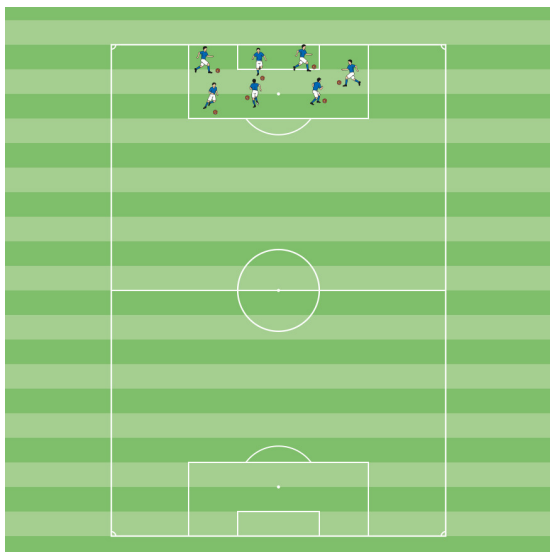



## TRAINING EXERCISE

### Traffic Lights



 **Dribbling**  
**Coordination & Balance**  
**Perception & Awareness**

 **U5 to U8**

 **1 to 14 Players**

 **Cones, Balls**

 **Intensity: 5**

 **10:00 min**  
(1 x 10:00 min, 00:00 min rest)

#### Objective

Effectively carry out instructions whilst keeping the ball under control

#### Description

Set up an area 20x20. Players have a ball each and dribbling around the area. Coach calls out red light, yellow light, or green light. Red = stop, yellow = slow down, green = go fast. Start without ball to improve understanding. Progressions: Introduce further instructions: pump gas = toe taps, wash car = side to sides, rather than calling out lights, coach holds up coloured cone, i.e. red cone = stop.

#### Key Points

Small touches, keep ball close, larger touches when going fast, use both feet, head up