

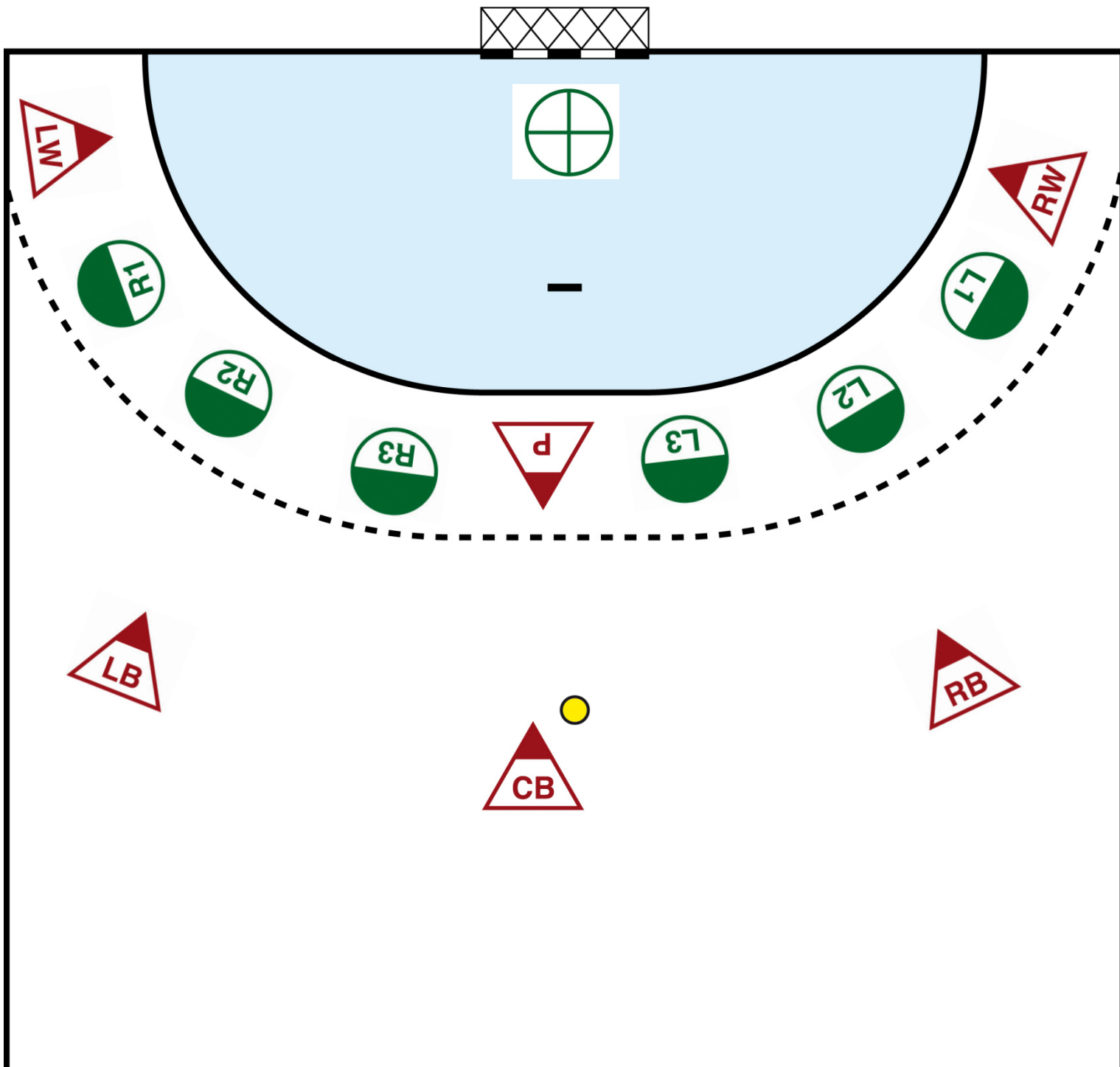
BUILDING UP 6:0 ZONE DEFENCE

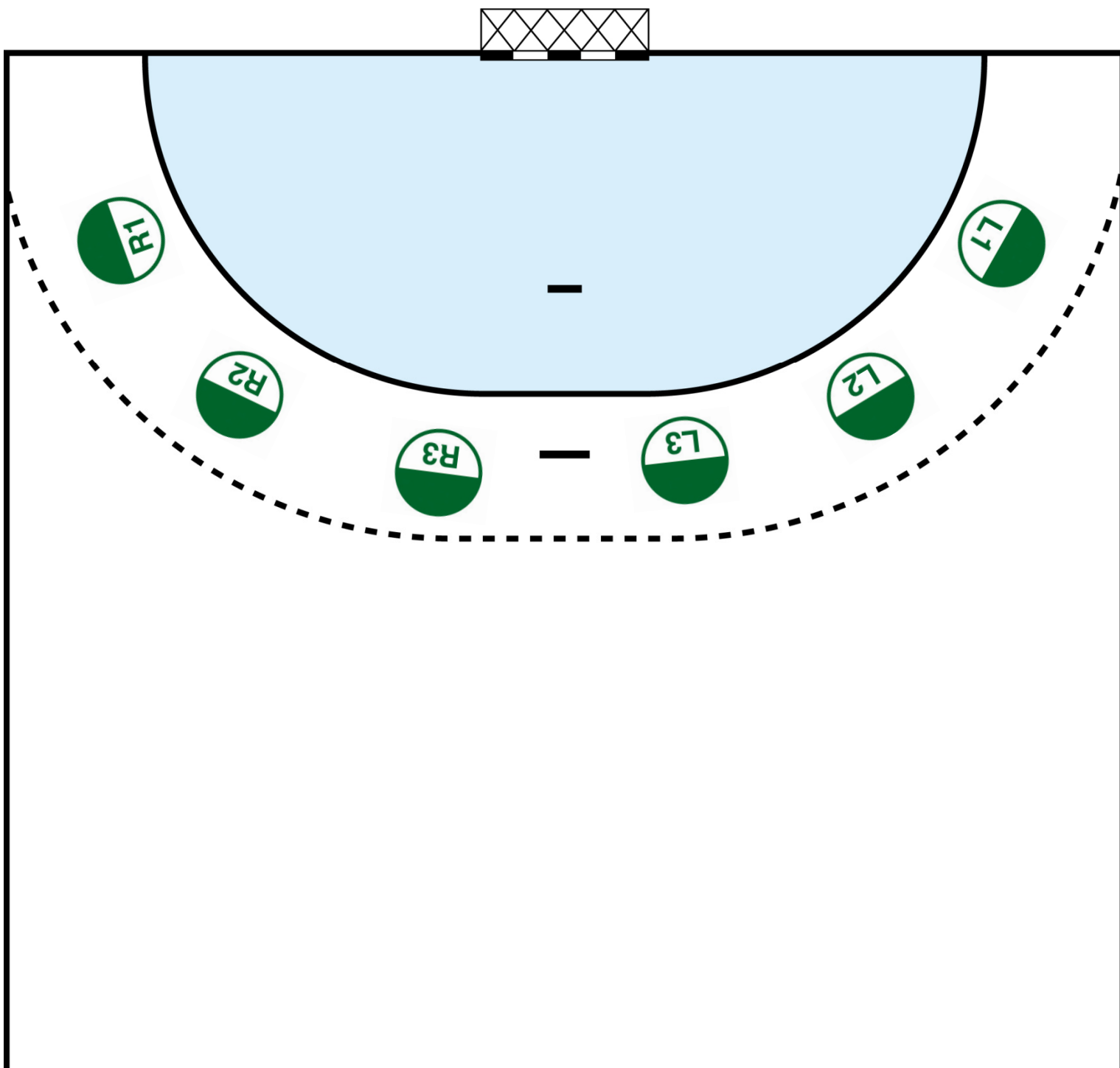
Zoltan Marczinka

