<u>Red light/ Green</u> <u>light</u>





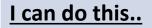


Image: www.SportSessionPlanner.com

RULES

- All players with ball
- on green light (coaches command) players dribble their soccer ball
- Red light- players stop and put foot on the soccer ball
- Yellow light- players slow down

POINTS

- Keep ball close
- Keep inside the area
- Use both feet
- Look up to find a space

RULES

- All players with a ball
- Coach shows an action
- Players copy action

Suggestions

- Throw and catch
- Throw clap and catch
- Bounce and catch
- Bounce spin and catch
- Drop ball and put foot on top
- Toe-taps
- Foundations- inside-inside
- Drop, bounce, kick, catch

