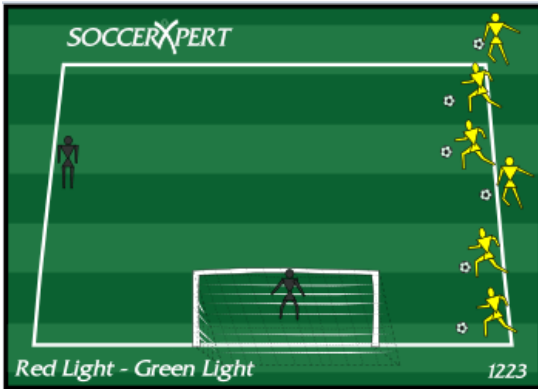




Drill Quick Glance

Age: 4-8	Field: 20X20
Players: 5+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Red Light, Green Light Soccer Drill

Objective:
This soccer dribbling drill, designed for U4, U6, and U8 players, combines fun with skill-building by incorporating a familiar childhood game. It emphasizes close ball control and quick stopping, helping players refine their dribbling precision and responsiveness.

Setup

1. Start all of the players on one sideline shoulder-to-shoulder, each with a soccer ball.
2. The end-line is the opposite sideline.
3. The coach should move 15-20 yards away from the closest player.

Instructions

1. With the coaches back to the players, yell "GREEN LIGHT," and the players try to dribble to the coach.
2. The coach then yells "RED LIGHT," the players must quickly stop the ball. The coach should wait a moment and then turns to face the players.
3. Any player moving must go back to the farthest person from the coach.

Coaching Points

- Listen to coaches commands.
- React quickly to verbal queues.
- Dribble with speed, but keep the close.
- Make sure the players hold the ball close so they can stop quickly.

Variations

- Limit the players to dribble with their right foot only.
- Limit the players to dribble with their left foot only.
- Limit the players to dribble with the bottom of the foot only.