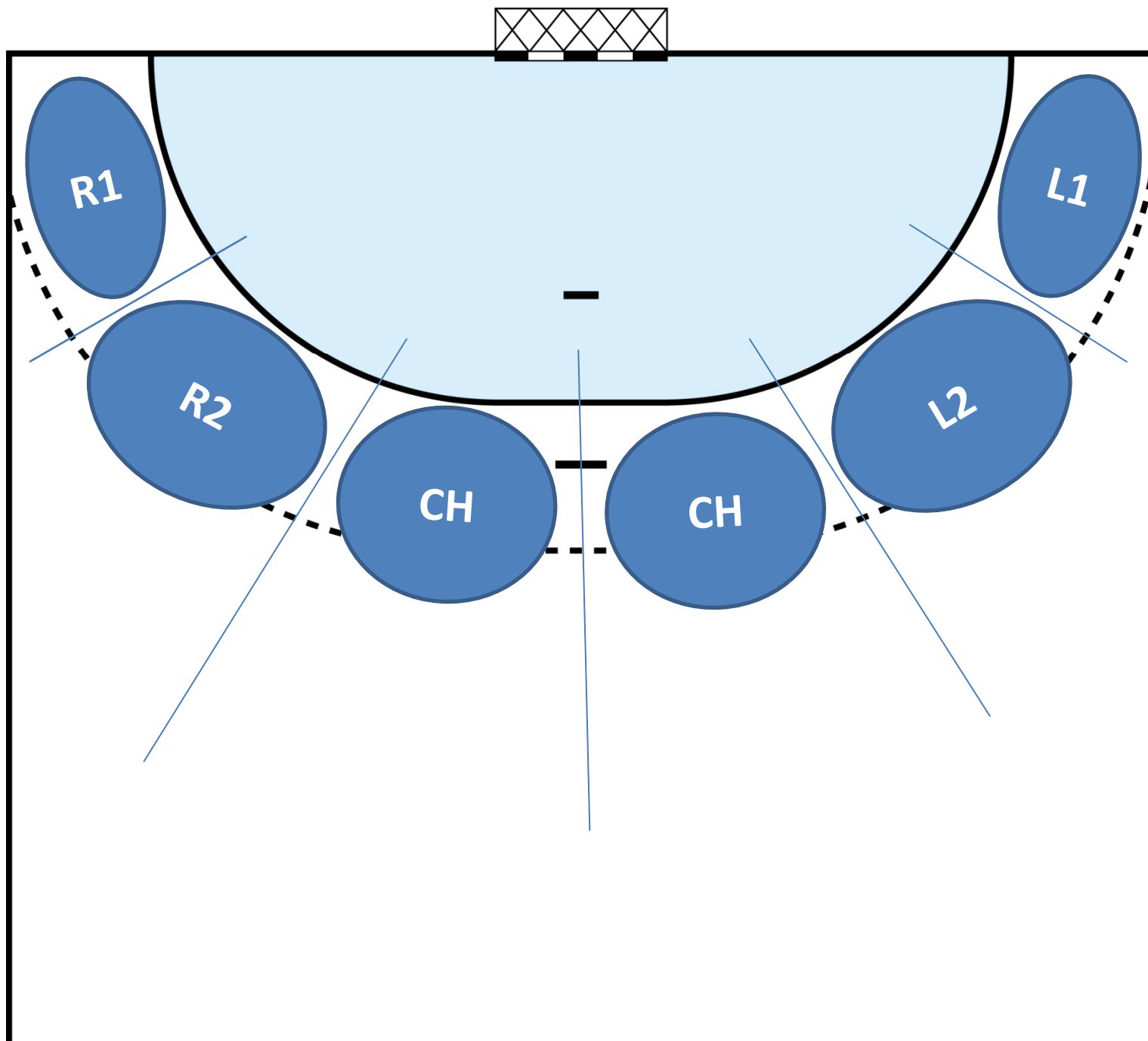
IHF / EHF Lecturer

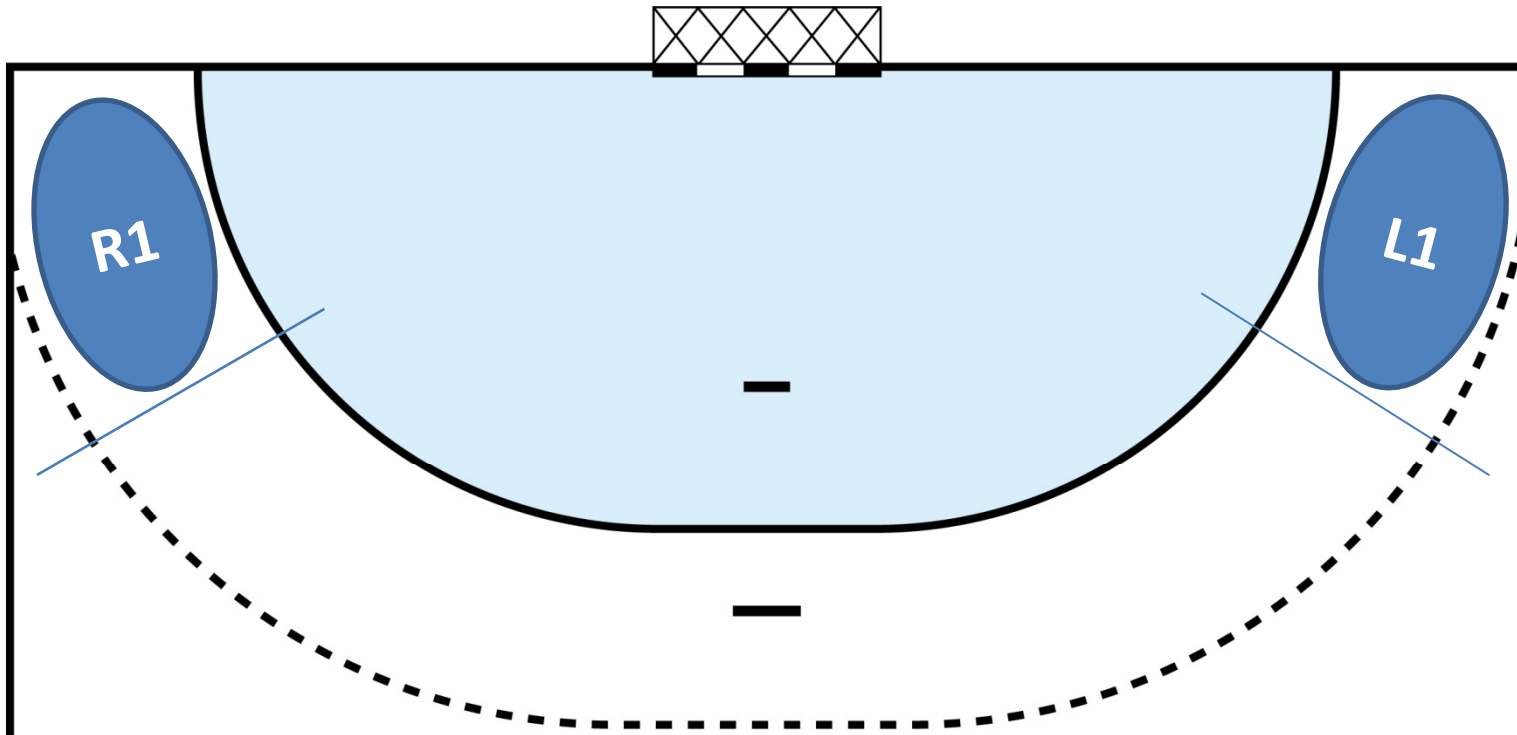
About the learning procedure...

