

Soccer Drills and Soccer Tips for Coaching Youth Soccer!

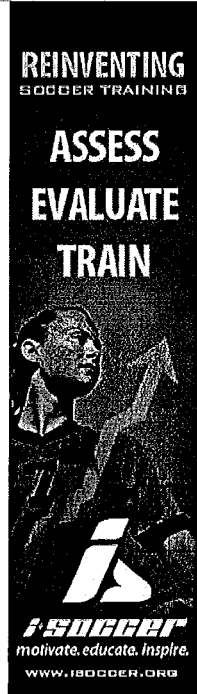
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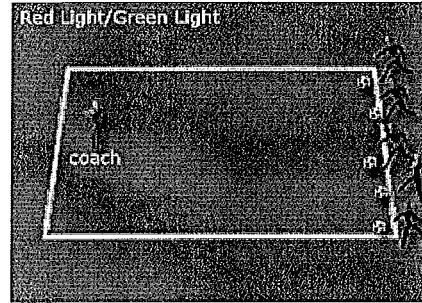
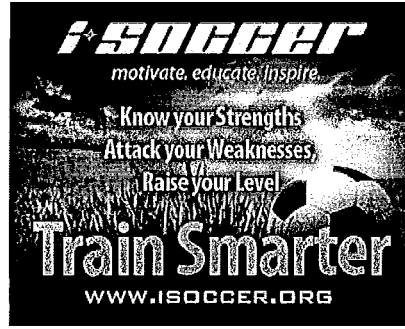


Red Light, Green Light

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

Drill Rating 4.25 from 31 user votes. Viewed 36184 times.

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



Setup

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

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.

Variations

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

Coaching Points

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

Focus

- o Dribbling Drills
- o Warm up Drills
- o Fun Soccer Drills

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

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URL: <http://www.soccerxpert.com/soccerdrills/id1223.aspx>

Published by: [Chris Johnson](#)

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