

## Red Light, Green Light



### Activity Organization:

Set up an area with two lines 20-30 yards apart. All players have a ball, except one player who is "IT".

Players with a ball start at one line, the player that is "IT" at the other.

The player that is "IT" faces away from his or her teammates and calls either "green light" or "red light". When "green light" is called, players begin dribbling their ball towards "IT" and the other line. When "red light" is called, players must freeze by placing their foot on top of the ball before "IT" turns around and catches them still dribbling. Anyone caught must go back to the starting line. The first player to cross the end line becomes the new "IT", or is permitted to pick someone else who may not have been "IT".

### Implications for the Game

#### Technical

- Dribbling under close control

#### Physical

- Promotes quick reaction time and balance

#### Tactical

- Anticipation of stop signal

#### Social/Psychological

- Everyone can play and allows for the observation of different personality types
- Observe to see which players are risk takers and move quickly or which players are more cautious and may move slower, but under more control

### Related Activities

- Edge of the World
- Crows and Cranes
- Tree Ball