

10. Hook Kick



Release ball into hand on kicking side



Step forward with non-kicking foot



Kick with the inside of the foot



Follow through across the body

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

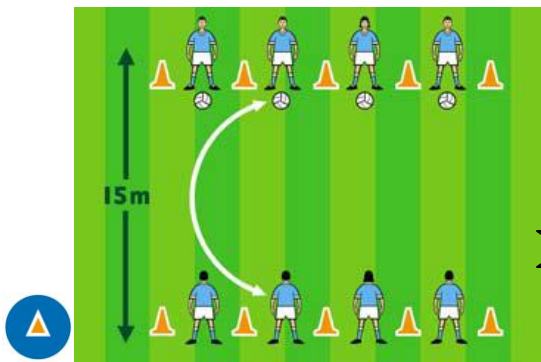


The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

- Look out for:
- Not pointing the shoulders towards the target
 - Dropping the ball with the opposite hand to the kicking foot
 - Lifting the head too early

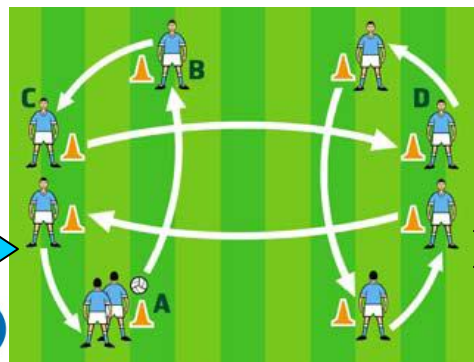
Hook Kick

Practice the Technique



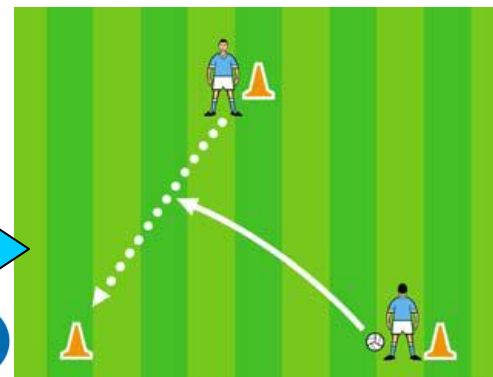
Partner Kick

Each Player in turn Hook Kicks the ball to their partner



Around the Square

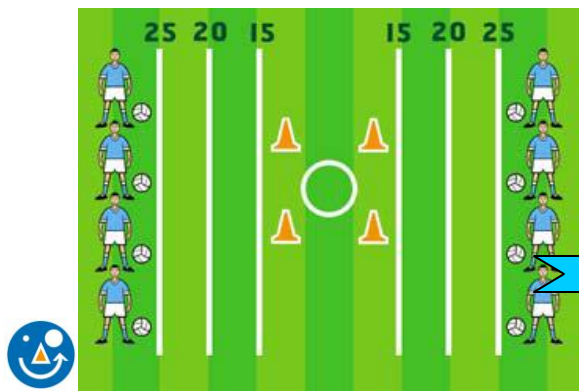
A, Hook Kicks to B who fist passes to C who hook kicks to D and so on.



Kick and Move

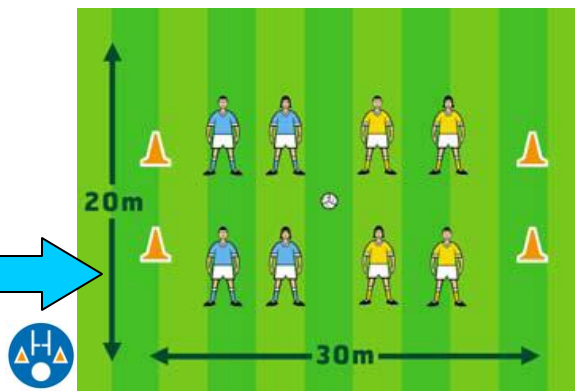
Players Hook Kick to each other while stationary and while moving between cones

Develop the Skill



Bull's Eye

Players attempt to land the ball in the centre square or circle by Hook Kicking the ball



Hooked

No goalkeepers, score by Hook Kicking the ball between the cones

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill