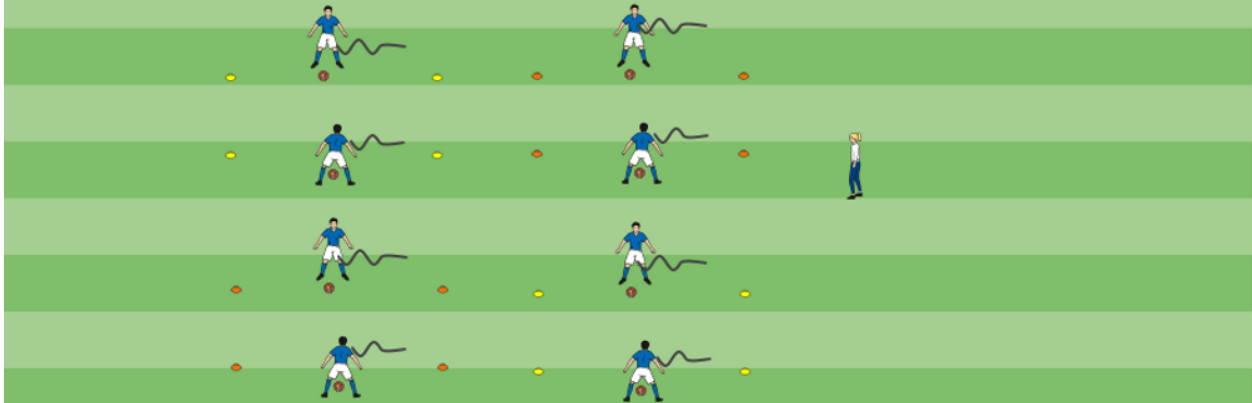


Mirror Game



Organization:

Set up two cones about 12ft apart, with another pair cones 10ft apart, one player in between each pair of cones.

How to Play:

This is a movement game. Players should start by standing across from each other and decide who will take the lead first. The player who is the lead makes a movement towards one of the cones. The opposing player tries to beat them to the cone. Once both players are at the cone, they should reset in the middle and switch which player is the lead

Why:

- Improve players reactions
- Movements with head up
- Ball control

Variations:

- Start without a ball
- Introduce the ball
- Have players reacting to lead player go to the opposite cone of the lead (this will encourage thinking within the game)

Coaching Points:

- Make sure players are using little, quick touches on the ball
- Explain how skill can be used in game situation
- Make sure players are using inside and outside of both feet while dribbling