

Styles of close defence systems

- - We can not separate absolutely clear defence systems, because it could transform continuous in one attack, how is it usually.
- 6:0 , 5:1, 5 + 1, 6:0 , the transform could be surprised for the attackers, it depend on the transform of attacking
- 5:1: the task of defenders, the aim of the system
- Generally rules cooperation between the playmates

Exercises

- - 2:2: on both sides: LB and LP, RB and LP
- - 3:3: on the central
- - 4:4: on the central LB pass LW and transition diagonal on the line
- - 4:4: on the central: „FRA” transition
- - 5:5: without LP: wing transition: 5:0
- Back transition: 4+1
- 6:6: wing transition: 6:0
- Back transition 5+1