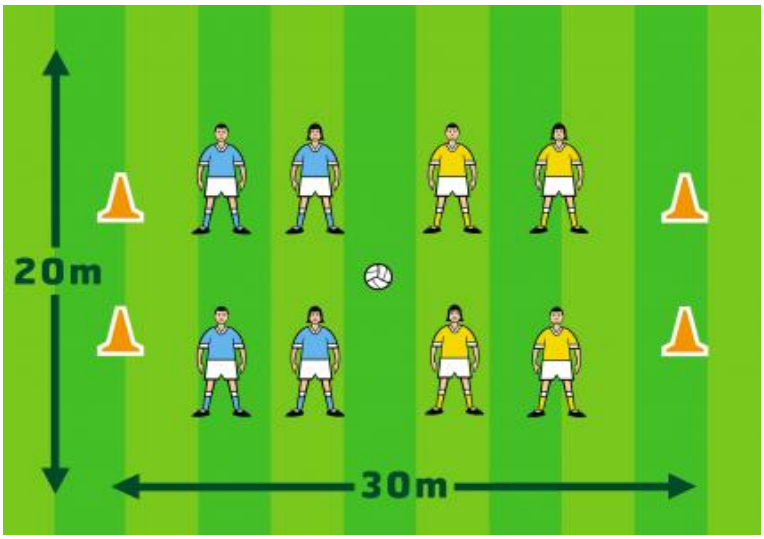
LEVEL 5

HOOK KICK - HOOKED

— FOOTBALL



This is a modified fun game to develop the Hook Kick technique

Organisation

- Mark out a playing area 20m x 30m
- Mark out a goal area at either end
- Divide the players into two equal teams
- A permanent goalkeeper is not allowed
- The players may only solo and hook kick the ball
- A score is awarded only when a player hook kicks the ball over the bar

STEP Variation

Space – Divide the playing area into zones to prevent crowding; players must stay within their designated zones

Task – Allow players to fist pass and punt kick to pass the ball; scores must be with a hook kick

EQUIPMENT LIST

- Cones
- Football
- Goalposts

Notes