

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

