

HOOK

The Hook is a tackling technique used to prevent an opponent from striking the ball on the ground or from the hand. It involves hooking or deflecting the swing of the Hurley from behind the opponent.



Hold the Hurley in the dominant hand. Extend the arm while striding forward.

KEY TEACHING POINTS

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



Extend the Hurley into the path of an opponents swing. The Hurley may be held with the toe pointing upwards or flat.



Flick the wrist as the opponents Hurley is deflected.



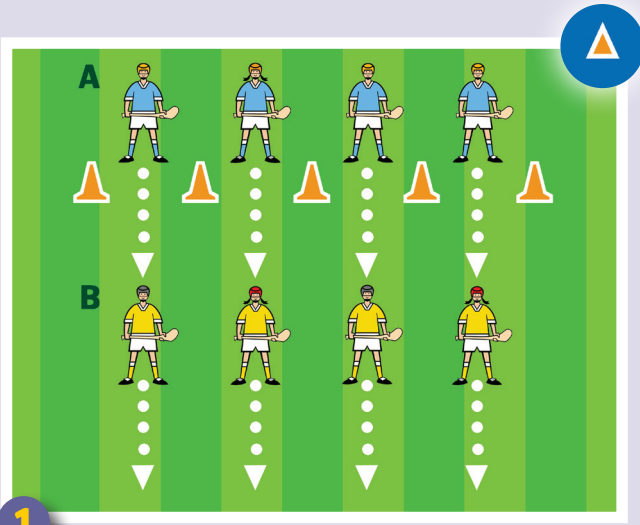
Move in quickly to gain possession.

LOOK OUT FOR THESE COMMON ERRORS

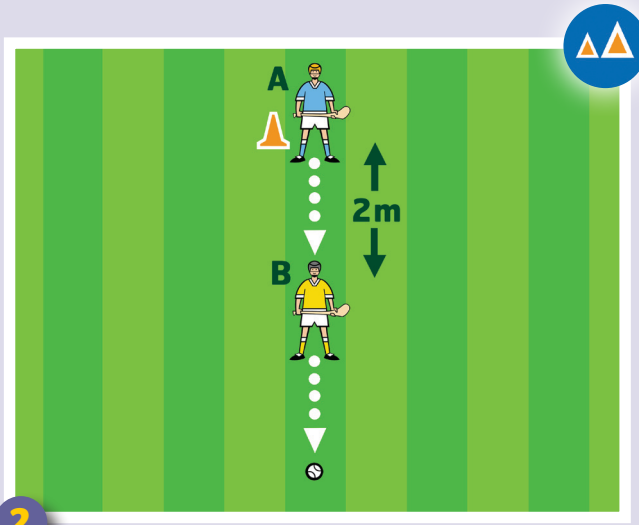
- Attempting the hook from the front
- Not striding into the tackle and extending the arm
- Not following up on the sliotar after completing the hook



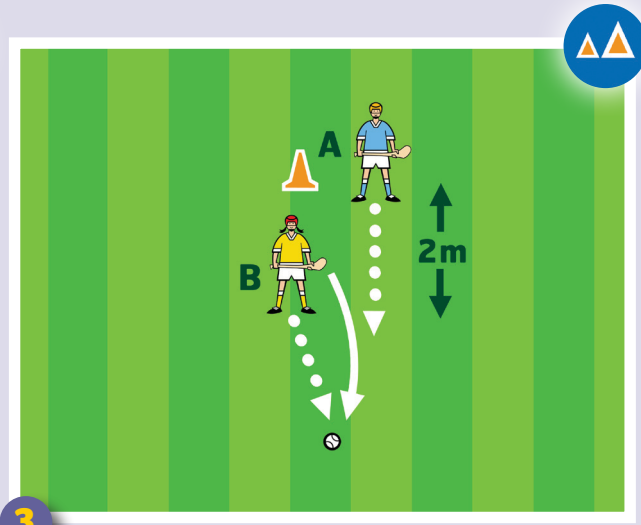
HOOK PRACTISE THE TECHNIQUE



1 SWING AND HOOK
Player B strikes an imaginary sliotar while Player A attempts to hook.

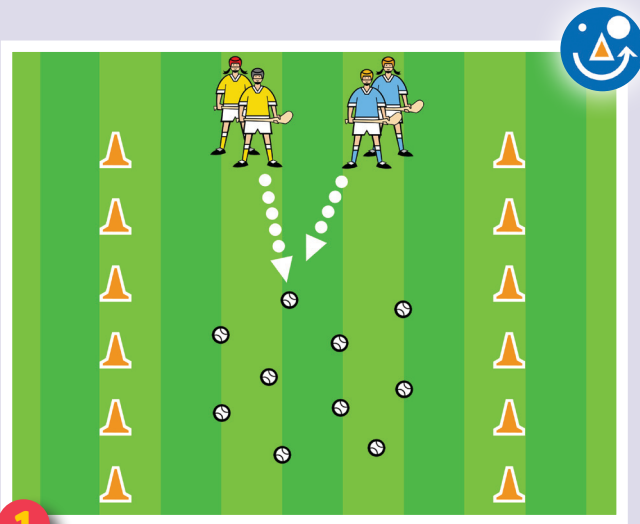


2 CHASE AND HOOK I
Player B attempts to strike the sliotar; Player A hooks.

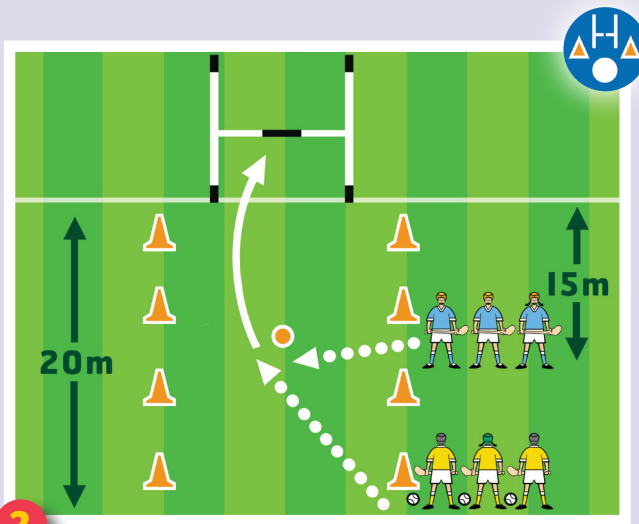


3 CHASE AND HOOK II
Player B throws the ball randomly and attempts to strike on the ground; Player A hooks.

HOOK DEVELOP THE SKILL



1 A RACE AGAINST TIME
Scatter sliotars around playing area. In pairs, one player attempts to strike each sliotar; partner attempts to hook.



2 ONE ON ONE
Attacking players attempt to dribble towards goal and score. Defending players chase and attempt to hook.

VARIATIONS

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

S pace **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 - using a bigger or smaller ball, Hurley or 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

