

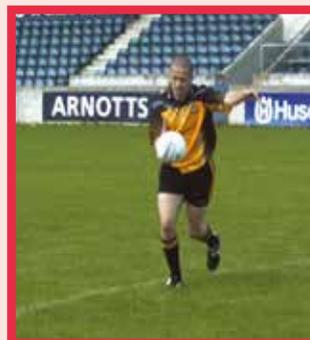
HOOK KICK

The Hook Kick is a kicking technique used in Gaelic football. Predominantly used to kick for a score, it is also used to pass to a team mate at an angle to the player in possession.



Hold the ball with both hands. Point shoulder towards the target.

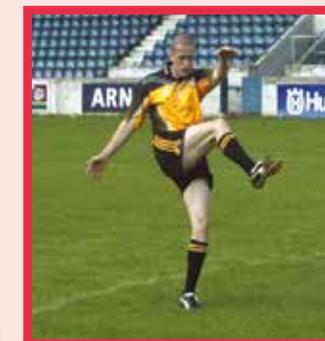
KEY TEACHING POINTS



Release the ball into the hand at the kicking side. Step forward with non-kicking foot.



Drop ball to the kicking foot. Strike the ball with inside of foot.



Follow through in the direction of the target with toe pointing upwards.

To Coach this Skill use the **IDEA** method

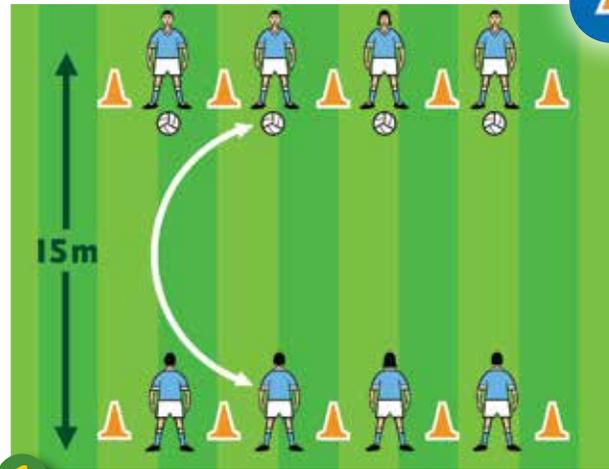
- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

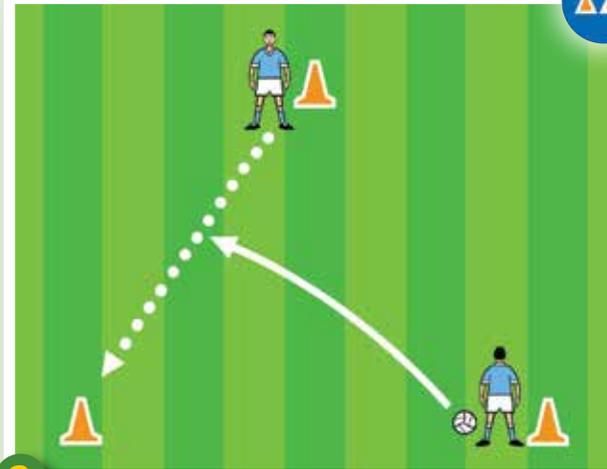
- Not pointing the shoulder at the target
- Dropping the ball with the opposite hand
- Lifting the head too early



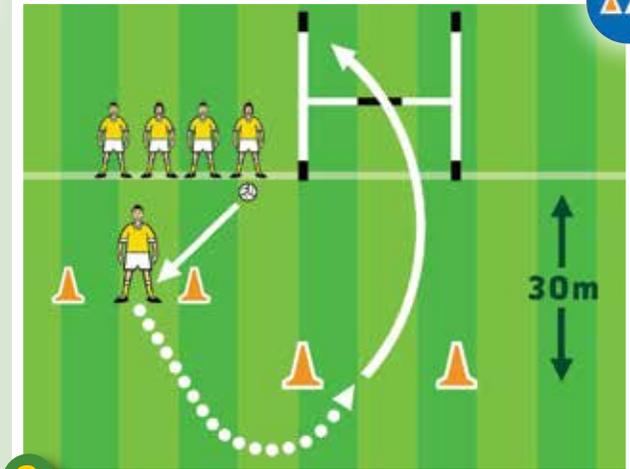
HOOK KICK PRACTISE THE TECHNIQUE



1 PARTNER KICK
Players in pairs. Each player hook kicks the ball for their partner to catch.

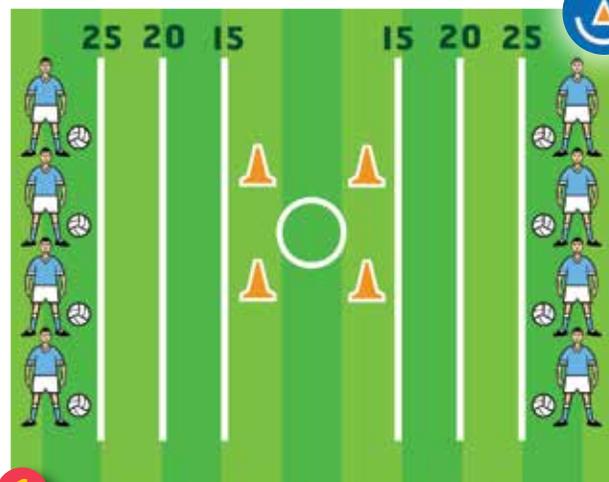


2 KICK AND MOVE
Players in pairs. Player A hook kicks the ball for Player B to catch on the move.



3 KICK AND SCORE
Player solos out around the cone and hook kicks the ball over the bar.

HOOK KICK DEVELOP THE SKILL



1 BULL'S EYE
Arrange targets at which players attempt to land the ball using hook kick.



2 HOOKED
Divide players into two teams. Teams score when the ball is hook kicked through the goals.

VARIATIONS

The **STEP** method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS

