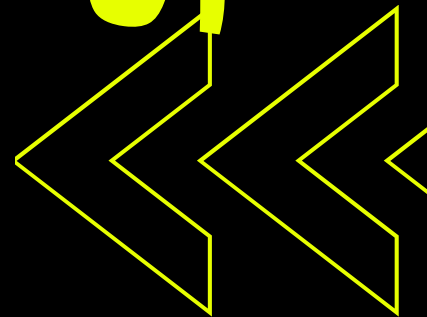




DRIBBLING



BASKETBALL DRILLS & SKILLS



Red, Yellow, Green, Purple Light

This game will help dribbling, coordination AND listening skills. Each player has their own ball and dribbles around the court maintaining ball control and remembering to keep their head up. The coach then calls out a command ("Red Light", "Green Light", "Yellow Light", or "Purple Light") and the players should react accordingly. •

Red Light – Means Stop. The players dribble the ball while standing in one place.

•Green Light – Means Go. The players move quickly around the court while dribbling the ball; but in control. •

Yellow Light – Means Slow Down. The players move slowly with the ball. •

Purple Light – Means - Stop dribbling the ball, place the ball on the ground, then after the ball has stopped, the players run around the ball in a circle.

All different variations can be used in this drill.