

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 aims and objective of offensive strategies is capture maximum points and to win the competition.**
- 2. Offensive strategies should be structure and prepare well in advance before the competition, in other ward planning of offensive strategy should be done in advance.**
- 3. Offensive strategies should be formulate according to the need of the competition.**
- 4. Before planing 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 applies 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 it always create pressure to their opponent.**
- 9. Offensive strategies can be change and modified according to the situation and demand of the game.**
- 10. A good strategies always evaluated properly during the competition and after the competition, and accordingly guide the player and modified the strategies.**