

# Red and Green

Area: open

Duration: 20 second intervals

Players: 2+

Each player has their own ball. Each player has their own grid for physical distancing considerations. The coach says “green” the children dribble in their grid. Coach says “red” children stop with foot on top of the ball.

If possible have a green item and a red item, hold at eye level of the children. This helps them to look up while they are dribbling.