

# REFLEX

REACT CONTROL GOAL



**A NEW training aid  
designed for all ball  
sports**



"FA Premiership Club Wigan Athletic use Reflex. Keeper John Filan practices with Reflex".

**Players ball skills improve when coaches use Reflex as part as their training drills.**

**"We use Reflex as part of a coaching circuit with our development squad. The keepers use it on the wall and we also use it to improve our passing as the football is passed via Reflex".**

*Tony McDermott, FAI Coach*

## BENEFITS

- Improved coordination, reaction and ball skills
- Use Reflex as part of a training drill or circuit
- Better ball control, shooting & passing
- Faster feet
- Intensive user work-out
- Coaching sessions become more challenging and stimulating with excellent player benefits.
- Used by GAA, FAI, IRFU coaches and players



## FEATURES

- Designed & developed to be suitable for all ball sport
- Suitable for indoor and outdoor use
- Multi functional can be placed on a wall, gym floor or on a pitch
- Mobile Reflex stand can be adjusted from an angle of 0° to 60° or 90°
- Easy to use at home, school or at the club
- Lightweight & Portable



# REFLEX

## Ideal for all ball games



Proven to increase:

- Reactions
- Control
- Coordination
- Technique

Reflex is for coaches and players of all age groups and abilities, who want to improve their playing skills.



Mobile Reflex allows user to adjust height and angle to improve performance

Have your training sessions on the sports field with the NEW MOBILE REFLEX.

Improve your players skills further during a training drill



Reflex is great for sharpening up and improving my reactions and ball-handling. Reflex is ideal as a workout with two or three others.

*Tomas O'Se*  
Kerry Footballer



Reflex is a unique Irish Product researched and developed by Irish Sports Products, designers and developers of educational and performance enhancing sport products.



**Ideal for all ages & abilities**



***"Reaction times in games are set to become faster with the release of this product".***

University of Limerick, Sports department.

FOR FURHTER INFORMATION CONTACT

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