

Warm Up Activity - #14 / Red Light, Amber Light, Green Light

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- The players must react to the coaches' call.
- Green Light – Players run forward.
- Amber Light – Players jog on the spot.
- Red Light – Players must stand still.
- Any players caught doing the wrong movement are sent back to the starting position.
- Progress this by introducing a football for each player with players dribbling the ball (green), toe taps (amber) and foot on ball (red).

Coaching Remarks

- Encourage players react to the coaches' call.
- Encourage player to keep the ball close.
- Concentrate on using both feet.

Diagram

