



Red Light Green Light: U6 & U8

Category: Technical: Ball Control
Difficulty: Beginner

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Description

Fun game to improve dribbling. Manipulate the activity to get desired result. Makes changes or restrictions throughout the game.

Phase 1

Red Light Green Light

A game that every child is familiar with!

Simple rules, that include dribbling, racing, and a fun competition.

Give directions in a fun, energetic way! The kids are on a road driving a car and they need to watch out for the traffic lights.

Organization: Every player with a ball, starting on the endline. Coach stands at the "finish line."

How to Play: Game begins on coach's signal.

Green light - Go! (dribble fast)

Yellow light - dribble slow or walk to ball

Red Light - stop (with sole of foot)

Game ends when all players reach the finish line. Play multiple rounds.

Coaching Points:

Dribble with control and head up to see what's in front of you

Have fun!



Phase 2

Progression

Same rules as basic game, with a few fun changes!

- Coach uses colored cones or pinnies for red, yellow, and green light instead of their voice. This encourages the kids to pick their heads up and see the field (scan the field) while they are dribbling.

- Set up cones randomly on the field. The cones are pot holes. The kids have to avoid the pot holes while dribbling.

- Add police cars. The police are trying to pull everyone over (tag game).

** Size of field (space) may always be altered either to force kids to dribble in a smaller area or to give them more space **

