

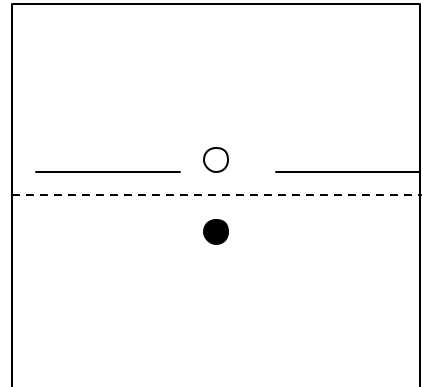
'Mirrors'

Purpose

To develop deception and feints.

Organization

Set out a 10 by 10 yard area and group in pairs. Position one player on each side of an imaginary line made by the discs. Repeat in other areas for the rest of the team.



Game Objective

Player 1 must try and get to one of the side cones before player 2. Neither player can cross the imaginary line. Switch over and let player 2 take the lead. Give each player a ball and they must dribble the ball and stop it by the cone.

Progressions

Use a feint, dummy or trick to deceive the opponent in aiding you to get to the disc first.

Key Coaching Points

- Close control
- Head up whenever possible
- Change of pace and change of direction
- Encourage feints and dummies