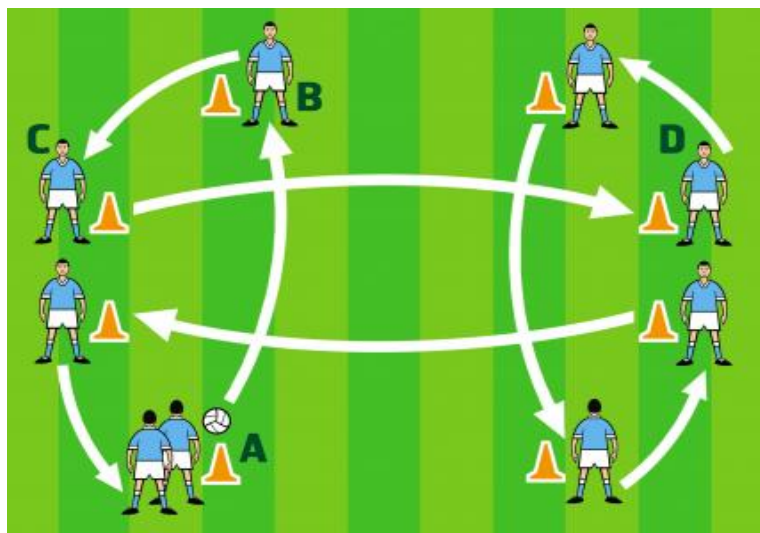


LEVEL 2

HOOK KICK - AROUND THE SQUARE

FOOTBALL



EQUIPMENT LIST



Cones



Football

This is an intermediate drill to practice the Hook Kick technique also includes the fist pass

Organisation

- Set up a formation as shown using 8 cones
- Position one player at each cone
- Player A hook kicks the ball to player B at the furthest cone to one side
- Player B fist passes the ball to Player C alongside
- Player C then hook kicks the ball to Player D and so the drill continues
- Rotate the kickers and receivers after three rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg

STEP Variation

Equipment - To increase the intensity of the drill; introduce more footballs

Notes

[illegible]