

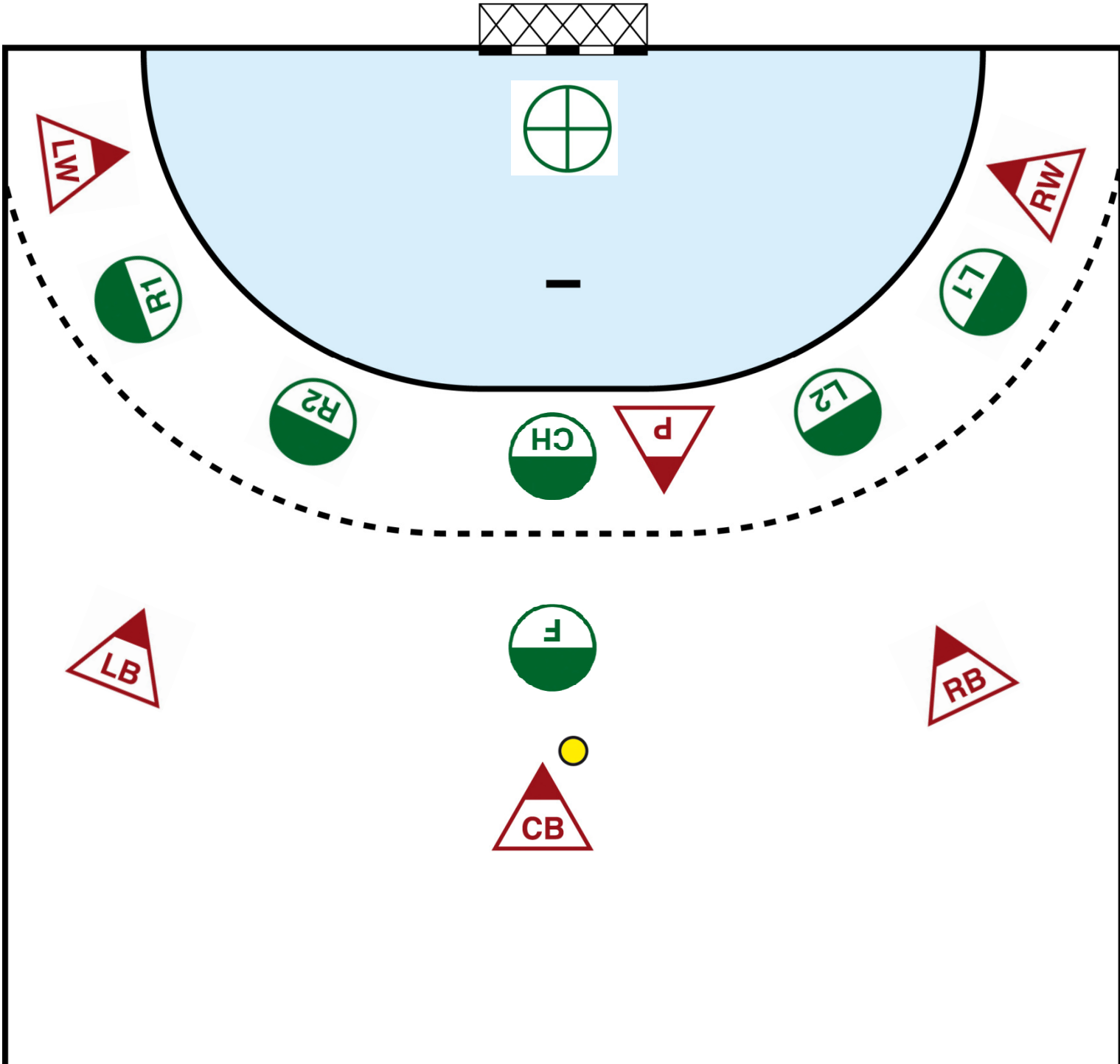
# **BUILDING UP 5:1 ZONE DEFENCE**

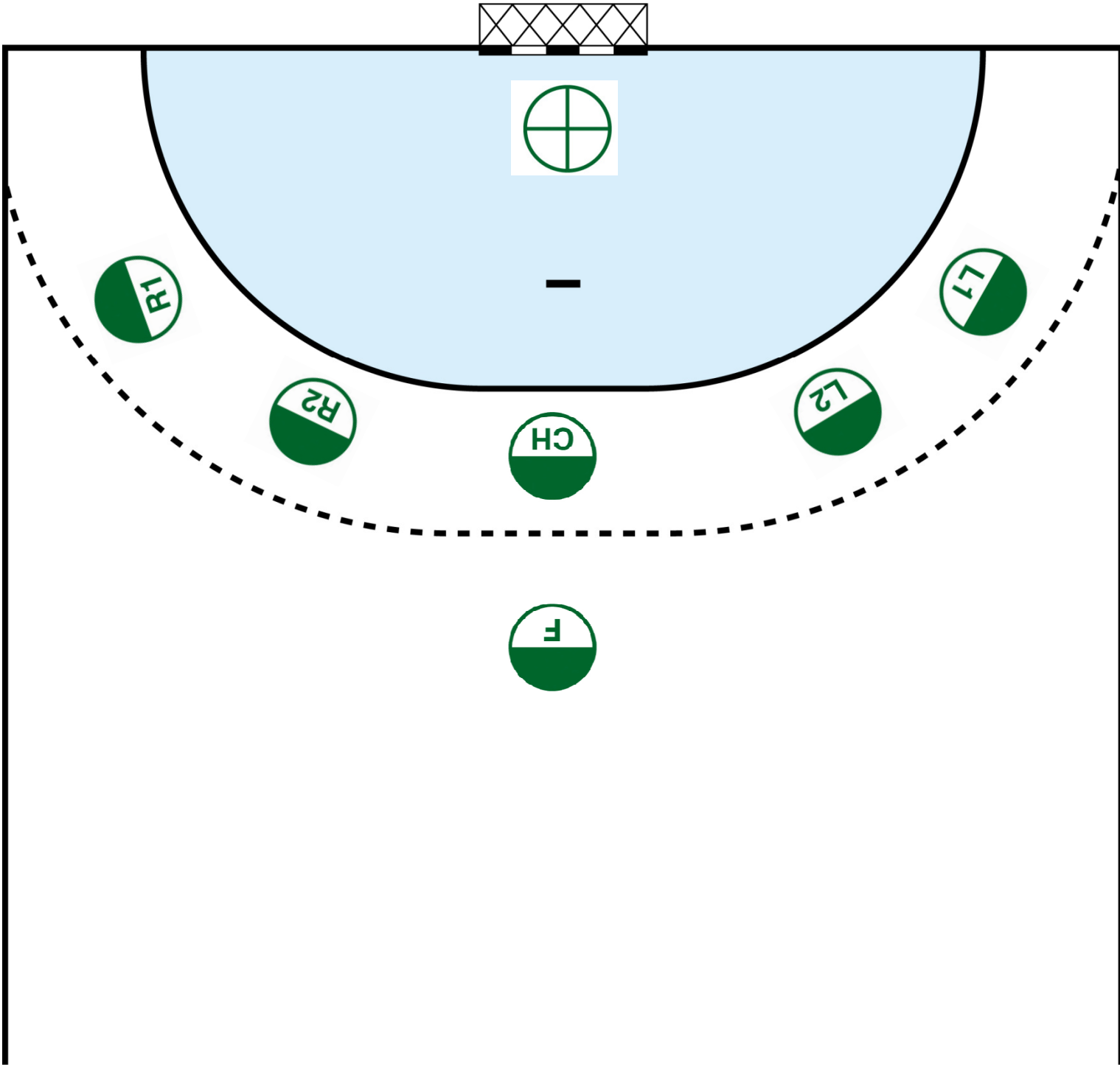
*Zoltan Marczinka*

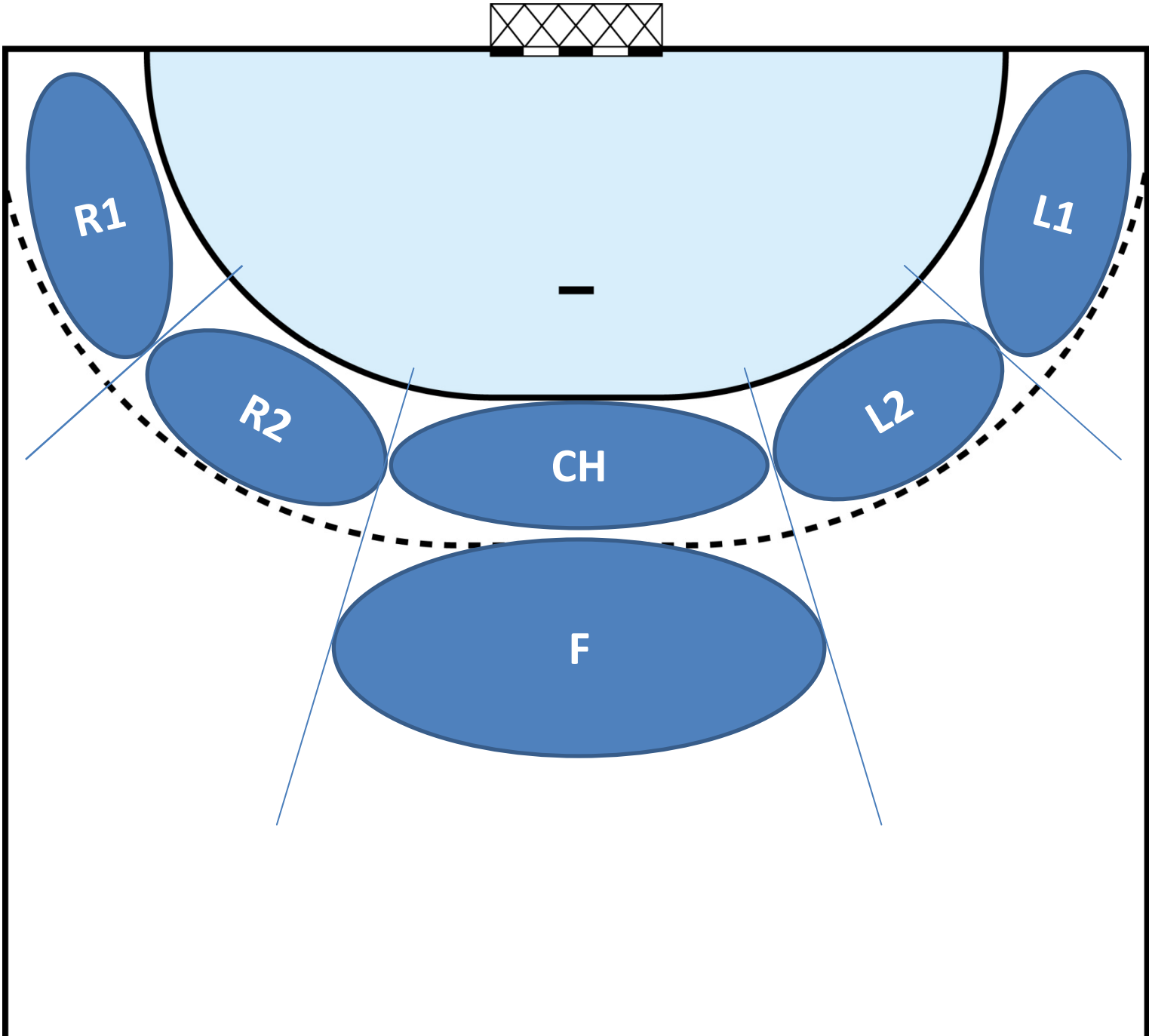
*IHF / EHF Lecturer*

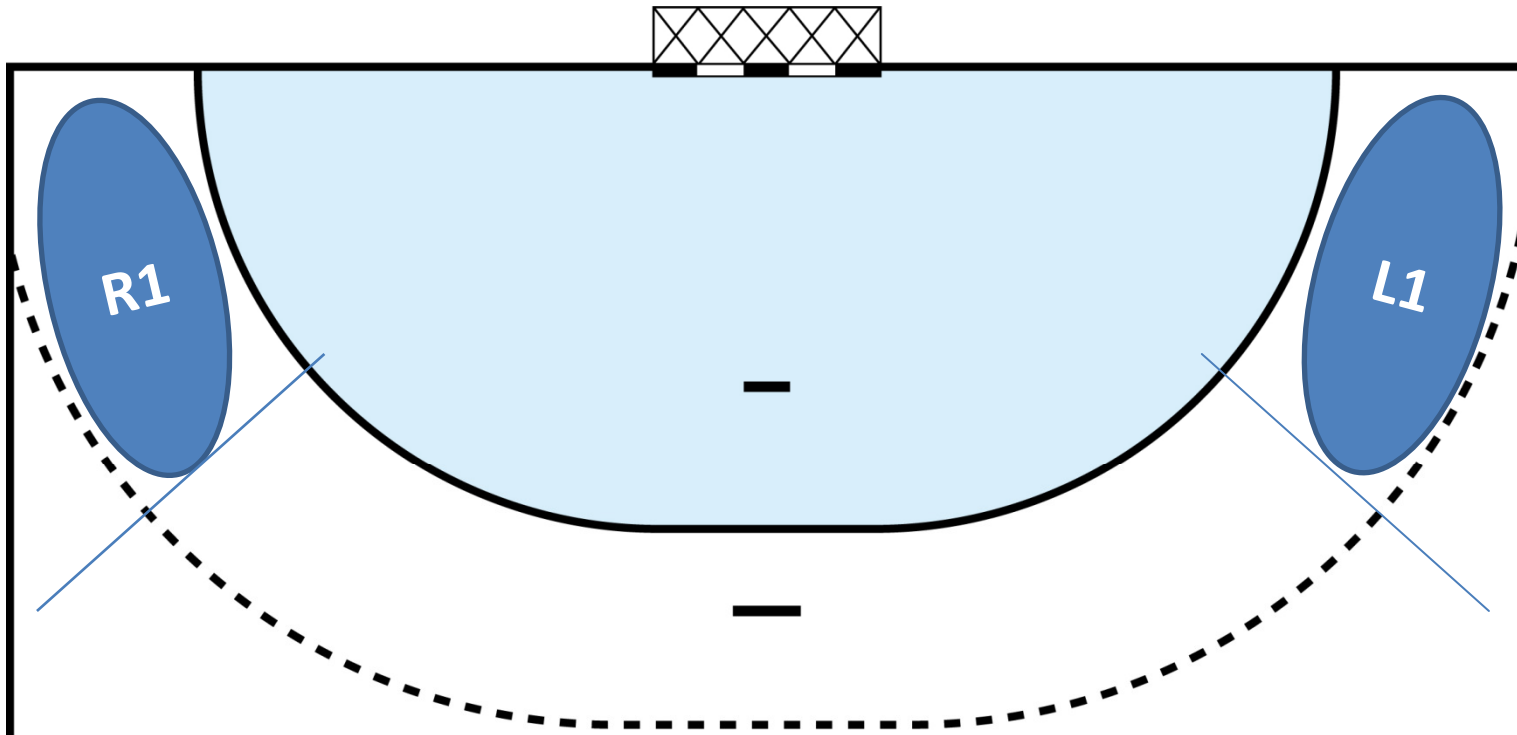
## **About the learning procedure...**

1. The characteristics of 5:1 Zone defence
2. Defence positions and task of individual defenders
3. The process of building up 5:1 Zone defence, step by step
4. Summary: the basic principles and the rules of 5:1 Zone defence
5. Variations of 5:1 Zone defence
6. Examples of effective 5:1 Zone defence - practice



