

Red Light, Green Light



Activity Organization:

Two lines 20-30 yards apart. All players have a ball, except the player who is "IT".

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

"IT" is facing away from his or her teammates and calls "green light" or "red light". If "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

- Crows and Cranes
- Open and Close Gates
- Find the Target