

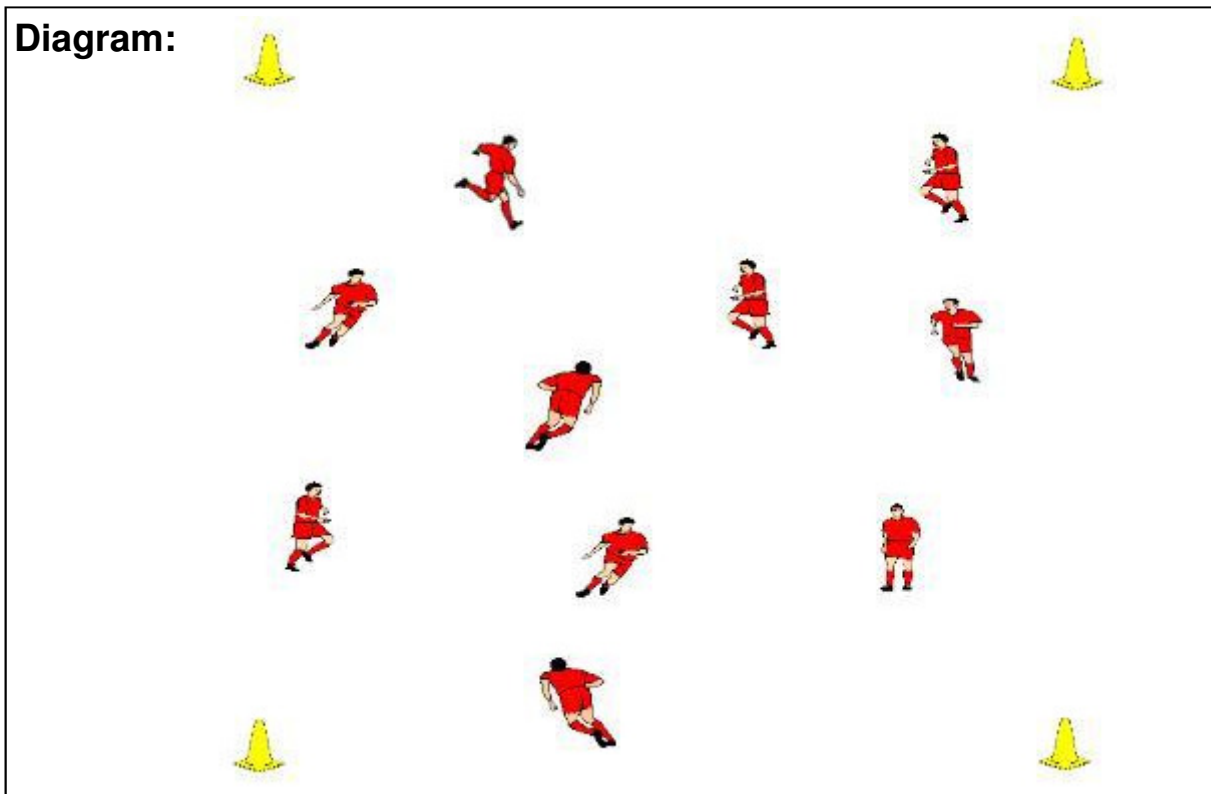
**Topic:** Warm Up/Fun Game  
**Drill Name:** Traffic Lights

**Age Group:** U/7 to U/9

**Objectives:**

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

**Diagram:**



**Description:** Players move around the area. Coach calls signals and players are to react. Green = fast, Orange = slow, Red = stop, Right turn and Left turn)

**Progressions:** more signals with less recovery time.

**Coaching Points:** Reaction time, balance and speed