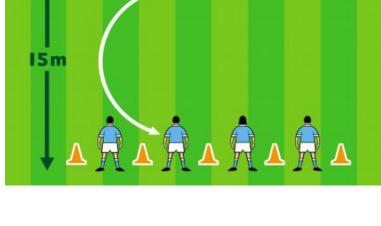
Organisation

- Divide the group into pairs, one ball per pair
- Mark out channel 5 metres wide and 15m long for each pair
- Each player in turn hook kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

STEP Variation

Space - To increase the difficulty of the drill; increase the distance between the players

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Notes