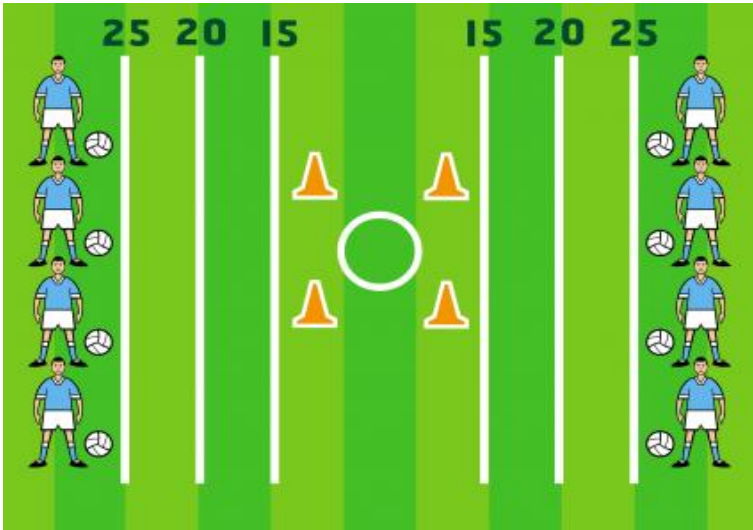


**LEVEL 3**  
**HOOK KICK - BULL'S EYE**  
— FOOTBALL



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

**EQUIPMENT LIST**

- Cones
- Football

**Notes**

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