



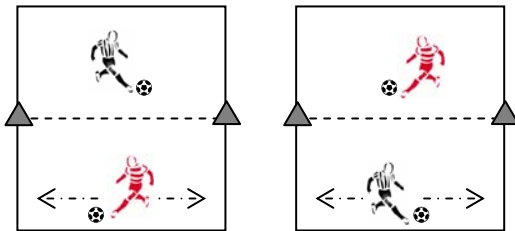
Activity: Mirrors to Beat Opponent

PURPOSE

Technical activity
Develop body shape and ball movement to beat opponent

ORGANIZATION

5 x 10 yard area.
Players pairs
No ball to start
Introduce ball later



PROCEDURE

Players stand opposite each other and do not cross the mid-line.
Player 1 attempts to touch one of the side cones, while player 2 tries to block the cone. Player 2 can only follow player 1.
Thus, player 1 manipulates body shape to get away from player 2 and get to the cone first. Once players have both competed, introduce a soccer ball each and repeat the exercise where they both have to take their ball with them to the cone.

COACHING POINTS

Low and wide stance for mobility.
Drop shoulder one way and sprint to the opposite direction.
When moving the ball, start one way and do sole turn to the other.
Use step over fake or scissors to unbalance defender.
Accelerate away from defender.