

# Build-Up Using Games

Build-up is a gradual increase.

All coaches need to understand build-up for games and at practice sessions.

We **must** apply build-up to teaching dribbling, passing, controlling, crossing and all other skills.

## Build-up

- Static Drill
- Dynamic Drill
- Dynamic Drill with Pressure
- Small Game Situation

## Teachers should repeat all these steps every time they teach

- State the tactical objective
- Demonstrate the skill or the drill
- Involve new players
- Let the players try it
- Get all remaining players involved
- Analyze level of play and skills being used by players
- Evaluate level of effort (commitment to training)
- Balance training groups
- Circulate and correct
- Communicate individual instructions, using concepts of psychological motivation (*remember they are kids, don't embarrass them*)

## Practices

Practices should attempt to simulate the pressures players experience during match conditions.

This is done by varying the:

- Space
- Speed
- Opposition

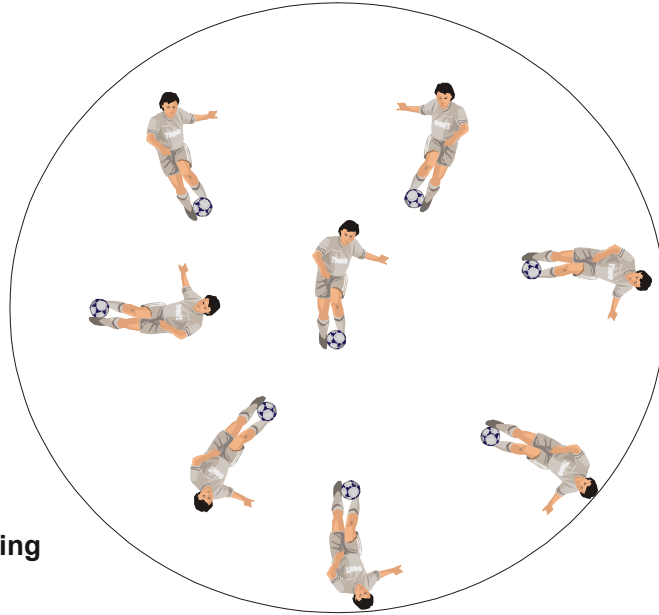
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1.

Buid-up

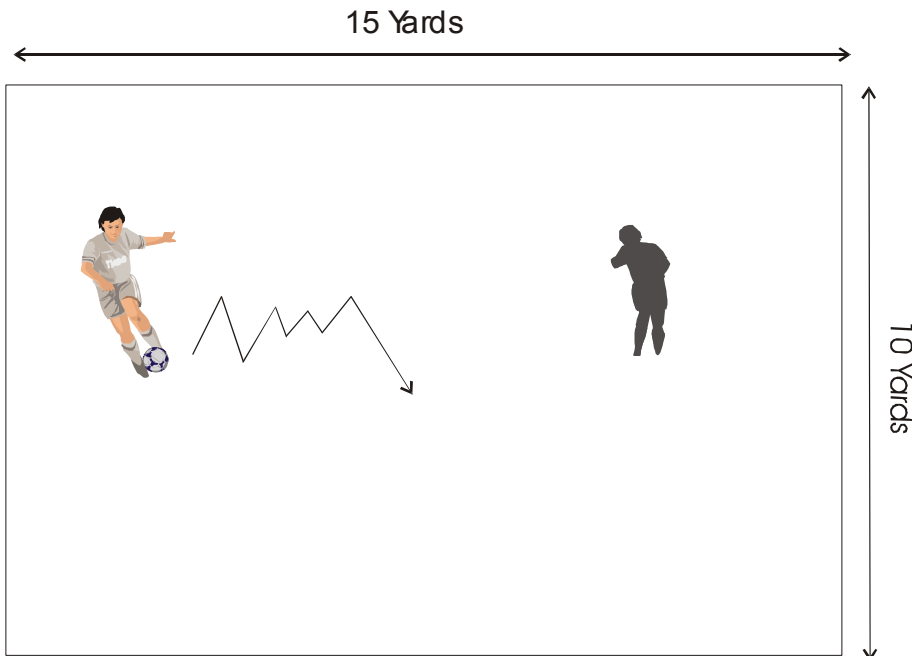
Dribbling

- 1. Toe Tap
- 2. Box it.
- 3. Stay in the Grid
- 4. Stop/Go
- 5. Turn
- 6. Count Numbers
- 7. Catch Ball
- 8. Protect your ball
- 9. Tag
- 10. Tag with nerf ball
- 11..Tag with hand while dribbling



2.

Just what you see. 1v1



1 v 1