

4.4 STRATEGY- OFFENSE AND DEFENSE, PRINCIPLES OF OFFENSE AND DEFENSE.

Strategy

"It is a plan of action resulting from intended to accomplish a specific goal."

"A plan of action designed to achieve a long term or over all aim."

"It is a detail plan for achieving success in competitions."

In every games and sports strategy always play an important role. Especially in team game, team strategy is one of the important factor in game situation. For the improvement and progression of the individual performance as well as for team performance, strategy is always essential factor. Strategy is the combination of perfect technique and tactics in correct time. Strategies are directly related to competitions and it is very important to formulate and implement different strategies in competition for better result. Correct strategies always give significant contribution for success of the team performance as well as for individual performance. Three factors are very important for better performance and result- strategy formulation, strategy implementation and strategy evaluation. Strategies always formulate before the competition, it should always implement in the competition in correct time and according to demand and situation it can be modified and changed. Strategies are always evaluated after the completion of game. We can classify strategies in many ways like individual strategies (The strategy which is formulate and apply by an individual during game situation.) and team strategies (The strategy which is formulate and apply by a team during game situation.), offensive strategies and defensive strategies. During competition two strategies are very important the offense and the defense. Both the strategies are always use by the teams and very useful for better result and performance.