

**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



Technology

Feedback from teammates

Fitness tests

Methods used to highlight strengths and weaknesses during performance

Feedback from coach

Analytics

Results

Data

## 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

