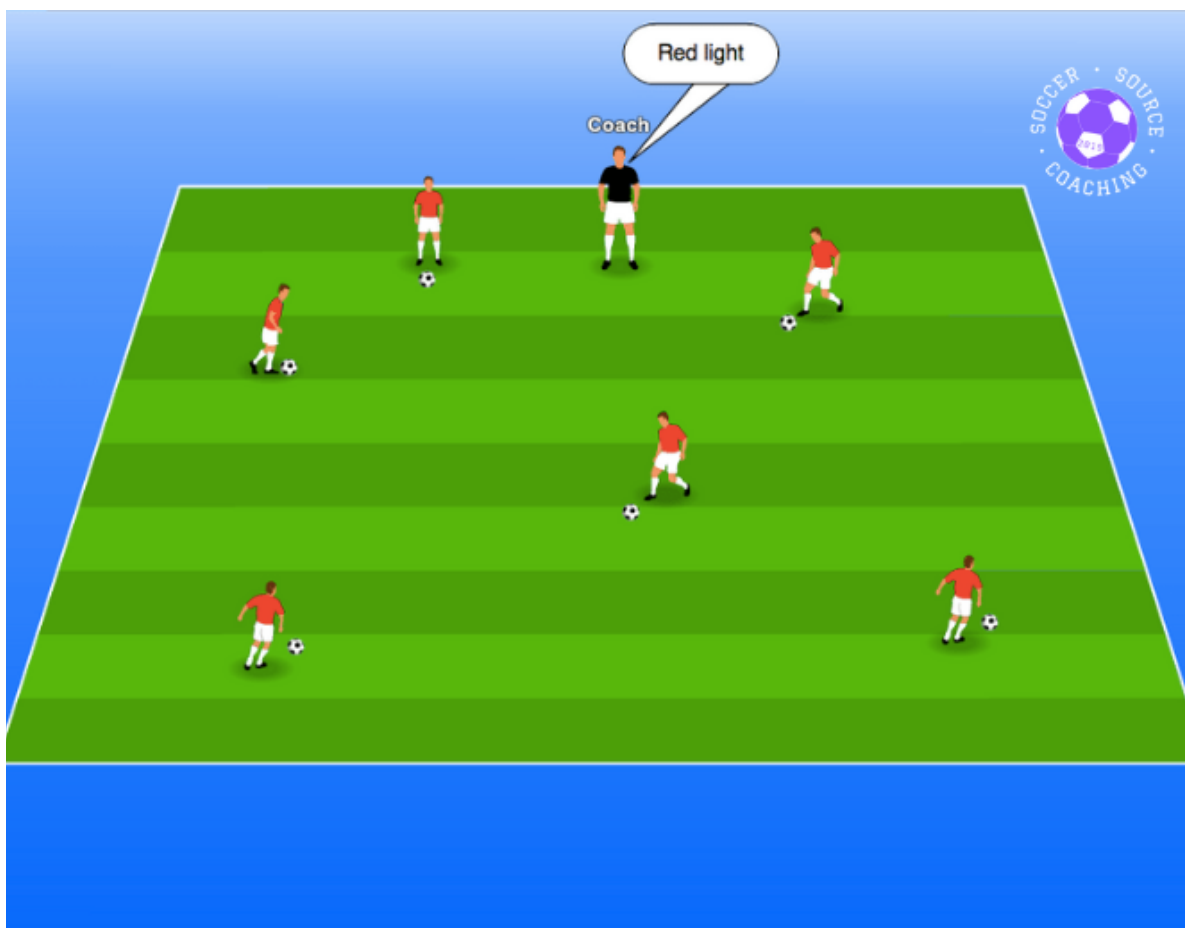


Traffic Lights



How it works

The coach will shout different traffic light colors or car-related instructions with each instruction having a different action.

Players should try and dribble with their heads up and dribble into space.

Here is a list of rules that I use:

- Greenlight

Players dribble their soccer at a normal pace

- Red light

Players stop their soccer with one foot on the ball and standstill

- Yellow light

Players dribble as slow as they can with the soccer ball

- Blue light

Players dribble as fast as they can with the soccer ball pretending they're a fire truck in an emergency

- Flat tire

Players will perform 10 toe taps on the soccer ball to pump the tire back up

Coaching points

- Small touches to keep close control of the soccer ball
- Dribble with a head-up so you do not bump into anyone
- Try and find some space to constantly dribble into.

Questions

- What kind of touches should you take? Why?
- Why should you dribble with your head up?

Purpose

The purpose of this soccer drill is to encourage keeping control of the soccer ball while dribbling

Set up

- 10 x 10-yard area
- 1 soccer ball per player

Beginner