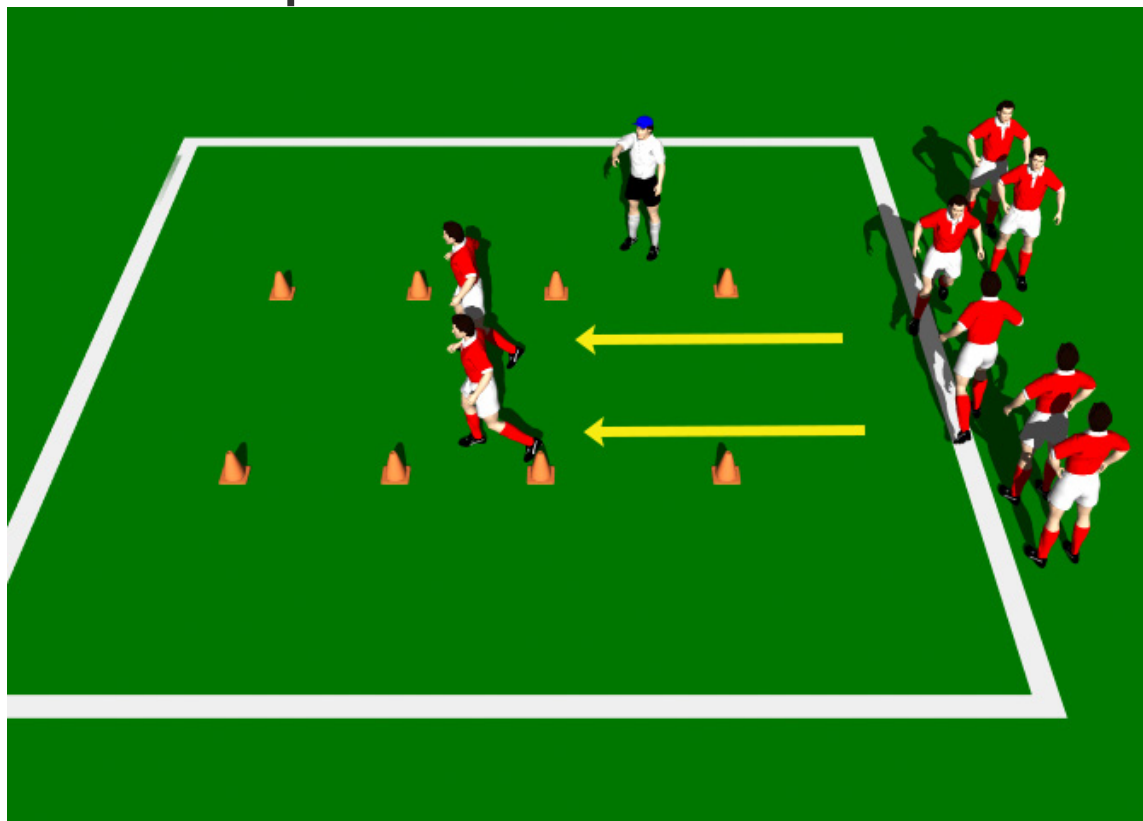


Mirror Sprints



Objective of the Practice:

This fun exercise is designed to incorporate body feints with high tempo sprint work. It will also improve each player's quickness of reaction when sprinting. Players thoroughly enjoy this drill.

Coaching Points:

Players alternate faking. On the Coach's command, two players face each other. One player is the "faking" player. Both players sprint on the coach's command, the "faking" player can either sprint through the cones or fake their partner and cut through the cones to the side at any point. The partner must try and mirror their movements. Keep score and make it a team competition.

Work for 5 to 10 minutes.

Field Preparation:

Area approximately 10 yards, unlimited number of players. Teams opposite each other.