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Technique

Techniques are particular methods of carrying out an activity that an athlete develops through training and practice. An athlete will develop the techniques that are associated with their sporting activity. For example, a football player will have techniques for shooting, passing, controlling, dribbling and heading the ball.

The more consistently an athlete can produce their techniques correctly, regardless of factors such as fatigue or high levels of somatic or cognitive anxiety, the higher their level of performance will be.

The ability of an athlete to produce these efficient and effective actions will also provide them with more options and reduce the risk of them suffering an injury caused by poor technique.

Strategies / game plans

Strategies or game plans are overall plans involving teams or individual players put in place by players and coaches to maximise the chances of winning.

Athletes and coaches will consider the strengths and weaknesses of themselves and their opposition, along with various other factors, when drawing up these plans. These other factors could include:

- consideration of previous performances by the athlete or team
- weather conditions and their impact on playing conditions
- the surface on which the match or race will be held
- the importance of the match or race
- player availability
- player selection.

Tactics - individual and team

Tactics are plans or methods of play put in place at an individual or a team level to maximise chances of winning. These tactics will be part of the overall strategy/game plan in place for the performance. (See left)

Tactics are more likely to change during a sporting performance than the overall strategy or game plan. These changes might take place for a number of reasons which could include:

- a change in weather conditions
- a change in playing conditions
- the score in the match
- the amount of time remaining
- an injury to self or opponent
- the failure of an earlier tactic to prove successful.