1. The characteristics of 6:0 Zone defence
2. Defence positions and task of individual defenders
3. The process of building up 6:0 Zone defence, step by step
4. Summary: the basic principles and the rules of 6:0 Zone defence
5. Variations of 6:0 Zone defence
6. Examples of effective 6:0 Zone defence - practice



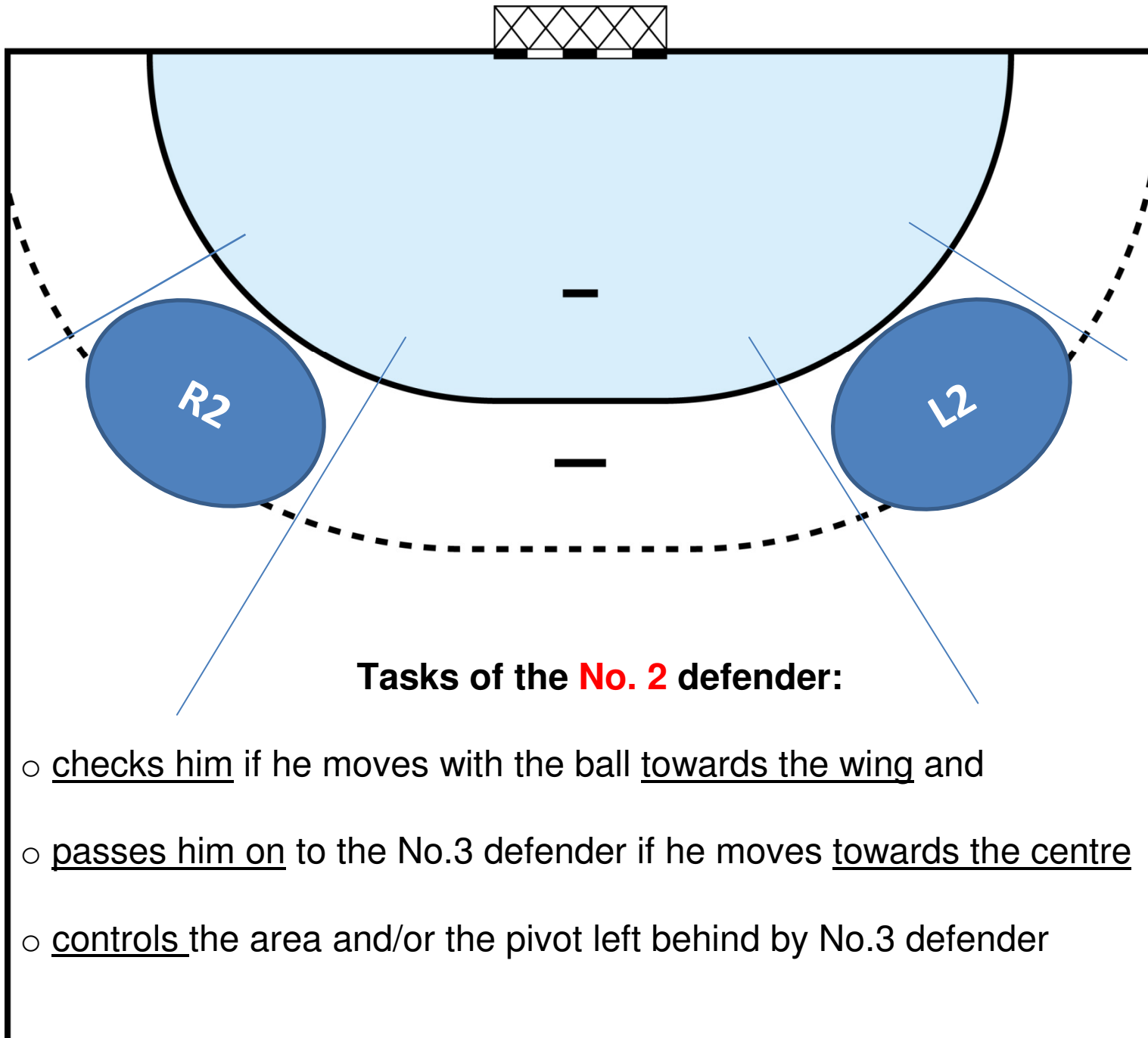


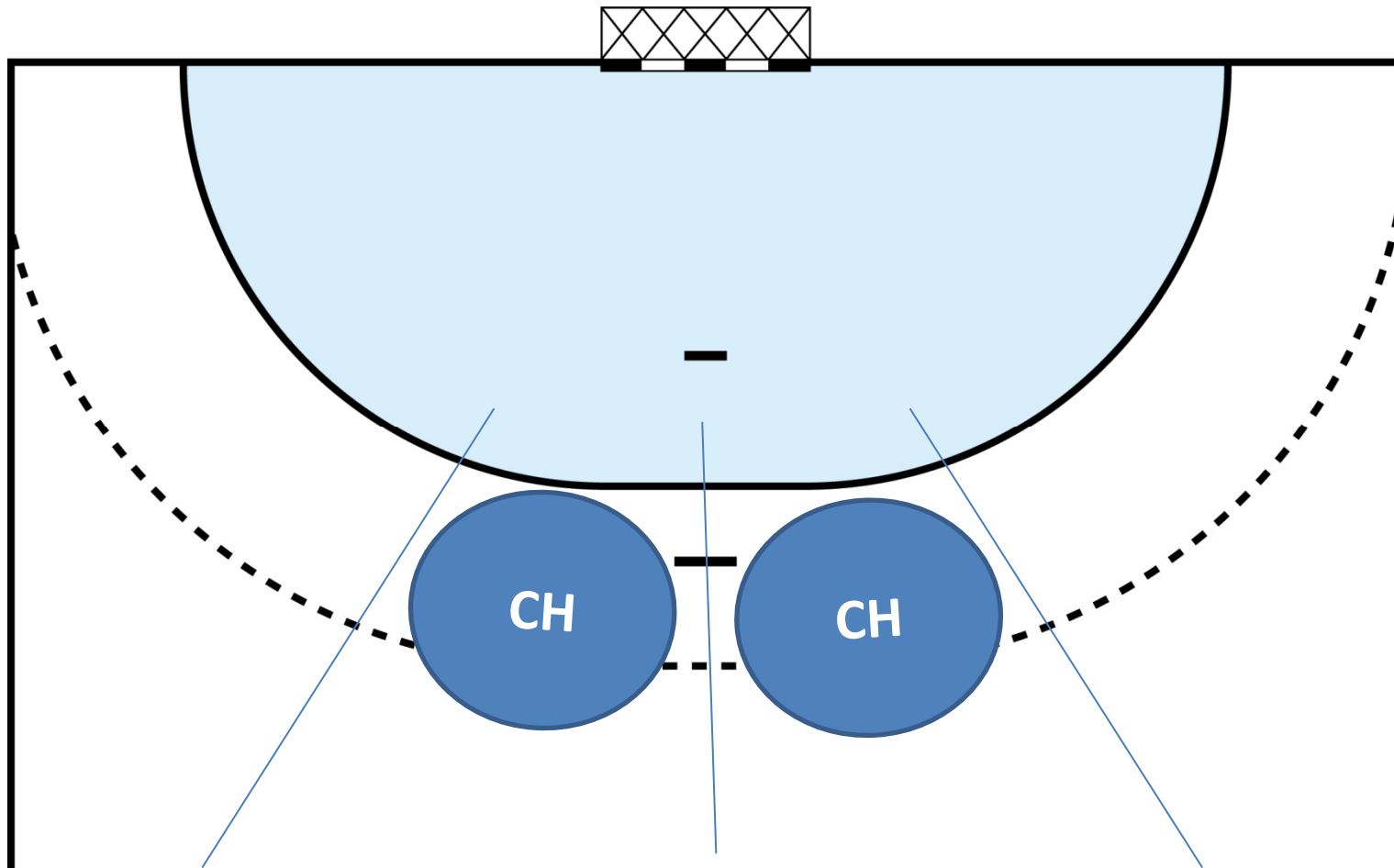




Tasks of the **No.1** defender:

- 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





Tasks of the **No. 3** defender:

- takes on the attacker with the ball if he moves towards the centre
- passes on the pivot to the No.3 or No.2 defender, before he falls out
- controls the area and/or the pivot left behind by No.2 defender

Building up 6:0 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, R3 secures the area behind
- CB with ball : L3 moves out, R3 secures the area behind
- RB with ball : L2 moves out, L3 secures the area behind

2. LB attacks towards the No.3 defenders

- LB with ball : R3 moves out, R2 secures the area behind
- CB with ball : L3 moves out, R3 secures the area behind
- RB with ball : L2 moves out, L3 secures 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 R3 secures the area behind
- LB changes direction and moves towards the centre with ball : R3 moves out and controls LB, R2 secures the area behind
- CB with ball : L3 moves out, R3 moves back towards the direction of the ball passed and secures the area behind
