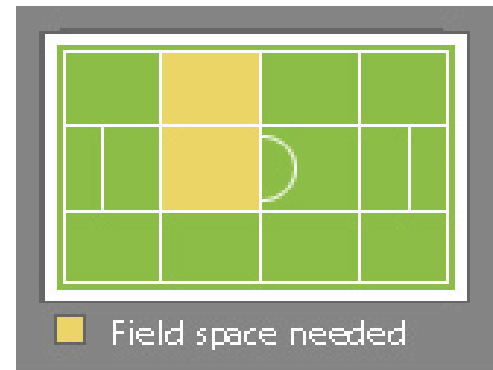


Red Light Green Light



Materials Needed



20 x 25 playing field

- Group of players
- Cones
- Large supply of balls

Red Light Green Light Dribbling

Set Up & Progressions:

All players have a ball and dribble in a limited space (or make it directional). When coach calls the command red light, players must stop ball and put foot on the top of the ball. Use the analogy of the foot brake when relating to younger players. Coach then calls out yellow light, players must dribble very slowly. Coach also calls out green light, players dribble fast. Coach controls the game by manipulating the frequency of light changes.

Coaches have the opportunity to add colors for variety. (i.e. purple light = Take on Move, pink light = Change of Direction, blue light = Dance around the ball and many others)

Objectives:

To develop confidence in the players ability to manipulate the ball and keep it under control.

Coaching Points

- Keep head up to examine space
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control