

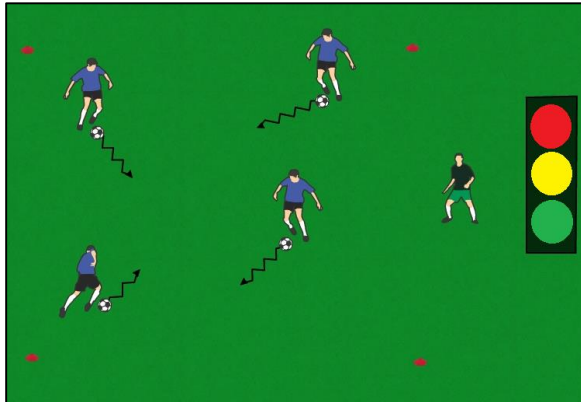


Core skill: Running with the ball

Difficulty level ★☆☆

TRAFFIC CONTROL

Beginning activity



Players dribble around the grid as the coach gives the instruction “green light, red light, orange light”

Green means go.

Orange means slow down.

Red means stop.

Note: The coach can also use hand signals instead of his voice so players can get used to visual signals and looking up while they run with the ball.

Set Up: Set up an area approximately 10m x 15m. Each player has a ball.