	Skill Level	Skill Focus	Age Groups
	Beginner	Ball Control	U5/U6 U8

Title: Red Light, Green Light **Duration**: 10-15 minutes

Setup: 15x15 yards (bigger if needed)

Description: Players dribble in the area. When the coach says “Red Light” the players stop the ball and put their foot on top. When the coach says “Green Light” the player start dribbling again. When the coach says “Don't crash” the players perform a turn.

Coaching Points:

- Keep your head up

Progressions: Use different turns

- Cutback with the inside of the foot
- Pullback with the bottom of the foot
- Outside chop with the outside of the foot