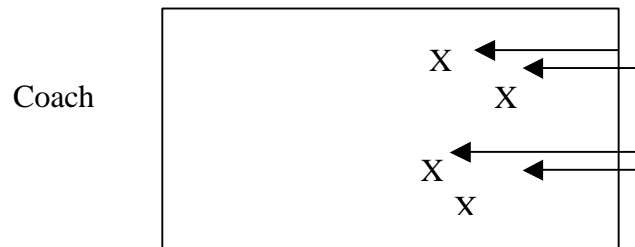


RED LIGHT, GREEN LIGHT

Organization: Each player with a ball.

Structure: Players line up on endline across from the coach.

Procedure: As the coach turns away from the players he says "GREEN LIGHT" and the players begin dribbling towards the coach. As the coach turns back towards the players and says "RED LIGHT", the players must all stop the ball by placing their foot on top of the ball and freezing. This pattern continues until the first player reaches the coach. If a player fails to stop their ball and stay frozen during red light then they go back to the beginning and start over.



Coaching: Keep the ball close.
Head up so you don't run into anyone.
Use both feet.
Bend your knees and stay low.

Analysis: Improves dribbling, balance, coordination, and vision.