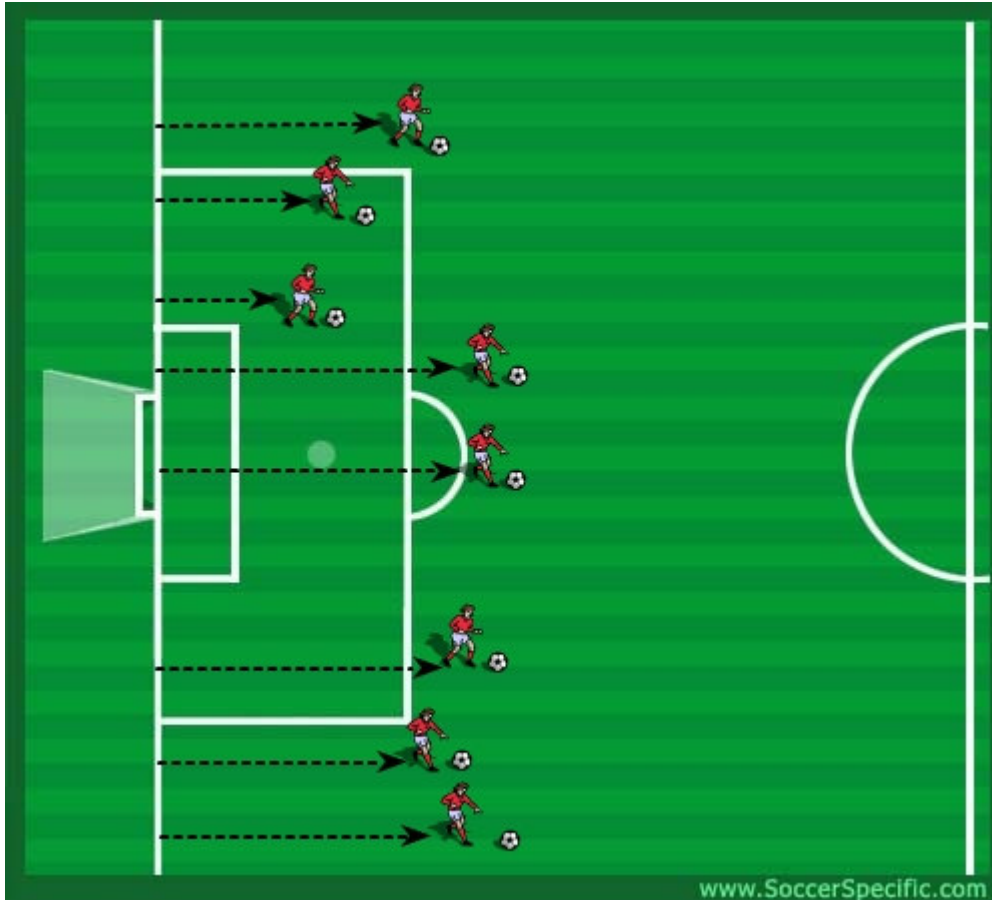


Red Light-Green Light

Emphasis: Dribbling, ball control



Set-up:

All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away.

Objective:

When the coach yells “green light” the players dribble forward at full speed while maintaining control of the ball. On the coaches command, “red light,” the players must stop the ball immediately with the bottom of their foot. Any player who fails to do so must start at the end line. The first player to stop the ball on the midfield line wins the game.

Progression:

1. “Red light” player must quickly turn back and stop the ball.
2. Players must only use the left foot only....

Coaching Points:

- Maintain body control.
- Touch the ball every other stride.