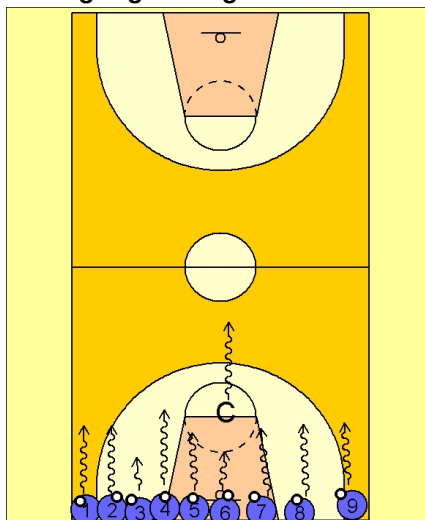


Red light/green light



After introducing a basic athletic stance, and teaching players how to hold the ball properly. You can try this fun game with young kids.

The coach will turn their back and say "Green Light", the players follow, moving slowly up the court, each dribbling with either hand following the coach as shown.

When the coach has his back turned the players are allowed to dribble and follow the coach at the same speed the coach is walking. Every few meters the coach will turn quickly and say "Red Light!" The players quickly pick up the ball and put it in a ready position in one of the 4 power spots shown earlier. They must also have knees bent and be in good athletic stance.