

# MICROS DRIBBLING

## “RED LIGHT”



**Age:** MICROS

**Duration:** 5-10 MINUTES

### SET-UP:

EVERY PLAYER HAS A BALL. SET UP CONES IN A GRID LARGE ENOUGH FOR THE PLAYERS TO DRIBBLE FREELY BUT SMALL ENOUGH THAT THEY WILL HAVE TO AVOID EACH OTHER. OR USE 18 YARD BOX.

### DRILL DESCRIPTION:

COACH WILL YELL THE FOLLOWING INSTRUCTIONS TO PLAYERS.

**RED LIGHT**- PLAYERS WILL HAVE THEIR FOOT ON TOP OF THE BALL IN THE “READY” POSITION WITH EYES ON COACH AWAITING THE NEXT INSTRUCTION.

**YELLOW LIGHT**- PLAYERS WILL DRIBBLE SLOWLY AROUND THE GRID CHANGING DIRECTIONS WHEN THEY NEAR ANOTHER PLAYER OR THE SIDELINE.

**GREEN LIGHT**- PLAYERS WILL DRIBBLE WITH PACE BUT STILL UNDER CONTROL CHANGING DIRECTIONS WHEN THEY APPROACH OTHER PLAYERS, COACHES OR SIDELINE.

**PURPLE LIGHT**- PLAYERS WILL STOP THE BALL WITH THEIR FOOT AND DO A FUNNY DANCE OR SHAKE THEIR “BOOTY” UNTIL THE COACH GIVES THEM NEXT INSTRUCTION.

### KEY COACHING POINTS

“Little Touches”- Keep the ball at your feet the entire time.

“Change Direction/Pace”-When the players are dribbling towards you, change your direction and pace to encourage the kids to turn with the ball under control.

“Heads Up” - If the players aren’t looking at the coach they won’t be able

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to tag you. They also need to be aware of the location of their teammates.