



Red Light - Green Light

Drill Info:

This drill will focus on dribbling with the ball close in order to stop quickly. Run this soccer drill with at least 4 players but no more than 10. This soccer drill should last approximately 15 minutes on a small field.



Setup:

Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions:

With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.

Variations:

* Have the players dribble with only the right or left foot.

Coaching Points:

* Make sure the players keep the ball close so they can stop quickly.

Focus:

Technical Dribbling

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

