

Principles of Defensive strategy

In every competition there are some basic principles of defense which are very necessary, beneficial and useful for the team and for individual. Defense is play a very vital role in every competition, so defense must be strong to win any competition. The main task of defense is always to work against the offense.

1. The foremost aims and objective of defensive strategies is to stop the attacker and prevent the opponent team from scoring points.
2. The defense should be structure and prepare well in advance before the competition, in other ward planning of defensive strategy should be done in advance.
3. Defensive strategies should be structured and constructed according to the need of the competition.
4. Before planing the defensive strategies one must know and understand the weak point and strong point of its own team and the opponent.
5. Defensive strategies should be designed in such a way that one can utilize the maximum strength of the defenders and other team members.
6. Defensive strategies must be designed and applies individually and collectively against the offense.
7. Defensive strategies must be implemented in correct time and in correct situation.
8. Defensive strategies must be designed in such a way that its always overcome the pressure of attacker and create pressure to their opponent.
9. Defense must be changed and modified according to the attack and offensive strategy.
10. A good defense always help the to win the competition and defense must be properly evaluated during and after the competition.