



## TRAFFIC LIGHTS

### Emphasis:

This game will focus on dribbling with the ball in close control and developing comfort with the ball.

### 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:

Each player has a ball and dribbles in a limited area around the coach.

### Instructions:

The coach controls the game with the frequency, and variety, of light changes. When the coach says RED LIGHT players must stop the ball and put their foot on top of the ball. When the coach says GREEN LIGHT, players dribble the ball around the area. When the coach says YELLOW LIGHT, players must stop and do toe taps on the ball until instructed to move around with the GREEN LIGHT instruction.

Once players catch on to this game, add different colors and assign different actions to them. (i.e. PURPLE LIGHT = hop back and forth over the ball, BLACK LIGHT = dance, BLUE LIGHT = hide behind the ball etc.)

### 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