

# Red Light Green Light



## Concentration

**TIMING:** 10-15 mins  
**WHAT:** Movement Activity  
**WHEN:** Warm Up  
**WHO:** Group

### SET-UP AND GEAR

- Open space
- Start line and end line

### INTENDED OUTCOMES

It's normal for young players to turn up to training still thinking about their day at school or daydreaming, not focused on the training session or game. This is a useful and fun tool to help them develop their ability to focus during both.

### ACTIVITY SUMMARY

This is a warm-up activity designed to help develop your players' concentration skills. Sport and training requires a lot of concentration and focus. Concentration, similar to a muscle, is something that we can work on and strengthen over time.

## Activity Outline

2 mins  
(set-up)      The coach lines up all players on the starting line and explains the activity. When players hear 'green light' they must run as fast as possible towards the end line. However, when they hear 'red light' they must stop immediately. If players fail to stop immediately, they must go back to the start line.

7-10 mins      As the coach, you are responsible for calling red light and green light, as well as adjudicating if anyone moves after you call red light - if they do move, they must go back to the start line! Start a new round when everyone/most players make it across the finish line.

#### Optional

Introduce new coloured lights, giving variations on how to move towards the finish line, such as running on green light, skipping on yellow light, hopping on purple light, galloping, tip toeing, etc.

## Tips & Tricks

- The person calling out the colours can be one of the players themselves. The first across the line can call out the next round.

### PILLAR INSIGHTS

This activity is a helpful way to enable players to transition from their day into training. Supporting young players as they learn how to switch their focus and zone in on what they are doing is a skill for life.



#### PSYCHOLOGICAL

Concentration is like a superpower for young players in sports. It helps them stay focused, make quick decisions, and do their best. Good concentration is a cornerstone of sports, whether it's participation or performance.