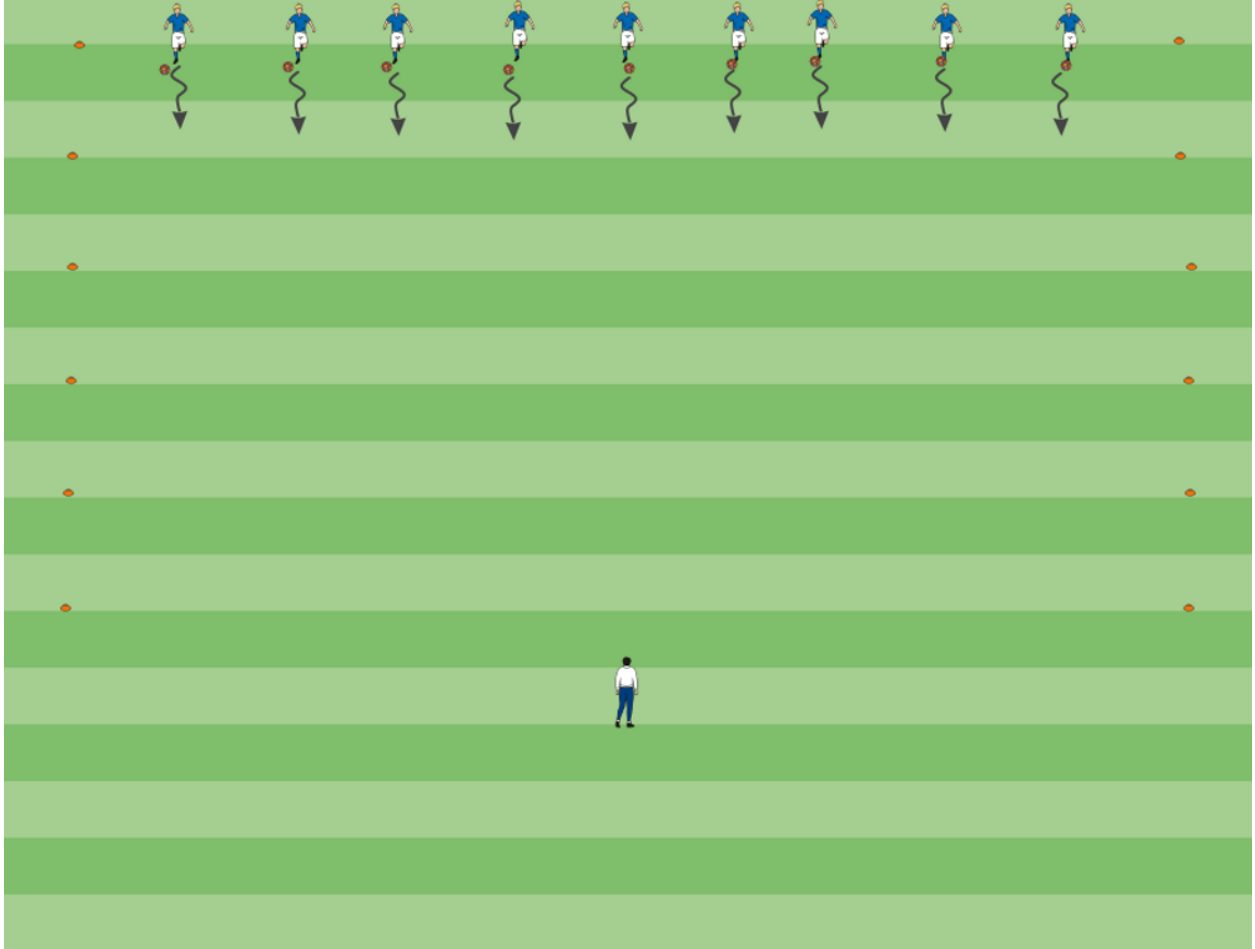


## Red Light, Green Light



### Organization:

Players start on a line with a ball. Coach starts with their back turned. Green=Go, Red=Stop. When coach says Red Light, the coach turns around and any player who is still moving or doesn't have their ball under control must go back to the beginning. First player to dribble past the coach wins

### Why:

Improve dribbling, ball control, reactions

### Variations:

- Play without a ball
- Add different movements (ex. Skip, hop, run backwards)
- Change the dribbling technique for players (ex. Sole roles- left and right, toe taps- forward, backwards)

### Coaching Points:

- When dribbling for speed make quick touches using laces
- Dribble with head up
- Perform technique that has been instructed