

**Strategy** = The action plan that takes you where you want to go.

**Tactics** = The individual steps and actions that will get you there.



e.g. Rugby strategy = Play for territory

e.g. Rugby Tactic = use box kicks to pin the opposition back in their own half.

## TOPIC AREA 1

Compositional ideas relate very closely to tactics and strategies and refer to how a whole performance is put together.

Acceleration and deceleration of movements in dance are examples of compositional ideas



# SPORT STUDIES R185

Decision Making  
Successful performers need to make timely and accurate decisions.

e.g. a 5000m runner needs to decide exactly when to implement a sprint finish



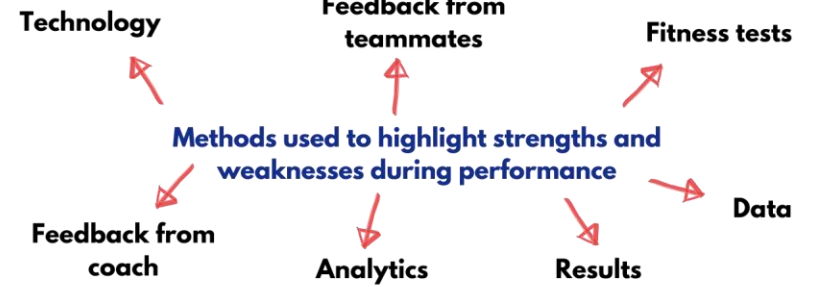
e.g. a tennis player must make a decision on where to serve the ball.

### Team Sports

When participating in team sports, it is important to be able to adapt your role in order to help the team.



If a forward is sent to the sin bin in rugby, a back may be required to join the forwards in the scrum



## Progressive Drills

Progressive Drills can be used during training or practices to gradually increase pressure and to make skills more difficult to perform.



## TOPIC AREA 2

### Types of Practice

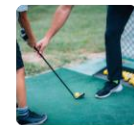
Fixed Practice  
Closed Skills



Variable Practice  
Open Skills



Part Practice  
Low Organisation Skills



Whole Practice  
High Organisation Skills



## Measuring Improvement in Performance

- Monitoring Competition Results
- Video analysis - to identify weaknesses and how performance can be improved
- Other assistive technology to improve performance, such as quantitative activity trackers
- Keeping individual logs of performance

