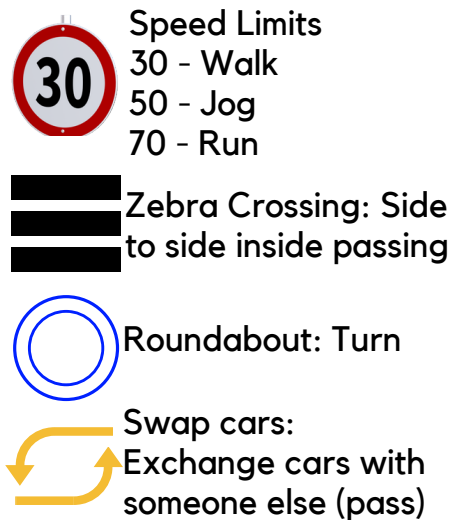
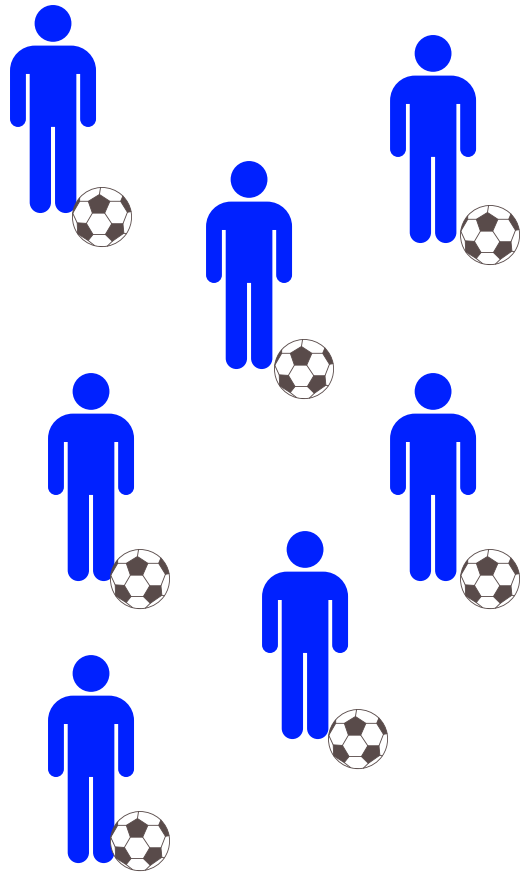


Traffic Lights Football / Soccer



The PE Shed

Focus: To improve football control.



How to do the activity

- All students start with a car (Football).
- Teacher calls out different traffic light colours. Each traffic light has a different meaning (see left).
- To make it more challenging the teacher can show a coloured cone instead of calling the colour out.
- Add in further instructions including speed limits, zebra crossing, roundabout and swap cars.
- You can add further instructions or get students to create their own.
- You can also add rules. For example one round with only moving using the bottoms/soles of the feet.

Questions to ask

- Are small kicks or big kicks important in this game? Why?
- What parts of our feet can we use?
- How can we keep control of the ball?

What you'll need

- Footballs (one each) and cones to mark an area out.

Make this task easier

- Increase the size of the playing area.
- Reduce the number of instructions..

Make this task more challenging

- Reduce the size of the playing area.
- Add cones as obstacles.
- Show a traffic coloured cone instead of calling it out..