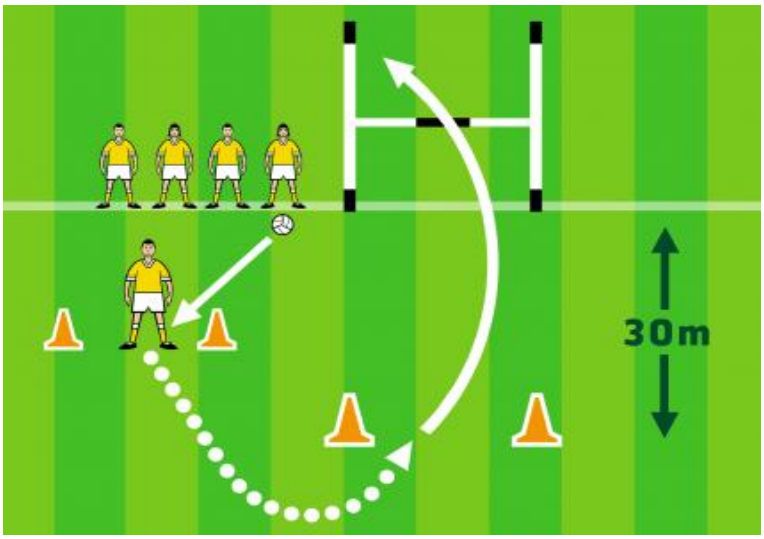
LEVEL 2

HOOK KICK - KICK & SCORE

— FOOTBALL



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This intermediate drill to practice the Hook Kick technique requires the players to kick for a score

Organisation

- Place 2 cones 6 to 8 meters apart 30m from goal
- All the players except one begin behind the goal
- Position the other player at a cone 20 meters from goal to one side
- The first player from behind the goal solos towards the cone and fist passes to the waiting player, taking over their position
- That player solos to round the nearest 30m cone and hook kicks for a point.
- The next player behind the goal repeats the drill
- Continue the drill for a set time and repeat from the opposite side

STEP Variation

Space - To increase the challenge; Increasing the distance from which the players kick

EQUIPMENT LIST

- Cones
- Football

Notes