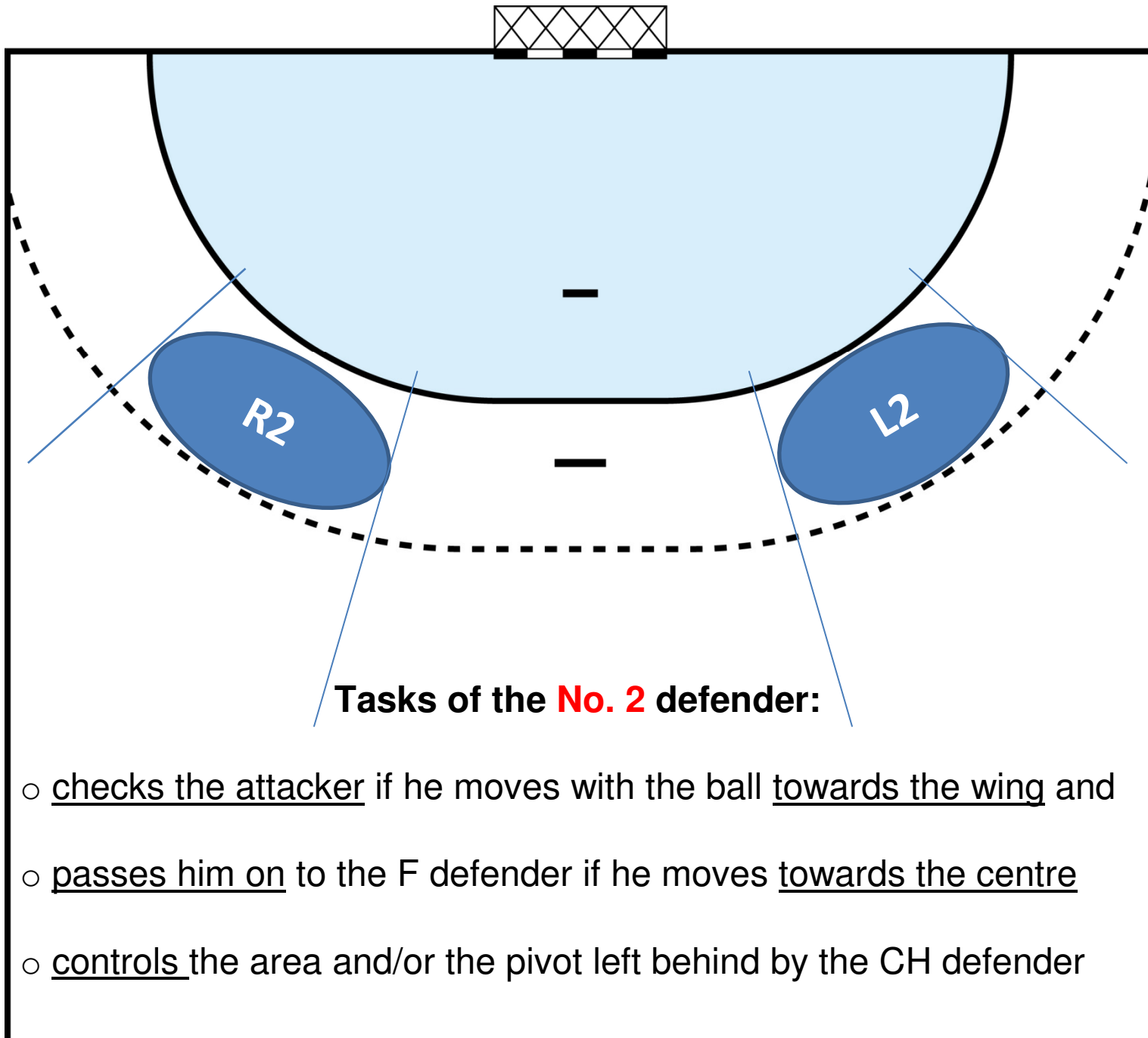


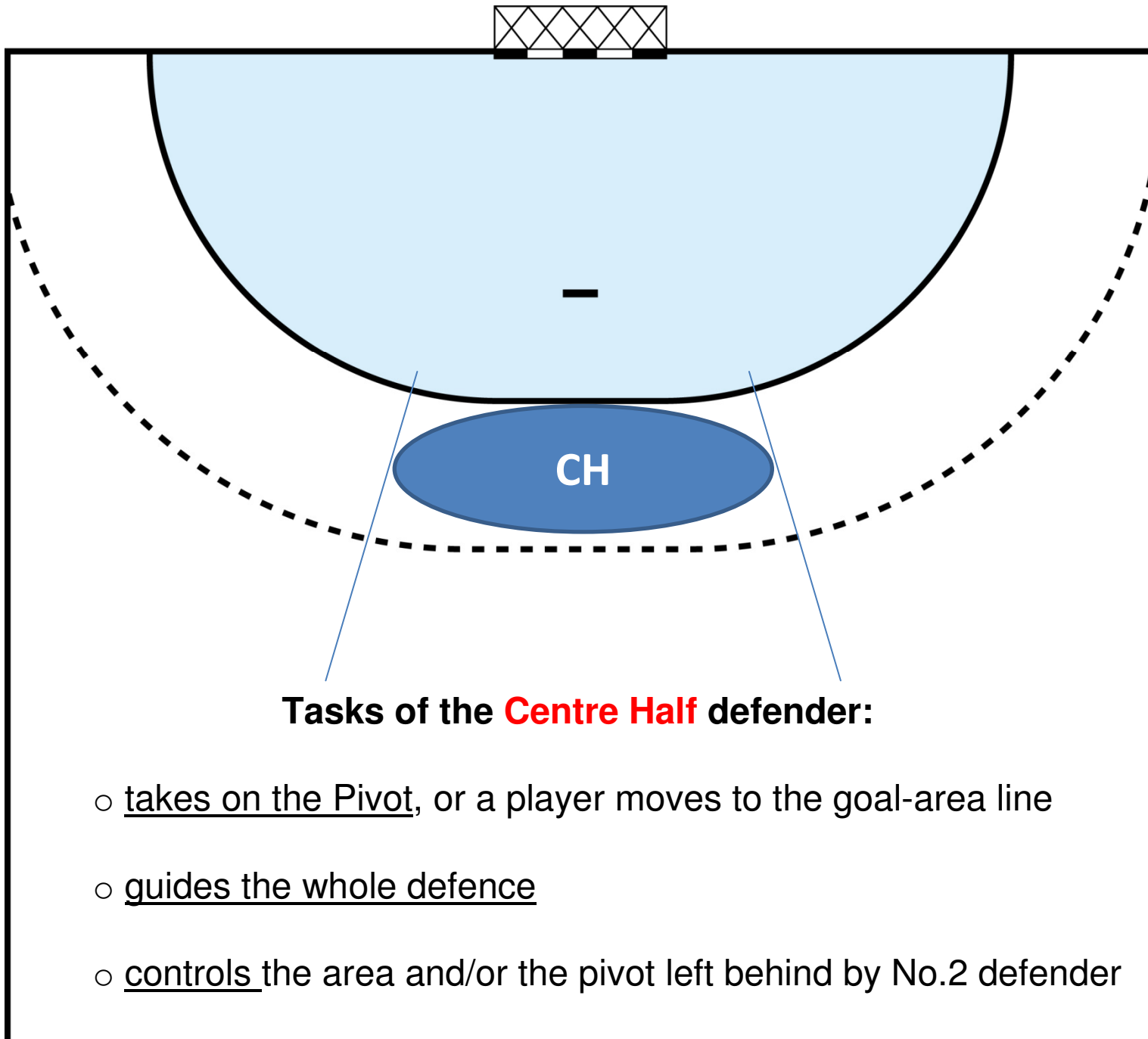




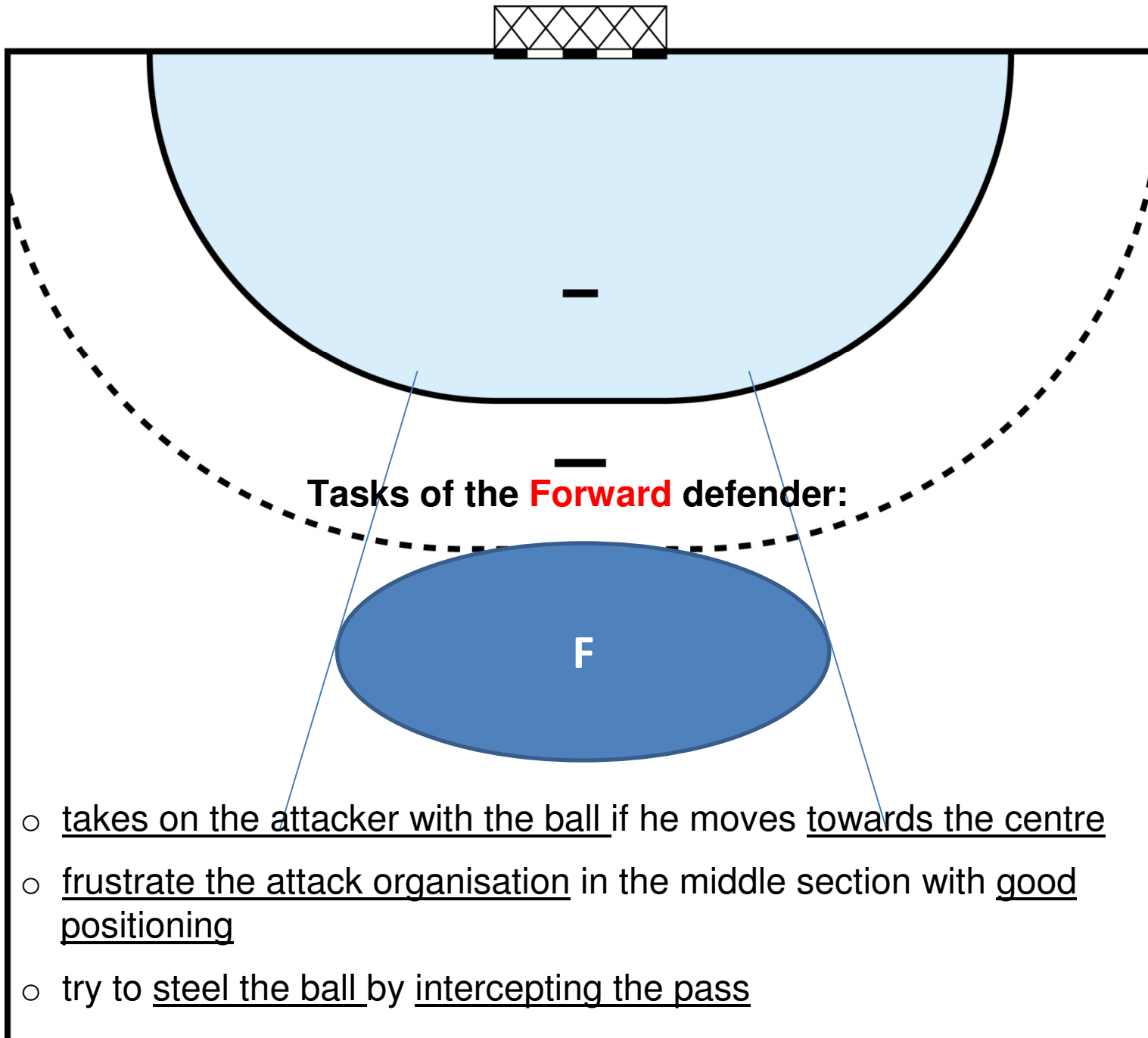
### Tasks of the **No.1** defender:

- controls his winger with the ball within his own area, 1vs1
- helps to his No.2 defender teammate, on the border of his area
- stops or divert the winger running-in, by checking









# Building up 5:1 zone defence (Level I.)

**Level I.** (5 attackers vs. 6 defenders – position play)

## 1. LB attacks the outside of the No.2 defender

- LB with ball : R2 moves out, CH and F secure the area behind
- CB with ball : F moves out, CH secures the area behind
- RB with ball : L2 moves out, CH and F secure the area behind

## 2. LB attacks towards the No.3 defenders

- LB with ball : F moves out, R2 and CH secure the area behind
- CB with ball : F moves out, CH secures the area behind
- RB with ball : F moves out, L3 and CH secure the area behind

## 3. LB attacks with changing direction

- LB moves to the left with ball : R2 moves out and controls LB towards the wing, while CH and F secure the area behind
- LB changes direction and moves towards the centre with ball : F moves to control LB, R2 and CH secure the area behind
- CB with ball : F moves out, R2 moves towards the direction of the ball passed and CH secures the area behind
- RB with ball : L2 moves out, F moves back towards the direction of the ball passed and CH secures the area behind

## 4. Waving from wing to wing and then applying counter and long passes

- After waving, LW passes the ball to RW : the whole defence wall moves towards the direction of passing
- RW passes to RB : L2 controls RB moves towards the middle, while CH and F secure the area behind
- RB passes to CB : F controls CB attacks the goal, L2 moves towards the ball passed while CH secures the area behind

## Building up 5:1 zone defence (Level II - IV.)

### Level II. (6 attackers vs. 6 defenders – position play with Pivot)

#### 1. Pivot starts from the No.2 defender and moves behind the No.3 defender

- *LB with ball : F controls LB, then moves back towards the direction of the ball passed and secures the area behind, R2 allows the Pivot to move towards the centre*
- *CB with ball : F controls CB, then moves back towards the direction of the ball and secures the area and the Pivot behind*
- *RB with ball : F controls RB, then moves back towards the direction of the ball and secures the area and the Pivot behind*

