

Strategies in sports essay example

[Business](#), [Strategy](#)



Soccer

Defensive Strategies

Defensive strategies in soccer can be carried out as an individual player or as a team. Individual defensive strategies include man to man marking strategy. This occurs where individual players ensure that they have their opponent players “ marked”; hence, not offering the opponents a chance to control the game and score goals. On the other hand, team defensive strategies in soccer are evident in cases where a team puts tremendous pressure on the opponents when they are in possession of the ball.

Offensive Strategies

Offensive strategies in soccer align with the need to create and sustain more possession. The most basic offensive strategy in soccer is moving and passing the ball effectively. Precisely, passing entails moving the ball at a fast pace to other team players who are near to the opponent’s goal, whereas moving entails dribbling the balls past the opponents. This increases the likelihood that the team offends the opponents through scoring goals.

Volleyball

Defensive Strategies

In volleyball, defensive strategies mainly involve the ability of a team to build up quickly and respond to the ball on the opponent’s court. In addition, defensive volleyball strategies occurs in cases where a team position itself adequately in readiness to receive the ball from the opponents. Overall, defensive strategies in volleyball depend on the habits of the team.

Offensive Strategies

On the other hand, offensive strategies in volleyball include being quick in executing offense on the opponents. In addition, use of sets that are not higher than five feet increases the efficiency of striking. This is because sets that are high gives the opponents more time to prepare and receive the strikes.

Softball

Defensive Strategies

Defensive strategies in softball entail perfecting the art of defensive play. This is possible through adequate execution of relays and avoiding giving up the big hit to the opponents. In addition, training specific players to play specific positions enhances defence strategy in softball.

Offensive Strategies

Offensive strategies in softball mainly involve running of opponents into the ground. In addition, not depending so much on the big hit is an offensive strategy because getting the big hit is never guaranteed. Finally, forcing the opponents to move and bring their corners in is the other offensive strategy in the contexts of softball.

Basketball

Offensive strategies

Evidently, there exist a wider array of offensive strategies in the game of basketball. Above all, dividing the court lengthwise occurs as one of the most comprehensive offensive strategies. Precisely, this strategy calls for the need to ensure that players stay away from the side-lines and concentrate in the

middle. This strategy calls for the 2-1-1 formation whereby two players are situated at the foul line and extend straight ahead. Overall, offensive strategy in basketball calls for attacking of the strong side of the opponents. This allows the weak side of the opponents to open up; hence, offering more chance for scoring.

Defensive strategies

On the other hand, defensive strategies in basketball call for playing together as a team. Furthermore, defensive strategies in football calls for adequate positioning of all the players and waging of attacks on the opponent player with the ball. As such, attacking the opponent player with the balls requires taking of few steps in the direction where the ball is thrown by the opponents. In a nutshell, defensive strategies in basketball calls for the need to react to the ball and helping fellow teammates.

Flag Ball

Offensive strategies

One of the most common offensive strategy for flag ball is ensuring that the player playing the quarterback is talented and with prior experience in a similar position. This will ensure confidence and poise in the team, which will certainly result in team success. In addition, offensive strategies in flag ball calls for the minimization of too much launching of the ball as it can result in turnovers.

Defensive strategies

In line with defensive flag ball strategies, working on a team's defensive scheme is the most feasible defensive strategy. Working on the defence scheme assures that there is a true man defence, which is difficult to beat.