

Red Light Green Light, submitted by Chris Goldkamp, FC Brandywine TOPSoccer

Objective Dribbling and changing direction

Description Line up the kids on goal line and stand at midfield. When you say "Green light" the players start dribbling slowly towards the midfield, say "red light" and the players must stop and put one of their feet on the ball. Yell "u-turn" to make them do a pullback turn and go the opposite way. Once they reach the midfield, say "u-turn" and "hit the highway" and have them dribble as fast as possible towards goal. Once they are near the goal have them shoot at the goal. Alternate between "red light", "green light" and "u-turn" to keep them active. Add variations such as "windshield wipers", the kids have to be stationary tapping the ball side to side between their legs

Dribbling
Ball Control
Running with the Ball
Turning

Coaching Points Small touches
Using all sides of foot
Keep head up