#### 2. Pivot stays next to the No.3 defender

- *CB with ball : F controls CB, CH moves towards the direction of the ball passed and secures the area, and L2 and R2 secures defensively. The Pivot is locked between three defenders: F – CH – L2 or R2 triangle*

### Level III. (6 attackers vs. 6 defenders – backs changing position)

#### 1. Centre Back delivers the ball for Left or Right Back

- *CB with ball changes position with LB: F takes on LB, R2 takes on the CB while CH and/or L2 secure the Pivot*

#### 2. Ball-trap from the wing

- *CB with ball changes position with LB: CH takes on LB, R2 takes on the CB while CH and/or L2 secure the Pivot*
- *If the long pass is foreseen and the Pivot is on the other side, L2 defender can fall-out for the ball*
- *If the long pass is foreseen and the Pivot is on the same side, L2 defender has to stay back but L1 can fall-out for the ball*

### Level IV. (6 attackers vs. 6 defenders – winger/backs run-in)

#### 1. Winger runs-in

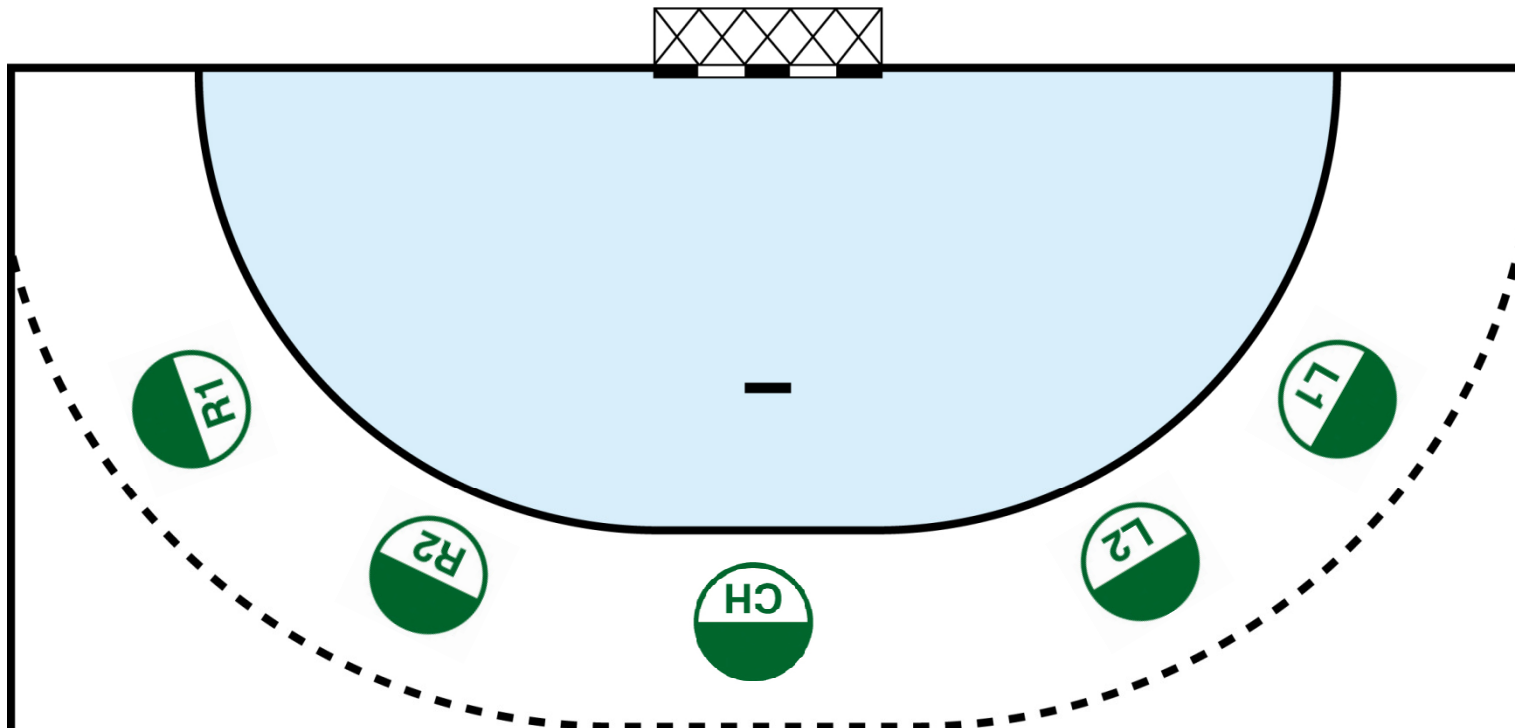
- *LW runs-in when the ball is on the other side: L2 takes on LW, R2 takes on the Pivot while R1 falls out for LB*

#### 2. Back court player runs-in

- *LB runs-in when the ball is on the other side: L2 takes on LB, R2 takes on the Pivot*

## **Summary: the basic principles and the rules of 5:1**

- **Each defender should follow and control his attacker with the ball, within his area**
- **Always one defender falls out, while the neighbouring teammates protect the area next to or behind him**
- **The whole defence should shift towards the direction of the ball passed, as a whole unit**
- **The defenders should not change position, rather taking over and passing on within their defending zone**
- **The pivot should be cut off from receiving the ball from the back-court**
- **Don't let be blocked by the pivot or an attacker runs into the defence wall**
- **Don't leave the goal-area line too far out, unless there is a danger of scoring**
- **The forward defender should neutralise at least one attacker, and take the impetus of the backs away**
- **The Centre Half defender should not fall out, unless is very necessary**
- **Ball should not be passed behind the Forward defender**
- **Defenders in different defence line should keep contact with each other**
- **Forward defender should move between the goalposts, unless checking**

