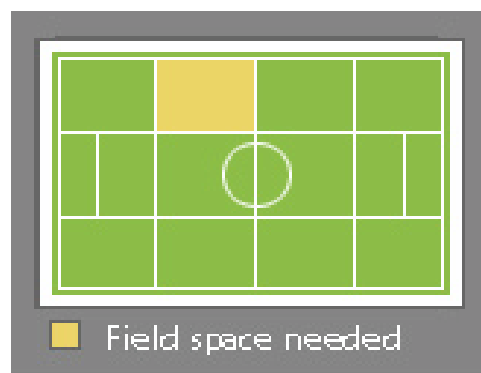


Traffic Lights

Materials Needed



Area 30 x 30 yds

- Cones
- Ball per player

Traffic Lights Dribbling Warm Up

Description:

Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Yellow light" (dribbling slowly) and "Super Green" (dribble as fast as you can) may be used.

Coaching Points

- Keep ball close and under control
- Keep the ball moving
- Keep head up

Progressions:

This is a really good activity to coach and improve technique - dribbling, turning and ball mastery. Each time you play Traffic Lights add a different movement, turn and mastery skill. For example: Movement sequence: 1) **Dribble with laces** - slow down and puch the ball lightly with the laces (left, right and both) 2) **Boxes** – push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** – hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays - does not move. 4) **Sole drag back** – hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** – push the ball forward with the sole of the shoes. 6) **Laterals** – move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot.

Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, and 5) **Back heel**. Add others!

Also if you have a number of coaches or parents you could add toll bridges. Have coaches and parents stand with their legs apart. Every time a player sees an open toll bridge they must play the ball through the legs and collect it from the other side.