



## Passing: Hook Pass

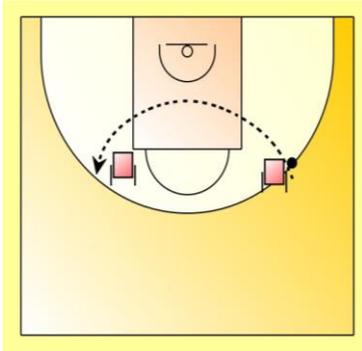


FIGURE 1

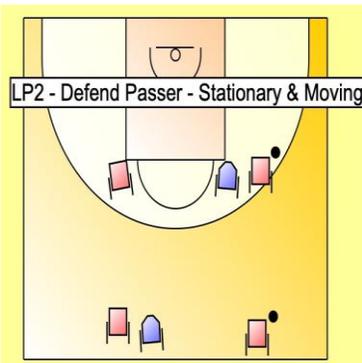


FIGURE 2

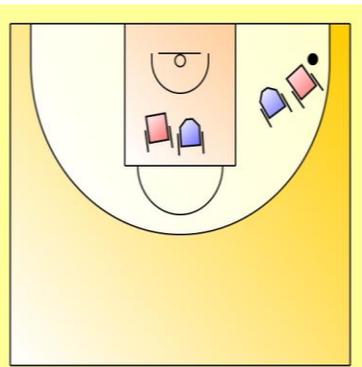


FIGURE 3

**OBJECTIVE:** To pass with the outside hand in an arc over the defenders.

**Setup:** Setup pairs 3-4m apart with one ball.

**Instructions:**

1. Perform a hook pass from a sideways position.
2. Continue for the set time or number of repetitions.

**Learning Progressions:**

LP1: Stationary hook pass with right hand, then left hand. (Figure 1)

LP2: Repeat stationary hook pass with a defender on the passer. (Figure 2)

LP3: Repeat above with a defender on the receiver. (Figure 2)

LP4: Repeat above with defenders on both the passer and receiver. (Figure 3)

LP5: Hook passes keep away. Define an area and set number of passes to achieve first (e.g. 20).

**Note:** To do a hook pass, place hand under the ball, move arm in arc upwards, raise elbow directly over ear, follow through with fingers above head pointing to target. Receiver gives a target with their outstretched outside hand.

**Activity Rules / Games Approach:**

- Line groups up parallel facing up the court so that stray balls are easier to recover.
- Receivers must give a target hand – reaching up above their head on the far side of their chair.
- Defenders are playing bronze defense until the keep away game, then silver or gold.

**Coaches Key Points:**

- Receiver must always give an outstretched target hand and must absorb the pass – preferably catch with one hand.
- Passer and receiver should call each other's names.
- Players should have hand under ball, ball held outside the body, elbow up over ear for the passer, hold follow-through over head for a moment.

**Variations/Loading:**

- Vary the defense from bronze to silver to gold.
- Set up mismatches in height and class for extra challenges.
- Keep away game can be 3 on 3 or 4 on 4.

**Mental:**

- Players should visualize the elbow above the ear.
- Both players need to communicate names.
- Broad external focus to start then narrow focus to flight path and target hand.