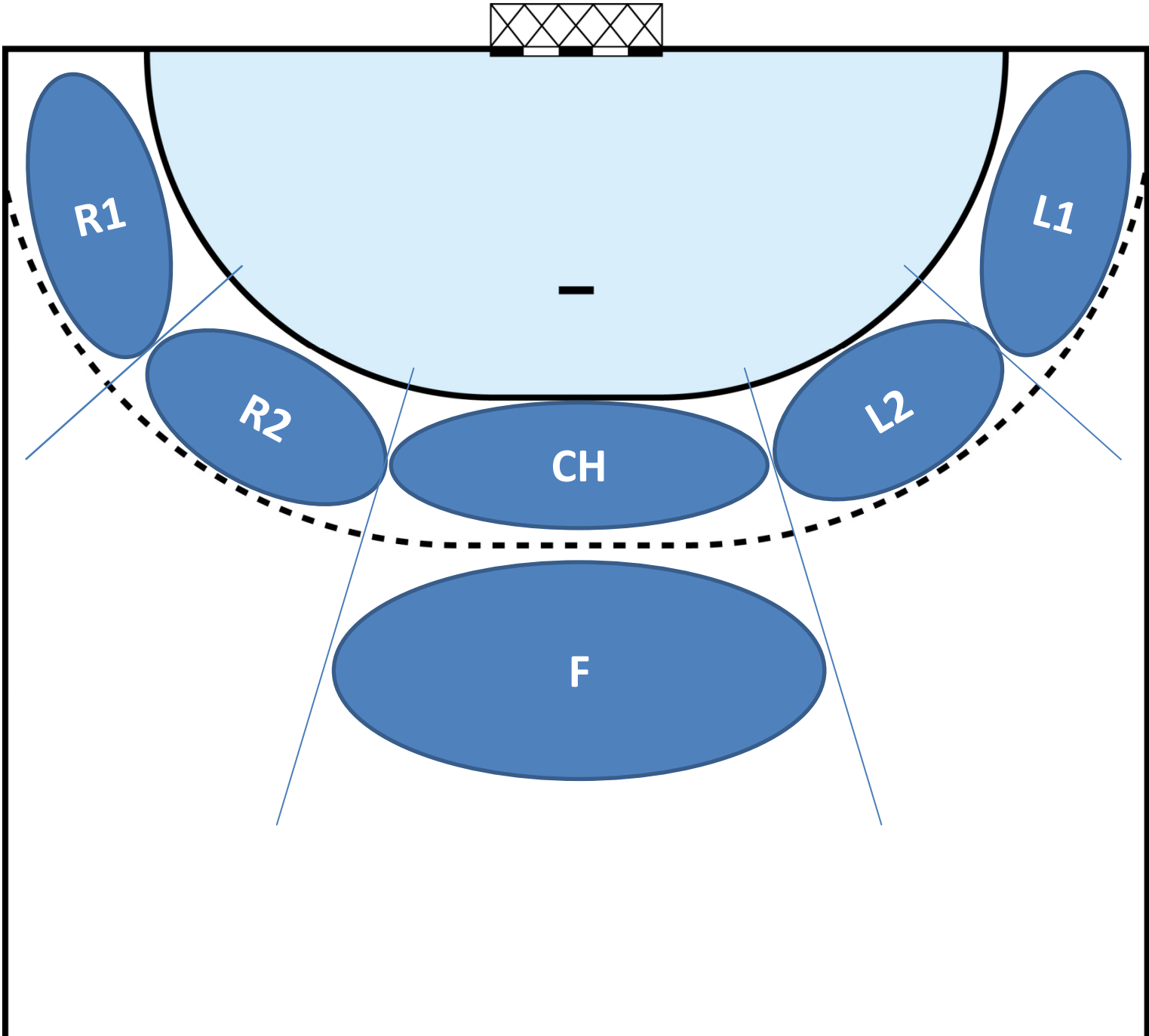


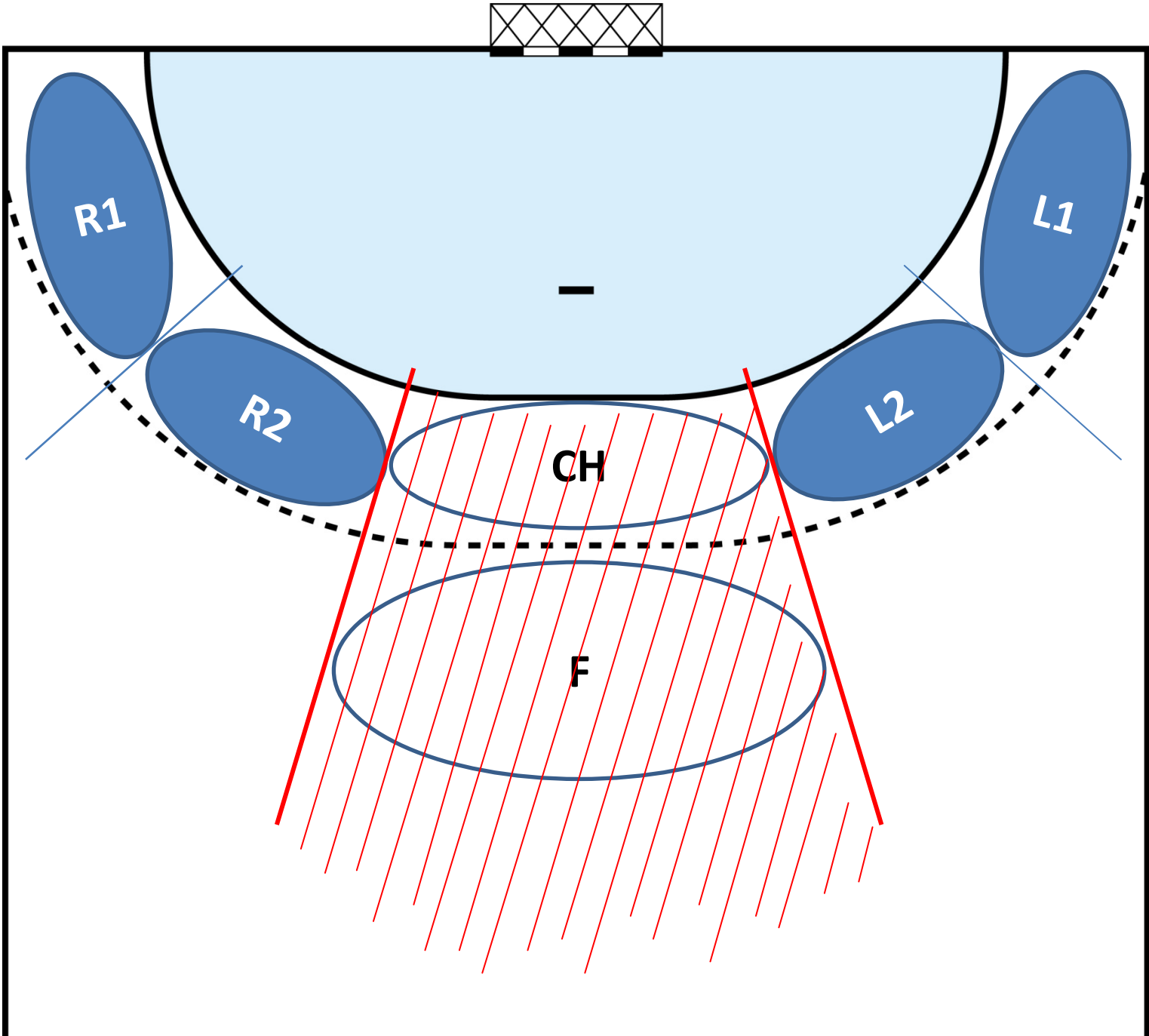
## Variations of 5:1 Zone Defence



### 1. Forward defender is in the middle

- Centre back's activity can be neutralised (stops attack organisation)
- Still covering the goal-area well (tight and compact)
- Effective against through-shots (backs can be checked)
- Strength of the defence is reinforced in the middle (defending triangle)
- Flexible transfer to other forms of zone defence (6:0, 4:2, 3:2:1)





