



RED LIGHT, GREEN LIGHT

Emphasis:

This game will focus on dribbling with the ball in close control in order to stop quickly.

Game Info:

This is for ages U6-U10. It is best run with at least 4 players but no more than 10 players. The game should be run approximately 10 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions:

With the coach's back to the players, the coach yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.

Progression:

- Have the players dribble with only the right or left foot
- Players to use the weaker foot.

Coaching Points:

- Move the ball forward using both the inside and outside of the foot
- Make sure the players keep the ball close so they can stop quickly.
- Use the bottom of the shoe to stop the ball