

FAQs:

Q1. Give the meaning of tactics.

Ans. Tactics means intelligent or creative application of skills during a competition. It is the art of competing. Tactics is the most important pre-requisite of performing in an event or competition. It should also be noted not to confuse tactics with a tactical action which comprises a single motor action with a definite tactical aim.

Q2. What is the basic difference between a tactic and strategy?

Ans. In several sports the words 'strategy' and 'tactics' are used interchangeably, which is not a correct practice as both the terms not only differ in phonetics but also in its application. Strategy is the over-all plan for successful participation in a competition whereas tactics is the actual realization of strategy in practice.

Q3. Give Harre's classification of sports.

Ans. Harre in 1986 classified sports into three groups according to the nature of competition:

1) Individual Competition

With opponent's hindrance. Like in cycling, walking, running without lanes, etc.

With opponent's influence. Like running in lanes, gymnastics, swimming, diving, rowing, etc.

2) Dual Competition

With opponent's hindrance. Like in boxing, wrestling, judo, fencing, etc.

With opponent's influence. Like in tennis, table-tennis, badminton, etc.

3) Team Competition

With opponent's hindrance. Like in basketball, football, hockey, handball, etc.

With opponent's influence. Like in volleyball, tennis doubles, relays, etc.

Q4. What is the aim of tactics in sports?

Ans. In sports tactics normally, aim at hindering or negatively affecting the opponent through motor actions or other means. Use of certain type of behaviour or actions before or during the competition with the aim of achieving negative psychological effect on the opponent is also part and parcel of tactics. These tactics are mostly used in individual sports, technical sports and combat sports. In

professional boxing even use of language, gestures and flamboyant behaviour are well known tactics to demoralize the opponent.

Q5. What is the aim of tactical training?

Ans. Tactical training or tactical preparation aims at enabling the sportsperson to intelligently use the skills and tactical action or single motor movement to effectively organize for the competition, and to compete successfully within the boundaries of the rules and regulations or laws of the game.

Q6. What are the objectives of tactical training?

Ans. The general aim of tactical training can be further divided into the following objectives:

1. Sportsman must be taught to organize for the competition situations prepare competition plan or strategy.
2. He should learn to perceive and analyze the competition situation quickly and effectively and should be able to bring psychological solution.
3. He should be able to quickly select and apply the skills, which he has learnt, for the best tactical results.
4. He should be able to compete in such a manner that he is able to outsmart his opponent.
5. He should be able to implement his competition plan effectively even under most difficult conditions.
6. He should be able to assess and analyze his own tactical behaviour as well as his opponents.

Q7. How can the objectives of tactical training be achieved?

Ans. The objectives can be achieved by accomplishing:

- Tactical knowledge
- Tactical skills
- Tactical abilities

Q8. What are the types of tactical skills?

Ans. Tactical skills, depending on the degree of automation are of three types:

- **Basic tactical skills:** In sports only the basic tactical actions should be acquired as a highly automatized skill.
- **Variations of tactical skills:** These are the variations of a basic tactical skill. These are only semi-automatized, thereby enabling their variable applicability according to the competition situation.
- **Creative tactical skills:** In sports quite frequently the situations demand that the tactical action should be done in an entirely new manner. These are called creative tactical actions as these are the product of creative tactical thinking. Creative tactical actions are the hallmark of outstanding sportsperson.

Q9. What do you understand by the term tactical abilities?

Ans. Tactical ability is the capacity of the sportsmen to apply his physical and psychic abilities, technical and tactical skills according to the competition situation for effectively tackling a tactical task. As yet, there are no specific pointers on what these tactical abilities are. It is, therefore, not possible to name these abilities.

Q10. Give Barth's categorization of tactical abilities.

Ans. Barth in 1980 divided the tactical abilities into three groups depending on the three important psychic aspects of tactical action:

- **Special abilities of perception:** These are the abilities which enable the sportsman to have good orientation, differentiation of sensory input and perception of the situation.
- **Special intellectual abilities:** These abilities enable the sportsman to correctly anticipate the situation and to think and decide quickly. These are cognitive processes and are difficult to train. But by posing new and new problem situations, these abilities can be significantly improved. For better results the sportsman, with the help of audiovisual aids or actual situations, should be presented tactical problems which he should solve within given time.
- **Special volitional and emotional abilities:** The first two types of tactical abilities cannot be fully utilized without special volitional (e.g. motivation, interest) and emotional abilities (temperament, ability to control one's emotional state). It is a well-known fact that volitional and emotional factors are decisive for attention, concentration (thereby perception) and thinking and decision making.