

Abstract:

Title: Training Tactical Skills in Sports Games

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Aim: In the thesis I will discuss about the Importance and the training of Tactical Skills in Sports Games.

For this paper I have used the review methodology. My aim was to put in perspective the different cognitive and mental skills that are required to be trained, developed and perfected in order for the coach/trainer to form and put in place tactics that will assist the trainer in obtaining the competitive advantage over its opponents.

My writings were based on information and studies of book and lecture notes that I have accumulated during my Physical Education studies in Charles University Prague. I have also researched and used a lot of information from different books related to the subject as well as other related information from accredited professionals, posted on the web.

I hope that you will enjoy my work, and understand the analysis of all the information presented. I have included numerous tests, examples and assessments that I believe would be enlightening in regards to tactical skill training and improvement