- RB with ball : L2 moves out, L3 moves back towards the direction of the ball passed and 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 : L3 controls RB moves towards the middle, while L3 secures the area behind
- RB passes to CB : R3 controls CB attacks the goal, while L3 secures the area behind

Building up 6:0 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 : R3 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 : L3 controls CB, then moves back towards the direction of the ball and secures the area and the Pivot behind*
- *RB with ball : L2 controls RB, then moves back towards the direction of the ball and secures the area and the Pivot behind*

2. Pivot stays between the No.3 defenders

- *CB with ball : L3 controls CB, R3 moves back towards the direction of the ball passed and secures the area, and L2 secures defensively. The Pivot is locked between three defenders: L3 – R3 – L2 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: L3 takes on LB, R2 takes on the CB while R3 and/or R3 secures the Pivot*

2. Ball-trap from the wing

- *CB with ball changes position with LB: L3 takes on LB, R3 takes on the CB while L3 and/or R3 secures 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

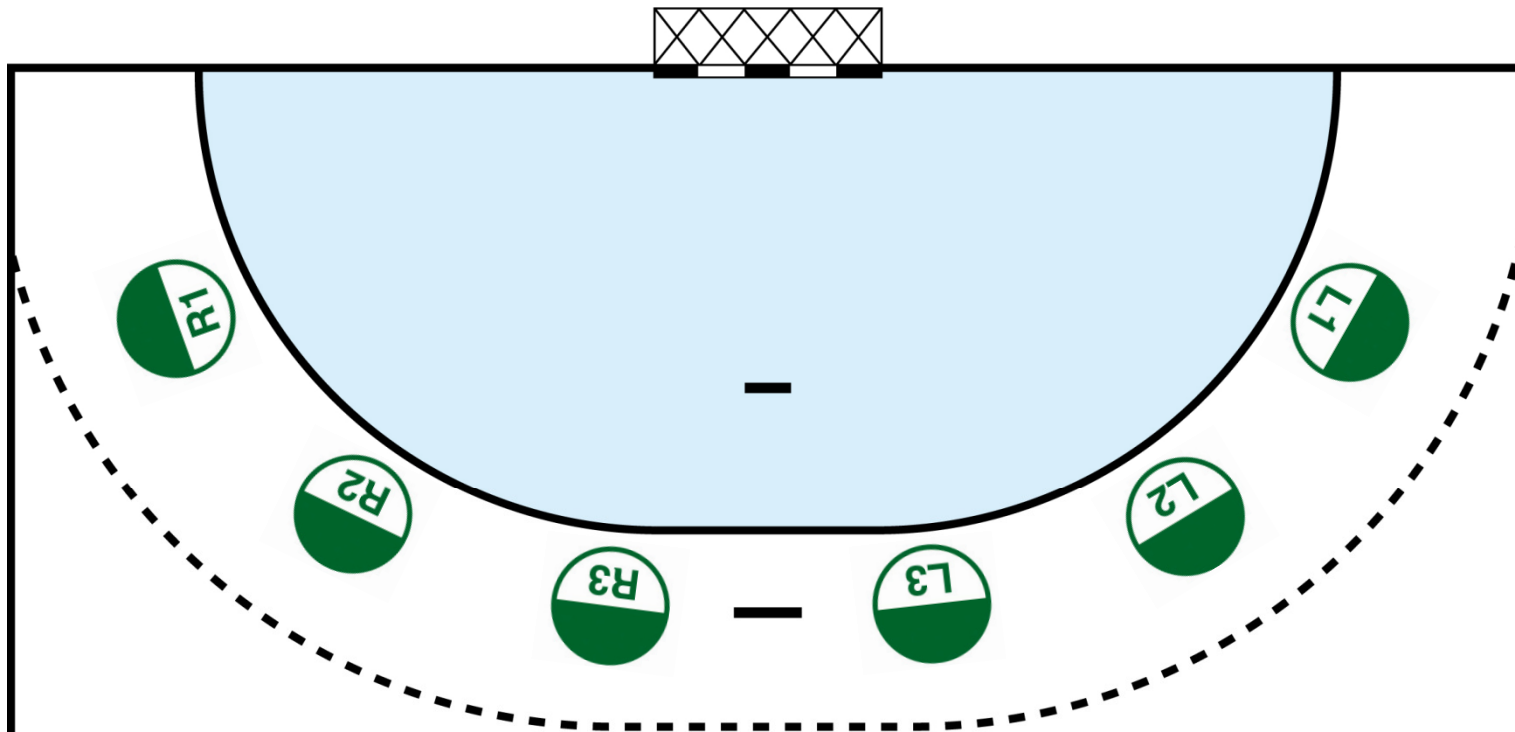
- *LW runs-in when the ball is on the other side: L2 takes on LW, R2 takes on the Pivot while R1 falls out for LB*

