Sports Strategy

Standards:

- 9-12.PE.2.1.3 Evaluate and apply appropriate tactics and strategies in a variety of physical activities (e.g., using trekking poles to improve efficiency, comparing and contrasting various levels of performance, explaining tactical strategies in a game or sport).
- 9-12.H.5.1.2 Determine the value of applying a thoughtful decision-making process in health-related situations
- 9-12.H.5.1.7 Evaluate the effectiveness of health-related decisions.
- 9-12.H.8.1.2 Demonstrate how to influence and support others to make positive health choices.

Strategy Questions

1. What is the difference between a skill and a strategy?

- Skill: The ability to perform a specific movement (passing, shooting, running, dribbling).
- Strategy/Tactic: A planned approach used to improve performance or increase the chance of success.

2. Why might an athlete change their strategy during a game?

They may change their strategy because their previous strategy was not working.

3. Is the best strategy always the one that makes you move the fastest? Why or why not?

No, because slow and steady wins the race. For example, if you are running a marathon, you may want ot conserve your energy to be able to actually finish the race, which means going slower.

4. How are sports strategies similar to life in general? How are they similar to school? Give at least 1 example of each.

Life: You don't want to rush through life, and you want to change it up a bit because one thing may not work after a bit.

School:

You really don't want to half-a$$ things in sports, and definintley not in school too. if you just didn't do half of the assignment, then you get half the grade you would have because you didn't do anything.

Video Analysis (Class Video)

1. What sport are you watching?

soccer

Sports Strategy

2. What are three tactics or strategies you notice?
- They kick the ball HARD to get it in as soon as possible
- they use teamwork to keep the ball from the other team
- they push foreard

3. How are the players working together?

they are kicking the ball to eachother and keeping it away from the other team

4. What strategy seems to be working particularly well?

kicking the ball really hard into the goals

5. Identify one moment when a player or team changes their strategy. Why do you think they made that decision?

one team at one point goes back a bit to keep the ball from the other team

6. What is one strategy you would recommend to improve the team's performance?

They could do a bit more bouncing around to make their movments unpredictable.

Video Analysis (Your Choice)

1. What sport are you watching?

basketball: https://www.youtube.com/watch?v=9wqV8zAXabw

2. What are three tactics or strategies you notice?
- they do fakeouts that work really well
- they pass the ball to eachother
- they run really fast to keep the ball from the other team

3. How are the players working together?

they use teamwork to get the ball in the hoop and do fakeouts

4. What strategy seems to be working particularly well?

juking the other team out

5. Identify one moment when a player or team changes their strategy. Why do you think they made that decision?

on the second one, instead of shooting the ball, he passed it and let the other guy on his team dunk it.

6. What is one strategy you would recommend to improve the team's performance?

they should shoot the ball a little more.