

Red Light, Green Light, Purple light

Make a large square with cones. The players line up on one side of the square.

The coach calls out green light. The players start dribbling toward the coach. When the coach says red light, the players should stop dribbling. Anyone who is still moving must go back to the start line. Whoever gets to the coach first wins. To have more fun call out Purple light and the players should dance around their ball.

Variations:

Have the players dribble with only their right or left foot.

Coaching Points:

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

