

RED LIGHT, GREEN LIGHT

Ball Control: Dribbling

COACHING GOALS

During this drill, my team will:

- Learn how to take small, close touches on the ball to dribble and stop quickly.
- Learn how to compete while demonstrating sportsmanship and game etiquette.

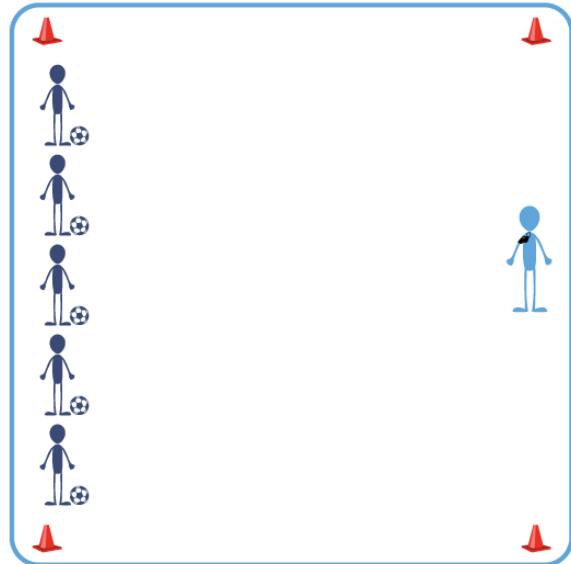
EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per player
- 4 cones to set boundaries

Set-Up:

- Create two end lines with cones approximately 30 paces apart.
- Each student collects a ball and stands on one end line.
- Coach stands on the opposite end line.



HOW TO PLAY

1. It's time to play Red Light, Green Light while we control our soccer balls. Your goal is to dribble your soccer ball over the end line where I'm standing. I will be the traffic light first.
2. When I call out "Green Light," you will start to dribble toward the other end line. When I call out "Red Light," stop and freeze before I count to 2-Mississippi. Keep control of your ball. If you don't stop on time you have to go back to the start.
3. You must control your ball quickly on the whistle. If you have to move to retrieve it, you have to go back to the start. Use close touches so you can stop on the signal.
4. The player who crosses the end line first scores a point and will lead when we restart the game.
5. ADD CHALLENGES:
 - To start, keep a walking pace with a focus on ball control and light inside taps. Then, progress to a jog/run using both inside and outside taps.

FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: What is sportsmanship? What does it look like? What does it sound like?
- Q2: Why is sportsmanship important? How does it make playing against an opponent better?