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 6:0

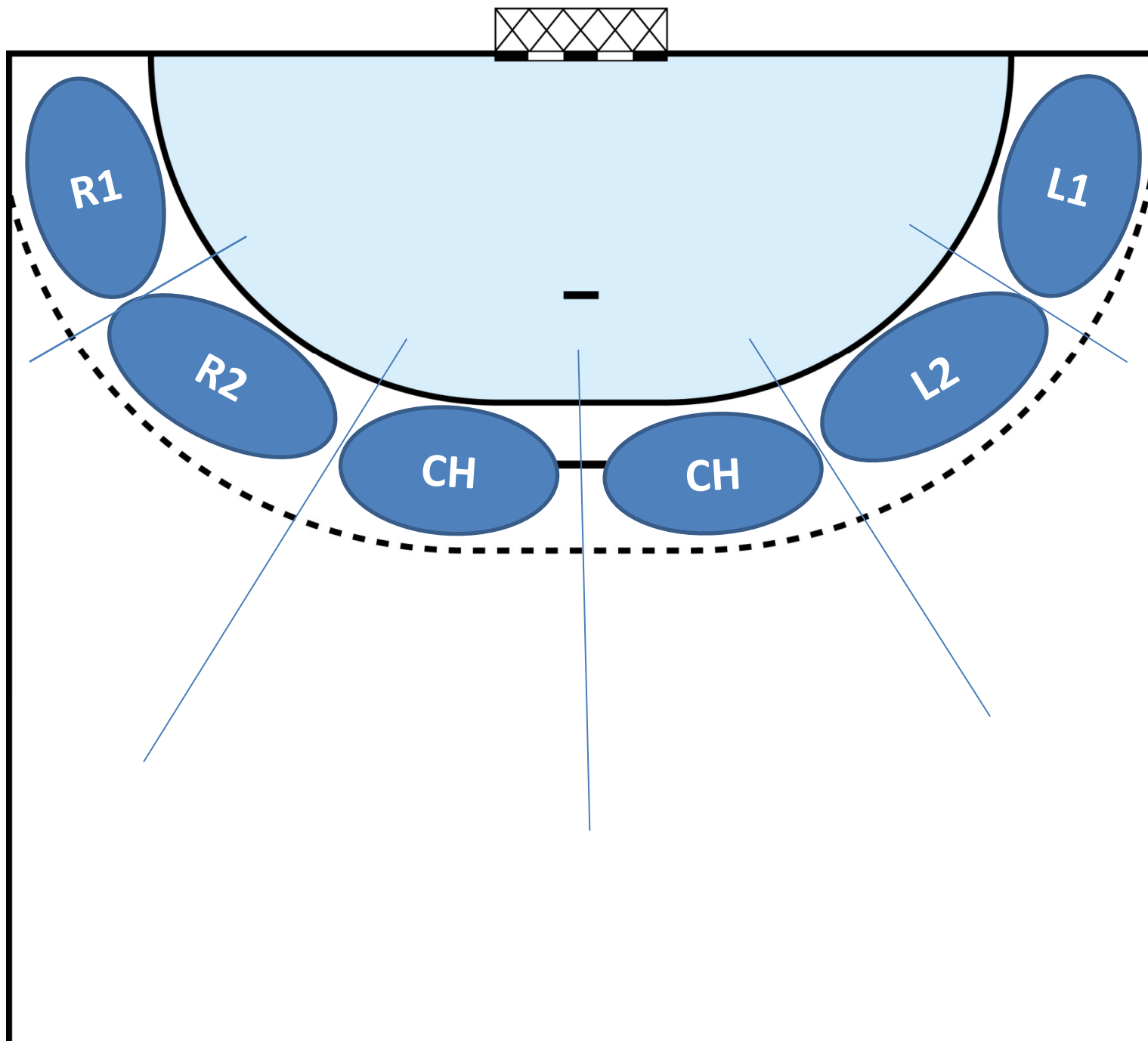
- **Each defender should follow and control his attacker with the ball, within his area**
- **Always one defender falls out, while the neighbouring teammates protect the area next to or behind him**
- **The whole defence should shift towards the direction of the ball passed, as a whole unit**
- **The 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 direct scoring**

