

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.

Offensive Strategy

The meaning offense is known as attack. Offense is the action of attacking or engaging an opponent or opposing team with the aim of scoring points. The term may refer to the tactics involved in offense. The aim of attacker always attack the opponent and try to score point. Offensive strategy can be applied individually and also collectively. The motive and work of offense is always create pressure and attack their opponent throughout the game. There are various technique and tactics of offense which is adapted and applied by the team, time to time in various situation during the game. Offensive strategies always help to know the weak point and strong point of the opponent team. For attacker offensive strategies always proves to be helpful.

Defensive Strategy

Defense is the action of preventing an opponent from scoring. The term may refer to the tactics involved in defense. Defense is a type of tactics which usually done by the defensive player. A defender always try to stop the attacker to score points. Defensive strategies also can be formulate and applies individually and collectively. The main motto of defense is to stop the opponent or to stop the attack. There are also various technique and tactics of defense which are always used by the defender to stop the attacker and prevent from scoring. Defensive strategies are always formulate according to the strong point of the offense. Defensive strategies is always proved beneficial for any type of game and of course for defenders.

PRINCIPLES OF OFFENSE AND DEFENSE

Principles of Offensive strategy

In every competition there are some basic principles of offense which are very necessary and beneficial for team and for individual.

1. The foremost aim and objective of offensive strategies is to capture maximum points and to win the competition.
2. Offensive strategies should be structured and prepared well in advance before the competition, in other words planning of offensive strategy should be done in advance.
3. Offensive strategies should be formulated according to the need of the competition.
4. Before planning the offensive strategies one must know and understand the weak point and strong point of its own team and the opponent.
5. Offensive strategies should be designed in such a way that one can utilize the maximum strength of the attacker and other team members.
6. Offensive strategies must be designed and applied individually and collectively.
7. Offensive strategies must be implemented in correct time and in correct situation.
8. Offensive strategies must be designed in such a way that they always create pressure on their opponent.
9. Offensive strategies can be changed and modified according to the situation and demand of the game.
10. A good strategy is always evaluated properly during the competition and after the competition, and accordingly guides the player and modifies the strategies.

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.