	Drill	Skill
	19 – Mirror drills	• Defense

Description

- This drill is designed to allow the players to improve their defensive stance and footwork.
- It can be run in one of two ways:
- First method (see ***Diagram A***)
  1. Players line up in a straight line facing towards the coach who is standing in front of them
  2. As the coach moves from side to side the players attempt to keep with him and in a line.
- Second method (see ***Diagram B***)
  1. Have players pair up and each pair chooses a line on the court
  2. One player moves laterally along the line whilst he other player (facing them) attempts to stay in front of them (like "looking in a mirror").
  3. Limit the number of steps to three before a change of direction or it will just turn into a running race along the line.
  4. After 30 seconds players swap roles (leader - follower).

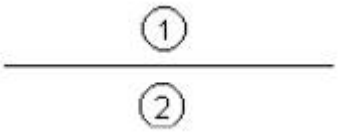
Variations

None

Points of emphasis

1 Correct stance and footwork (wide then wider).

2 Quickness.

A

B