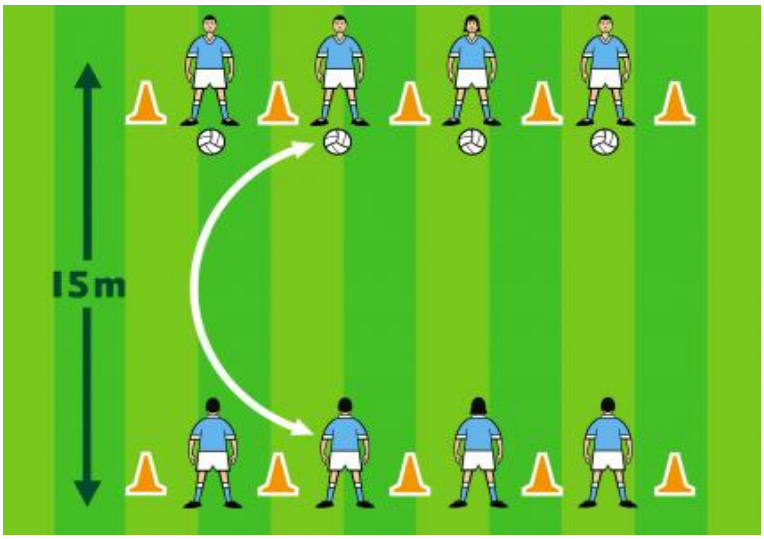
LEVEL 1

HOOK KICK - PARTNER KICK

— 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

EQUIPMENT LIST

- Cones
- Football

Notes