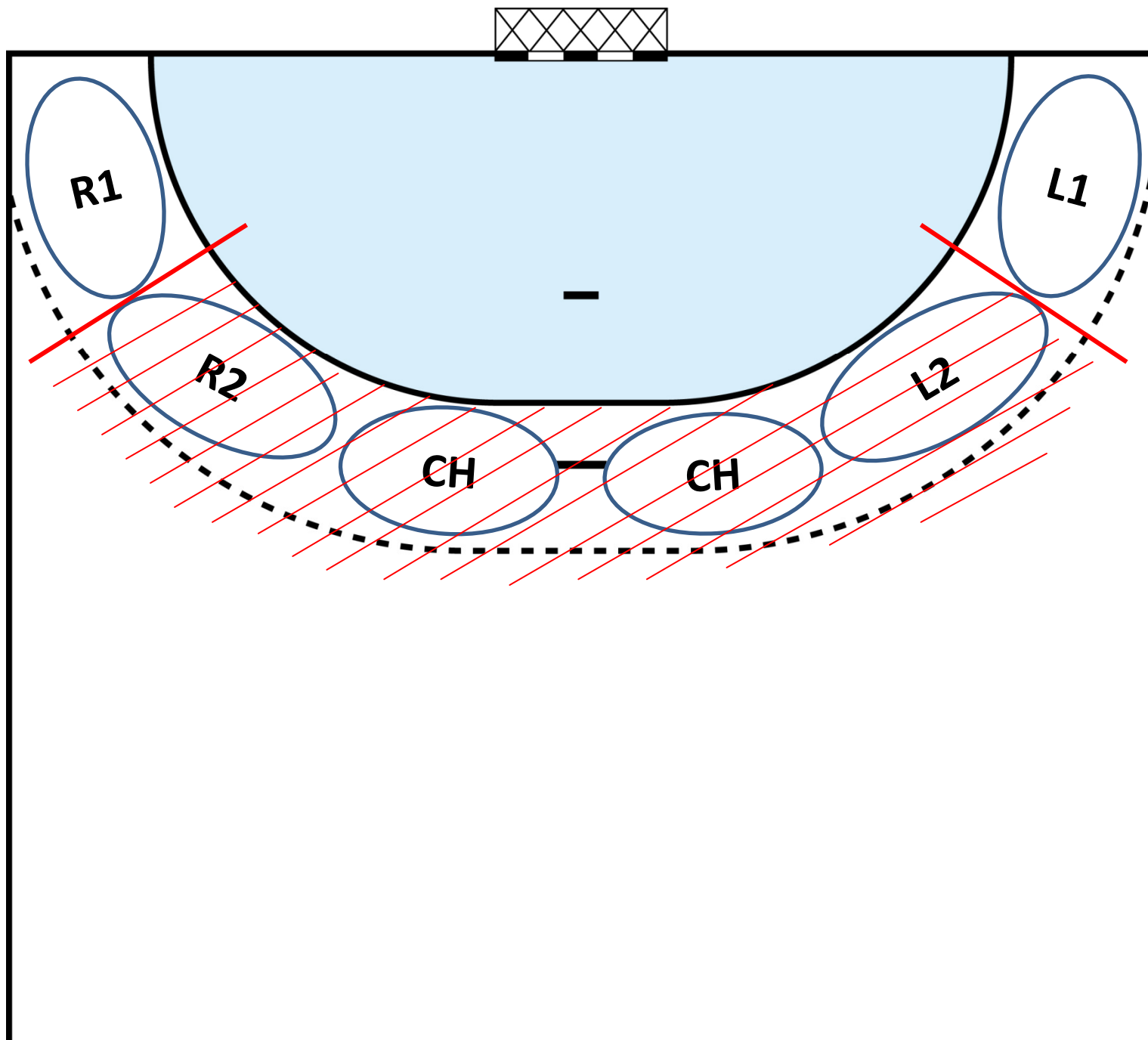


Variations of 6:0 Zone Defence

1. Closed zone

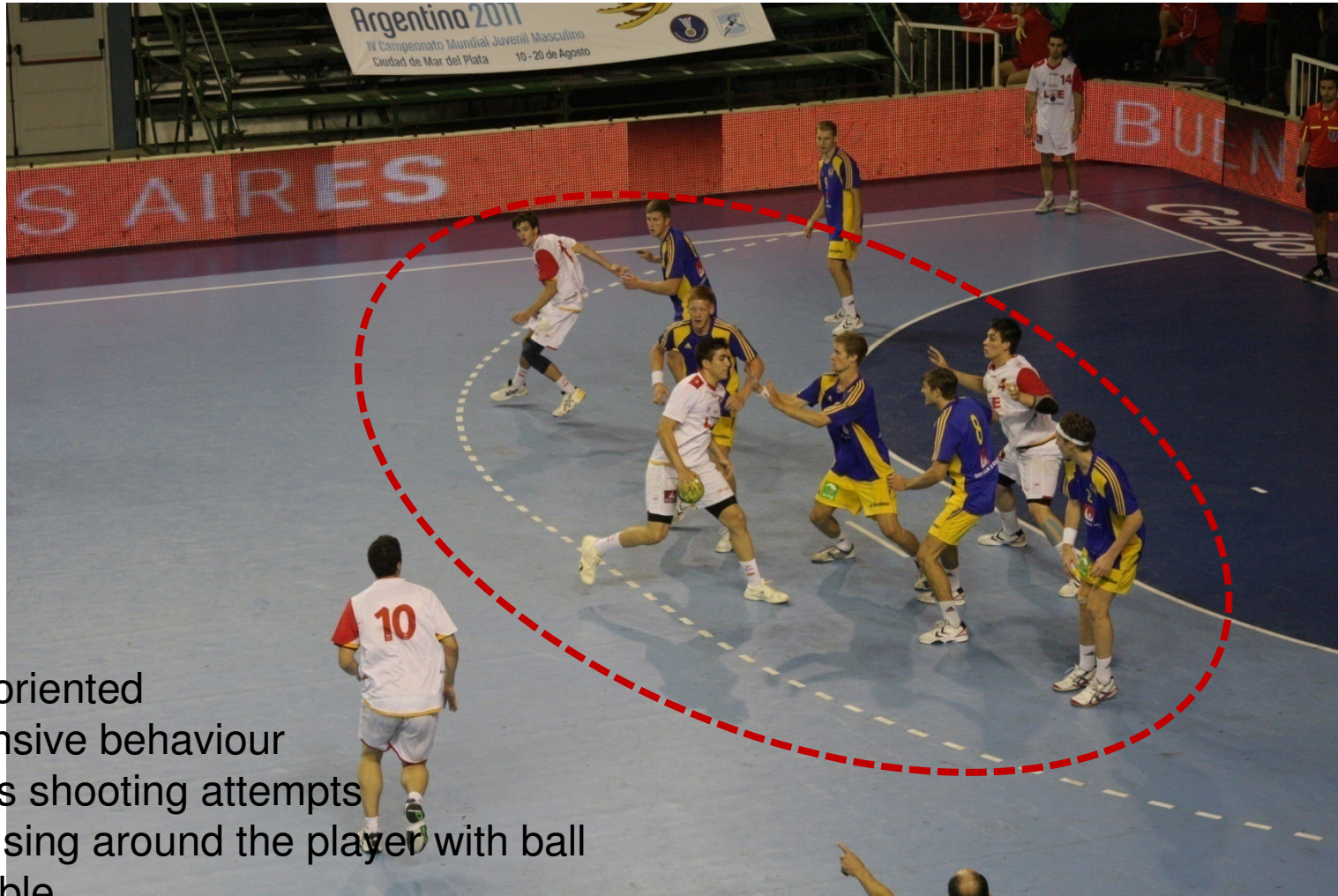
- Extensive movements in width (shuffle steps)
- Covering the goal-area well (tight and compact)
- Effective against break-through (defenders are close to each other)
- Good protection against Pivot's activity (less room to move)
- Wingers can be controlled well (reducing shooting angle)







