



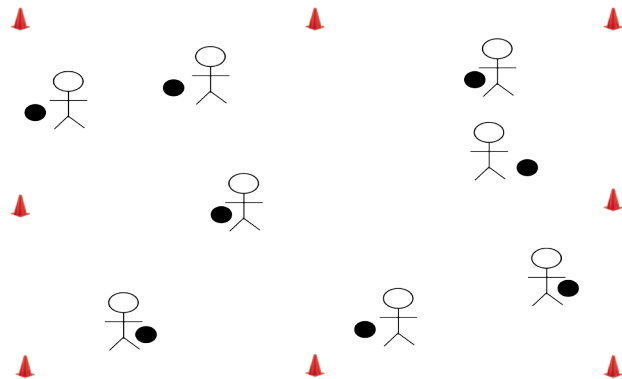
Traffic Lights

Objectives:

- Improve dribbling
- Increase spatial awareness

Setup:

- Set up a 15x15m area
- One ball each



How to play:

- Players must be moving around the area dribbling, listening for the coach's commands.
 - **Red Light** - stop
 - **Green light** - go
 - **Orange light** - as fast/slow as you can
 - **Get some petrol**- stop moving and do 5 figure 8's as fast as possible
 - **Borrow a car**- stop and leave your ball, run around a cone, and pick up a different ball
 - **Demolition derby**- King of the ring- players must protect their ball, whilst trying to flick or steal other's balls out of the square.

Key Coaching Points:

- What kind of dribbling should we do to keep control of the ball?
 - Lots of fast, small bounces as close to the ground as possible
- Where should we be looking?
 - Keeping our heads up to make sure we:
 - Don't crash into other cars
 - Don't run off the road
 - See spaces to move into