LEVEL 1

HOOK KICK - PASS & FOLLOW

— FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This is a basic drill to practice Hook Kick technique

Organisation

- Place 3 cones 20m from each other to form a triangle
- Divide the players into groups of 4; one ball per group
- Each player in turn hook kicks the ball to the next player in a clockwise direction and follows the pass
- After a set time, change the direction of 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

Notes