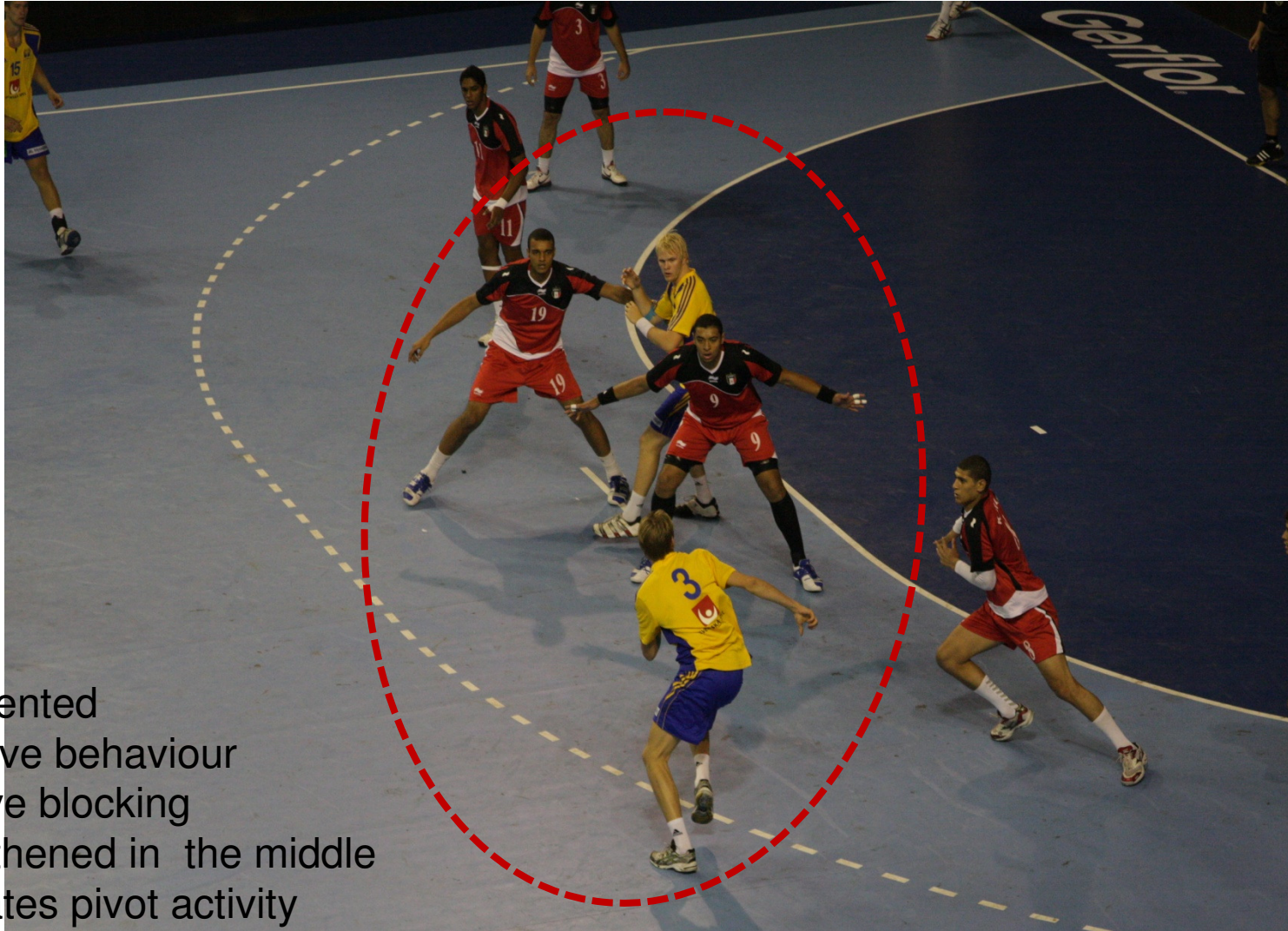
SWE 6:0



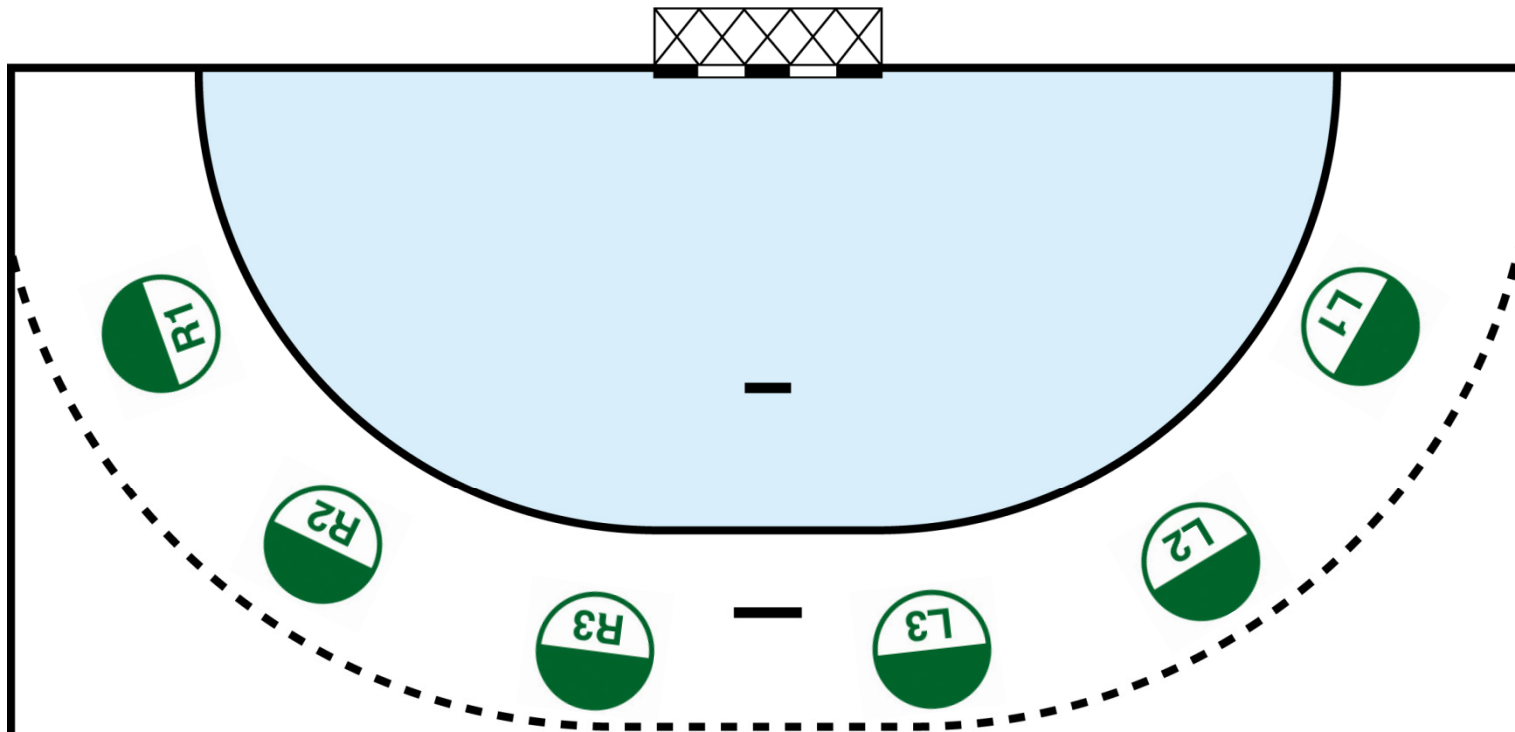
- Ball oriented
- Offensive behaviour
- Stops shooting attempts
- Focusing around the player with ball
- Flexible