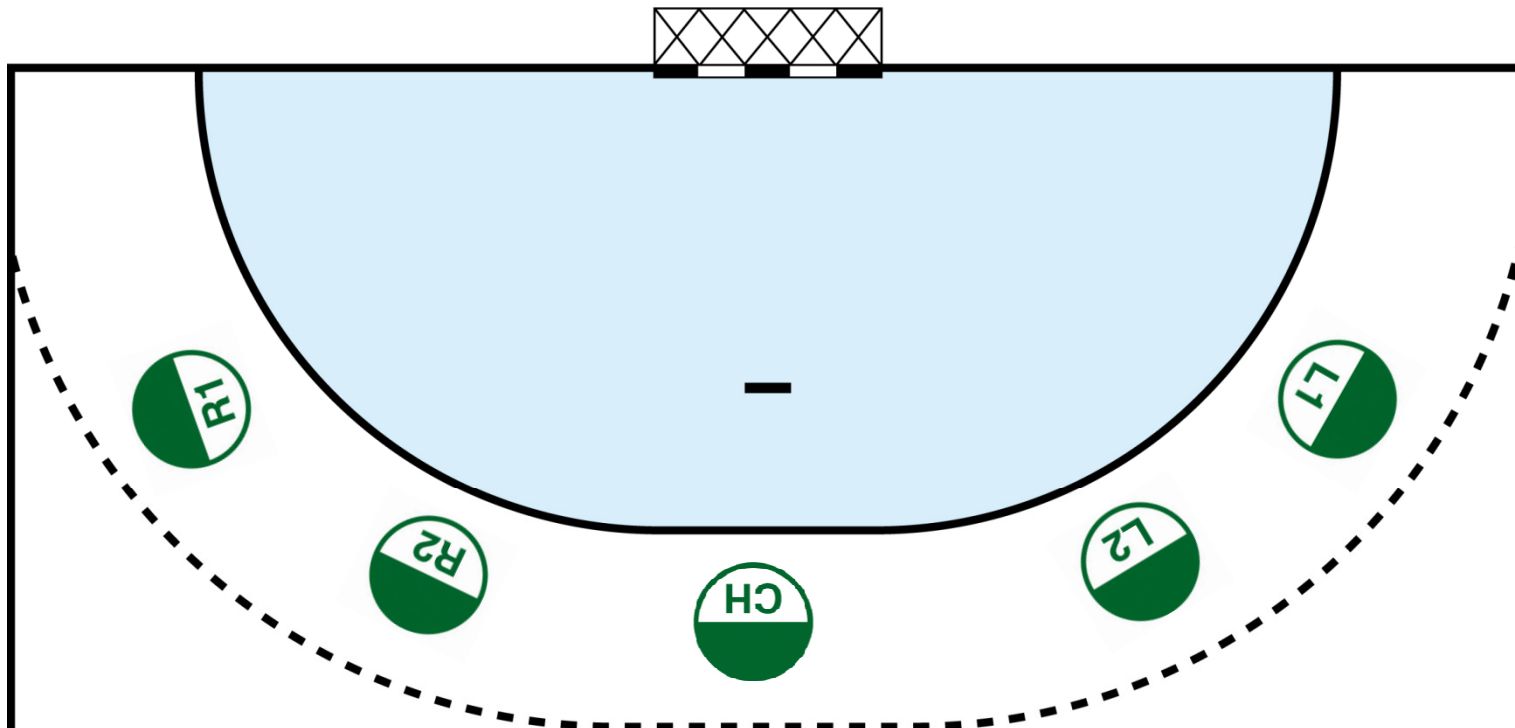




## ESP 5: 1



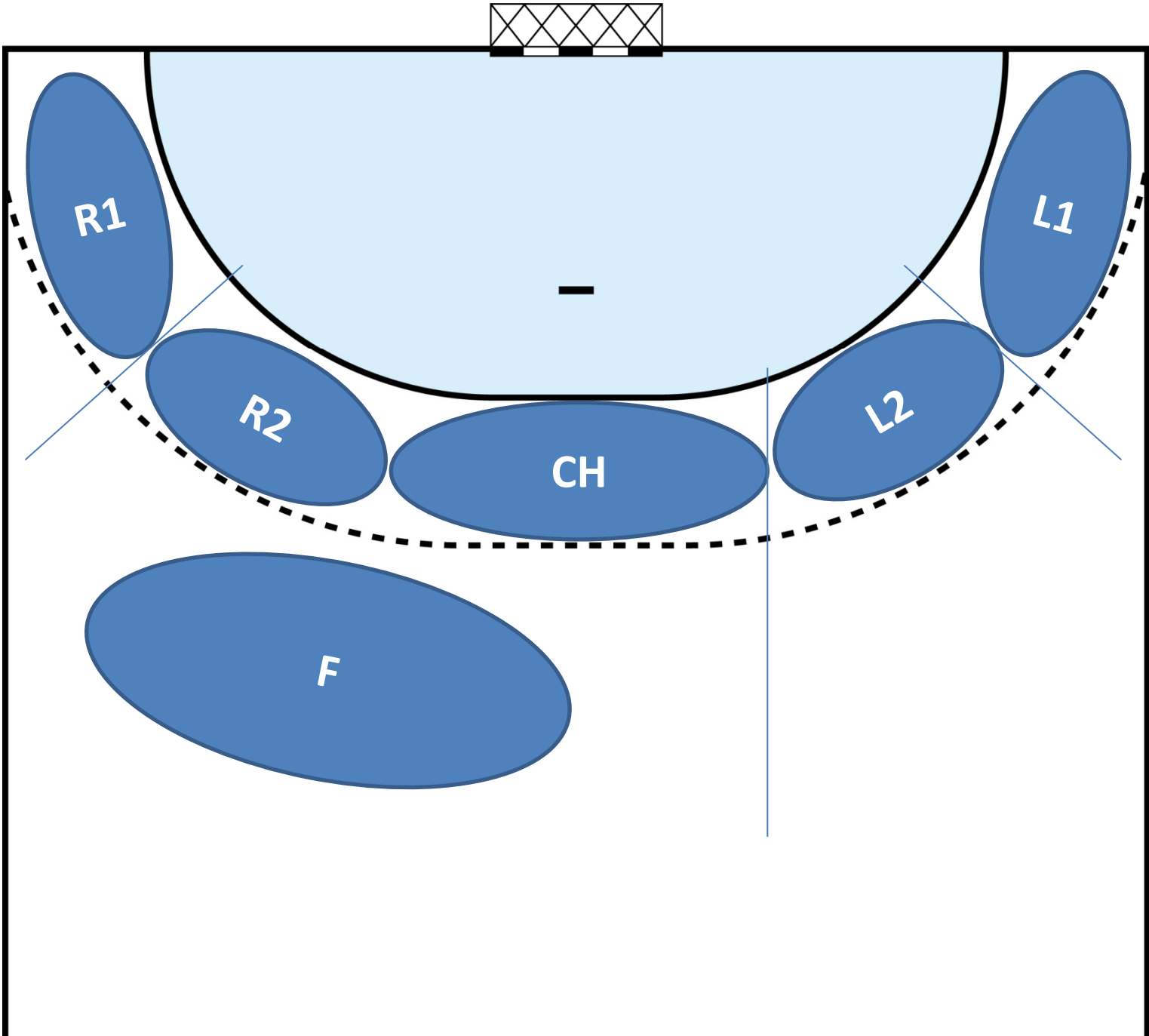
- Ball oriented
- Offensive behaviour
- Eliminates back court activity
- Focusing on the middle

