



Mirror Mirror 1 v 1

Category: CoViD-19 (Social Distancing)

Difficulty: Beginner

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Screen 1



Area:

Create 2 lines apporox 8 m long and 5m apart with a gate at either end on both players sides.

Equipment:

Cones, poles, discs

Objective:

Each player stands on one side of the cones facing each other. One player starts as the leader and the other player is the follower. The leader shimmies from side to side up and down from startig the middle. The follower mirrors the movements if the leader. The leader is trying to lose/shake of the follower and when ever they chose the leader will then make a dash for it and run through one of the gates. The follower tries to beat them through the same side gate on their side. Swap over the roles od leader and follower and keep repeating.

Progression:

Perform the same excercise but have a ball at your feet