

Midpoint mirror- 90° mirror and 3D mirroring

GameProgression

1. In 3s- 1v2-2 attacking players and one defensive player stand within a grid approx 10m²
 2. Attacking players move around. The aim of the defensive player is to watch the attacking players and try to remain in the mid point between the two attacking players.
 3. Can run practice so that attacking players are:
 - Move side to side only (on the same line)
 - Move side to side only (on two different lines)
 - Move in any direction within the grid
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1. Encourage attackers not to move too quickly at first- give defender chance to react
 2. Defender should be encouraged to try and watch each defender out of the corner of their eye and not devote too much attention to any one player

