



## Coaching Session Plan

<b>Drill Name:</b>	<b>Traffic Lights</b>
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Encourage players to look up while controlling ball.</li> <li>2. Encourage players to concentrate on whats around them – awareness.</li> </ol>
<b>Ages:</b>	U6 to U10
<b>Organisation:</b>	<ul style="list-style-type: none"> <li>• Grid min 10 x 10 – bigger for more or older players.</li> <li>• 1 ball per player.</li> <li>• 1 x red 1 x orange 1 x green disc or bib</li> </ul>
<b>Activity:</b>	<ol style="list-style-type: none"> <li>1. Players keep control of and move ball around grid.</li> <li>2. Instruct players to perform a particular activity for each colour e.g. red = stop ball and sit on ball. Amber = stop ball and put your foot on ball, green = stop ball and put knee on ball. Activity can be anything eg stop pick up ball and head into hands as many times as you can, stop and do some keepy uppys, stop and do tip tap toe etc etc. Make activity age appropriate.</li> </ol>
<b>Coaching:</b>	<ol style="list-style-type: none"> <li>1. When controlling ball look up from time to time.</li> <li>2. Keep ball close so you keep control even when you look up.</li> </ol>
<b>Diagram:</b>	<p style="text-align: center;">Traffic Lights</p> <p style="text-align: center;">Coach</p>
<b>Progression:</b>	<ol style="list-style-type: none"> <li>1. Speed up the change of colour.</li> </ol>
<b>Other:</b>	