



Red Light, Green Light

U6, u8, soccer drill, fun soccer drill, free soccer drill, youth soccer drill, dribbling

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Drill Objective:

For U6 and U8 Players. This drill will focus on dribbling with the ball close in order to stop quickly.

Drill Setup:

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

Drill 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.

Drill Coaching Points:

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

Drill Variations

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



Titled: [Red Light, Green Light](#)

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