

# 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



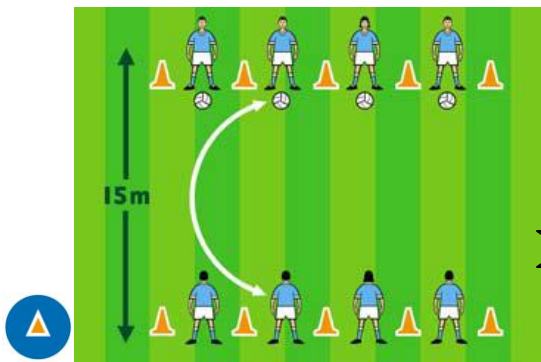
The Hook Kick is a kicking technique used in Gaelic Football. It is predominantly used to shoot for points but is also used to pass to a team mate at an angle to the player in possession.

## 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

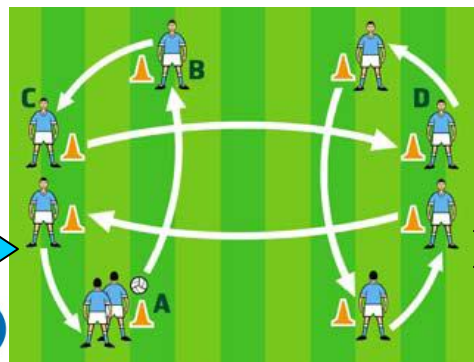
# Hook Kick

## Practice the Technique



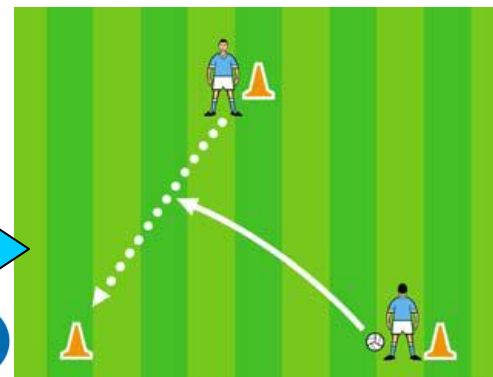
### Partner Kick

Each Player in turn Hook Kicks the ball to their partner



### Around the Square

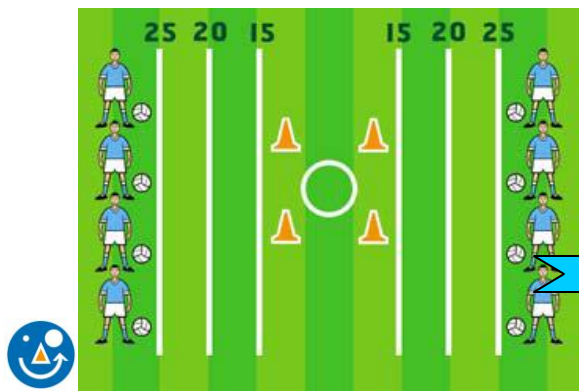
A, Hook Kicks to B who fist passes to C who hook kicks to D and so on.



### Kick and Move

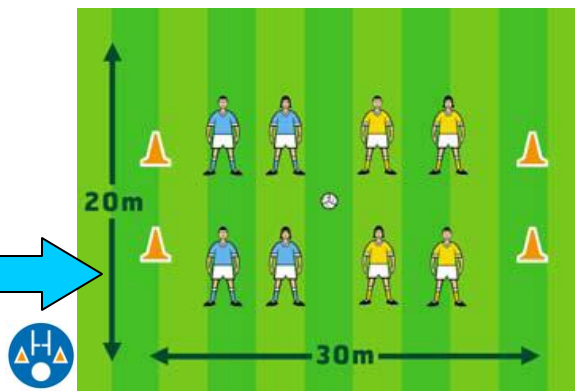
Players Hook Kick to each other while stationary and while moving between cones

## 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