LEVEL 3

HOOK KICK - BULL'S EYE

FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This is a target game to develop the Hook Kick

Organisation

- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups; one group at either side
- Beginning at one side and behind the 15 metre line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

STEP Variation

Space - Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient

Notes