

Name: **Man in The Mirror**

Drill No: **D3**

**Description:**

Partner players up relative to foot speed.  
Find lines that are parallel and close together and line partners up facing each other.

Select on person to be it and the other must mirror him and keep his nose in line with his partner.

Players can only move by defensive sliding on a lateral plane.

**Variations:**

**Points of Emphasis:**

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.

Diagram A.