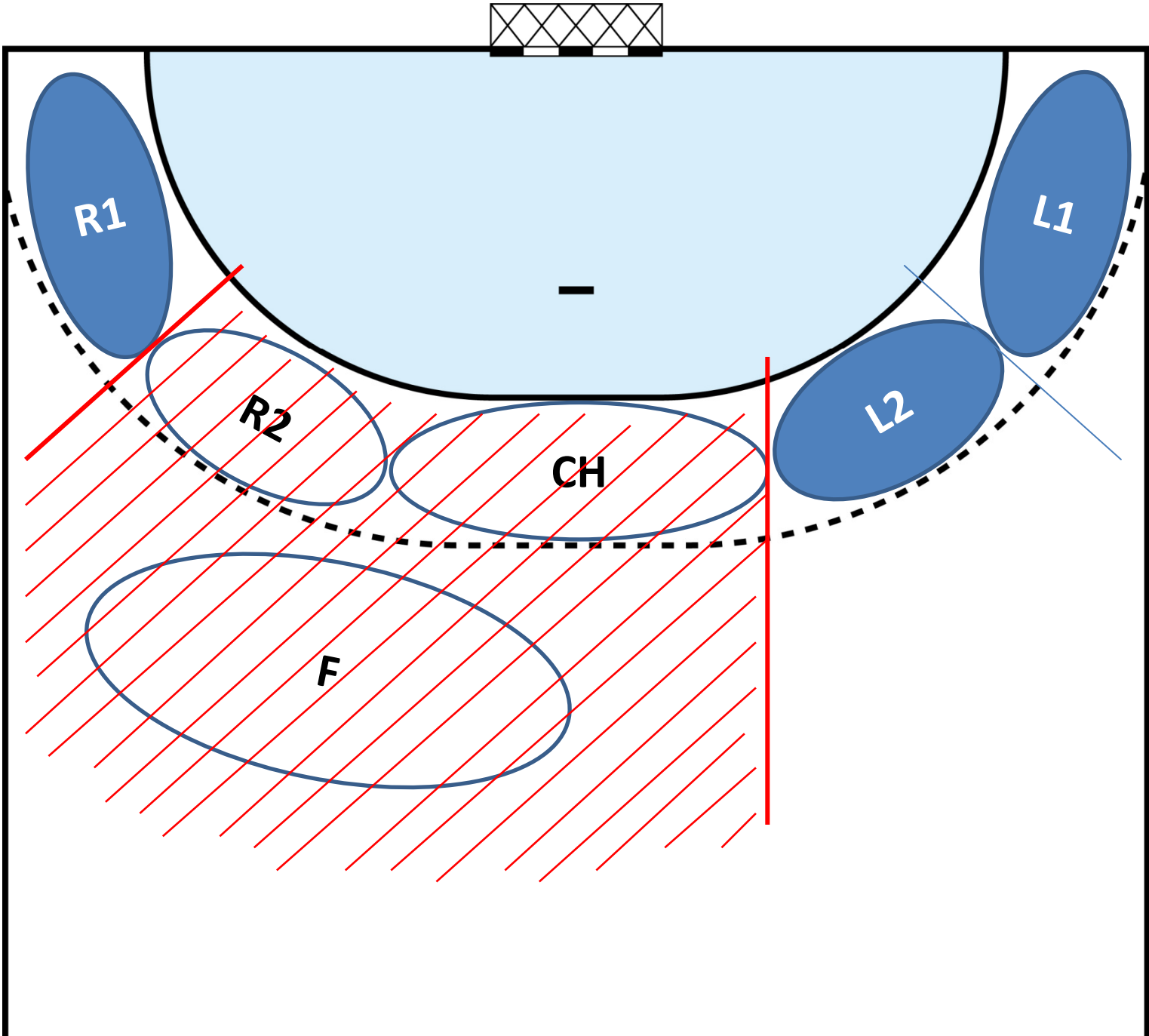


## Variations of 5:1 Zone Defence

### 1. Forward defender is shifted to one side

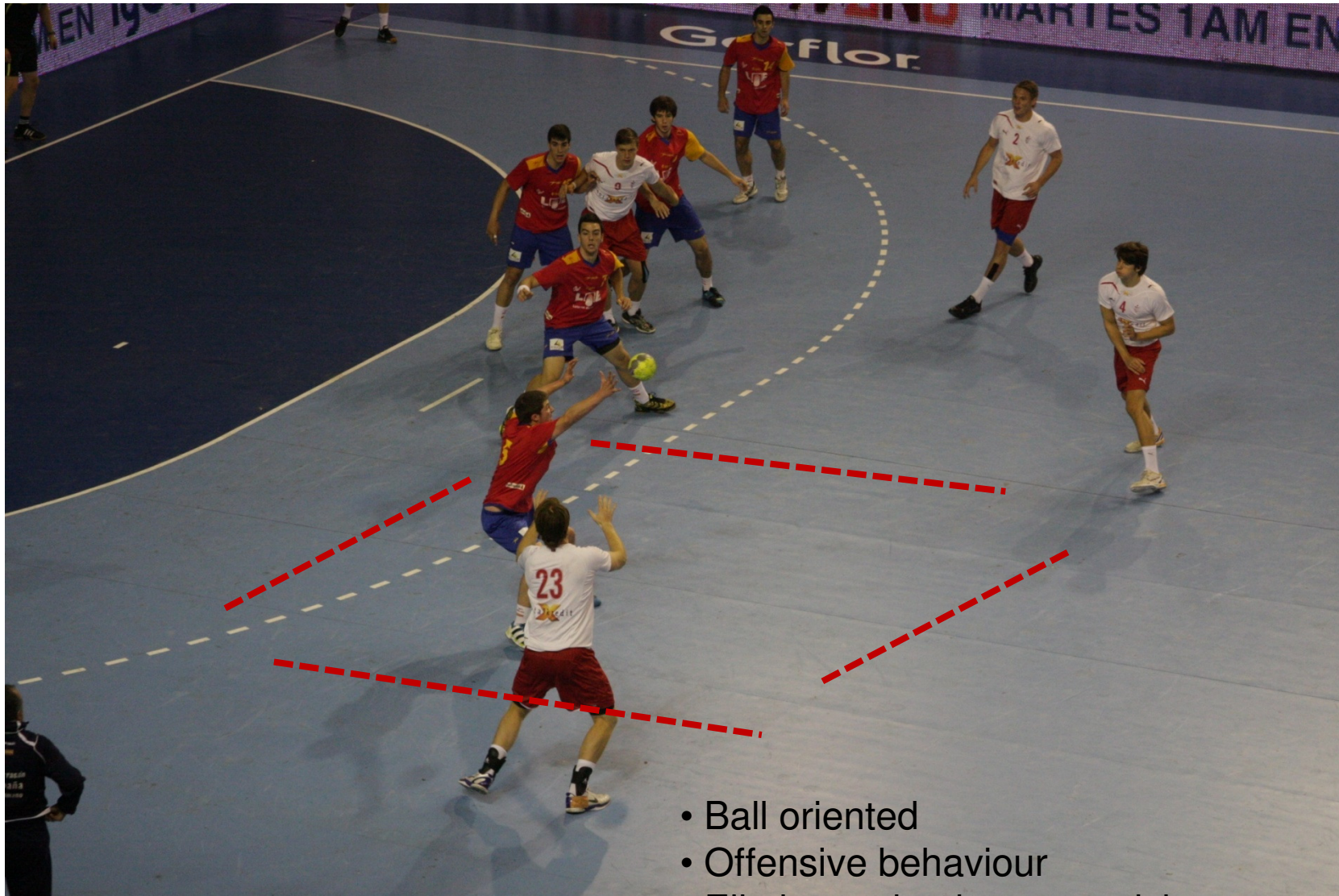
- One back's activity can be neutralised (shooting or organisation)
- Still covering the goal-area well (tight and compact)
- Effective against through-shots (backs can be checked)
- Reinforcing the defence on one side (defending triangle)
- Flexible transfer to other forms of zone defence (6:0, 4:2, 3:2:1)







## ESP 5: 1



- Ball oriented
- Offensive behaviour
- Eliminates back court activity
- Focusing on one side of the attack