EGY 6:0



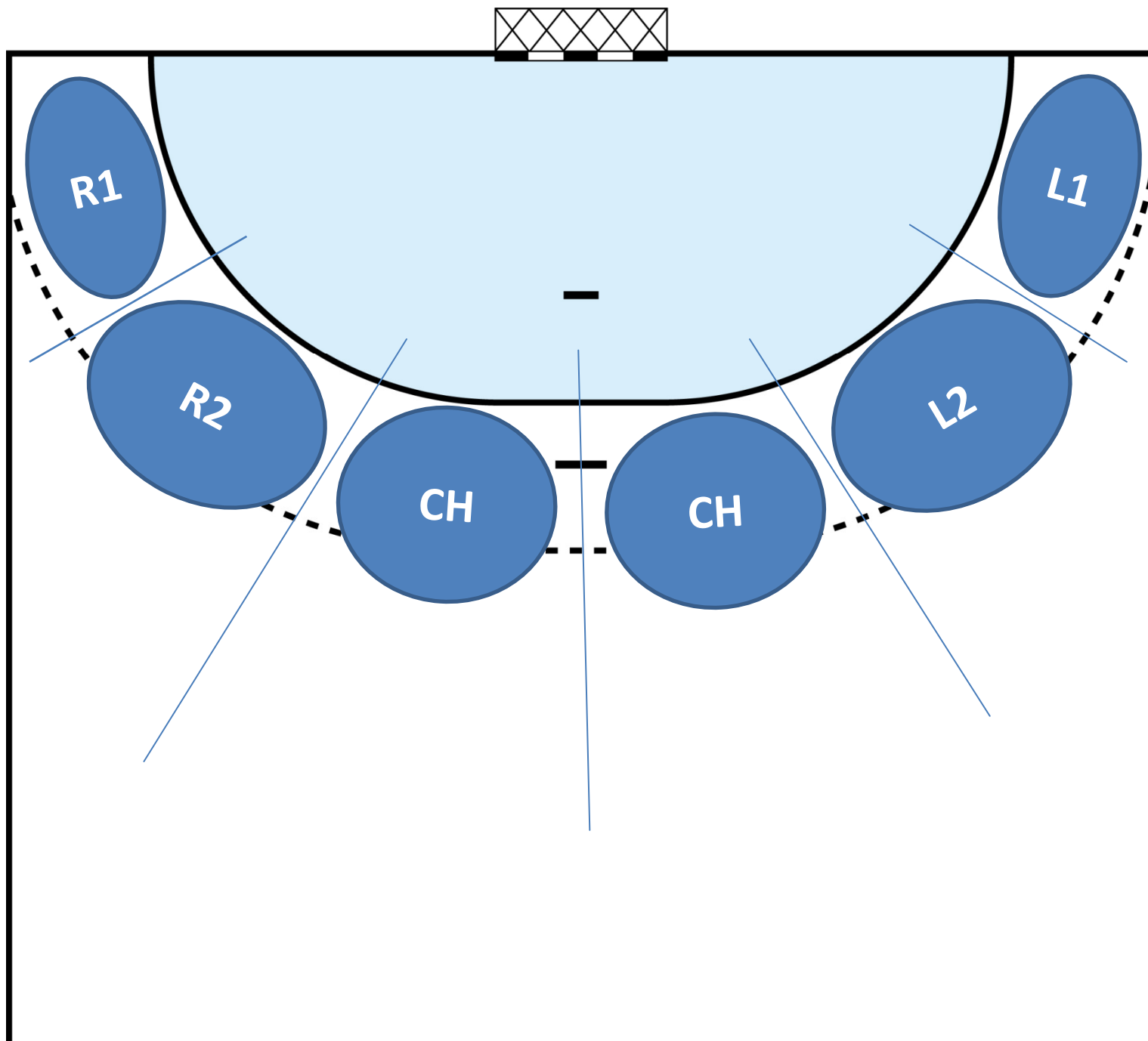
- Ball oriented
- Offensive behaviour
- Effective blocking
- Strengthened in the middle
- Eliminates pivot activity

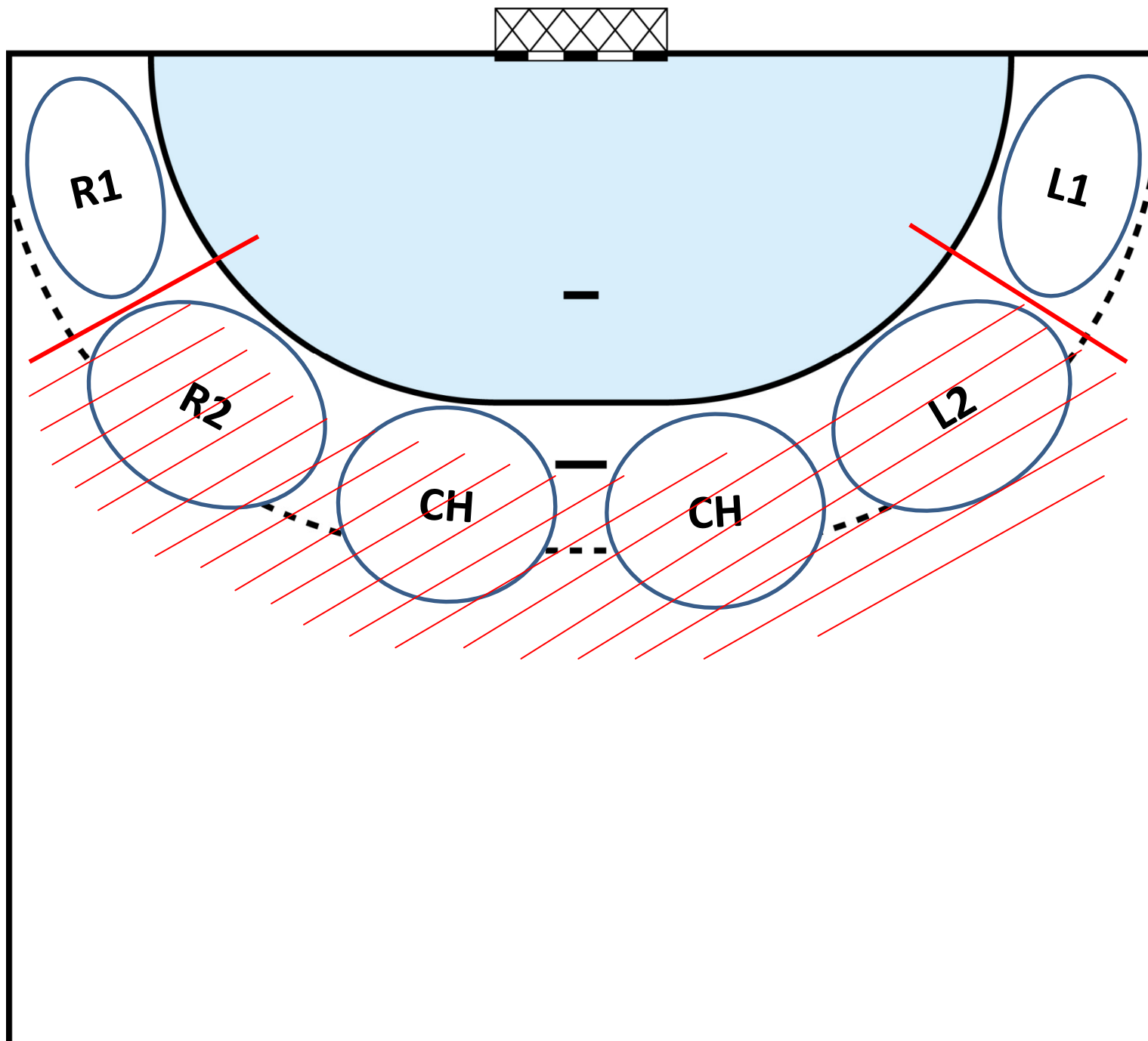


Variations of 6:0 Zone Defence

2. Open zone

- More movement in depth (falling out-moving back)
- Controlling the back court better (covering the backs)
- Effective against through-shots (checking)
- Disturbing attack organisation (positioning)
- Gaining possession of the ball (stealing, intercepting)







DEN 6:0



- Offensive
- Ball oriented

- Compact
- Flexible