

The philosophy of 6:0 and 5:1 defence during the game



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Theoretical bases

General philosophy of defence in contemporary handball



The objectives of the defence = **to recover the ball to possession, as quick as possible, without suffering a goal!**



Consequences:

- ❑ Game philosophy ➡ defence activities are **NOT** only the reaction to offence activities (Offence → defence = action → reaction)
- ❑ **BUT**
Advanced game philosophy ➡ parity between offence and defence (Offence ↔ defence = action ↔ action)



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Development trends in defence

1. Aggressiveness
2. Anticipation activity

Aggressiveness

- ❑ aggressiveness = high activity within the scope of rules
- ❑ in modern handball every defence system tends to be very aggressive



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Anticipation activity

To be a defender nowadays is to possess the capacity to **understand** the game with anticipation, to **read** in a transparent way the initiatives of the attack and to **be able** to **act** individually

In order to **be able to assume the ANTICIPATION** the defender must **be able to ATTACK THE ATTACKER**, not let him think, while pressing the ball, making its pass very difficult (or even its transportation).



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The playing system determines the functions, tasks, starting positions and the operating area of all players



In common playing situations each player should know exactly what, when and how he/she should perform

Set defence

☐ man to man systems

☐ combined systems

☐ **zone systems**

➤ **6:0**

➤ **5:1**

➤ **4:2**

➤ **3:3**

➤ **3:2:1**



Necessity for a modern defender = to act very aggressive and active, independent in which zone defence system he/she must play



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As a consequence in recent years an aggressive type of zone defence system 6:0 is becoming more popular



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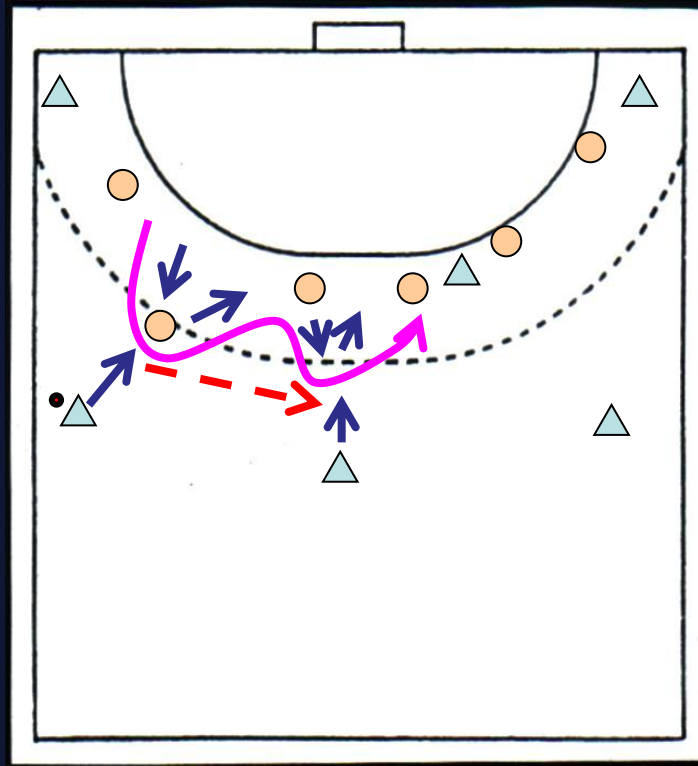
Basic tactical characteristics of 6:0 defence

- Advantages
- sufficient width ➡ good protection of the space directly in front of the goal area
 - visibility ➡ attackers are forced to combine in front of defenders
 - the positions of all players in one line facilitates cooperation
- Disadvantages
- „free“ space for opponents preparatory combinations
 - the lack of possibilities to closely guard the attackers shooting from a long distance
 - more complicated position for starting fast break

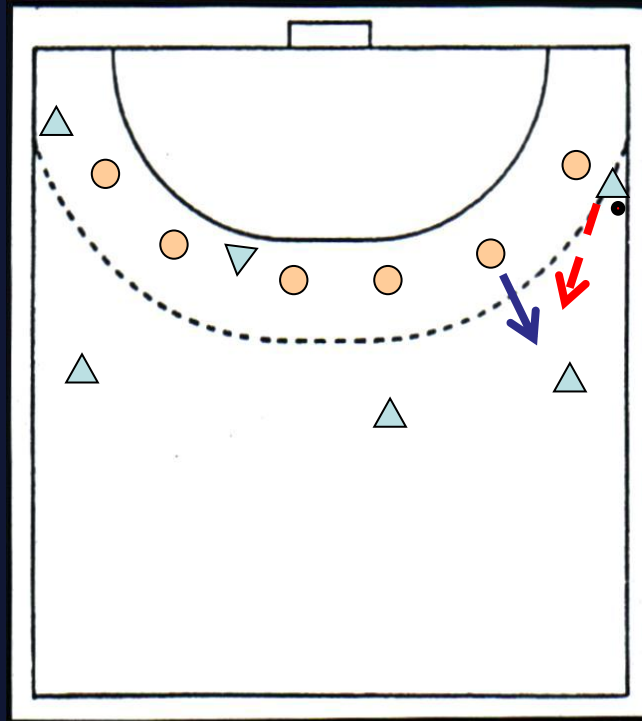


Variants of 6:0 defence

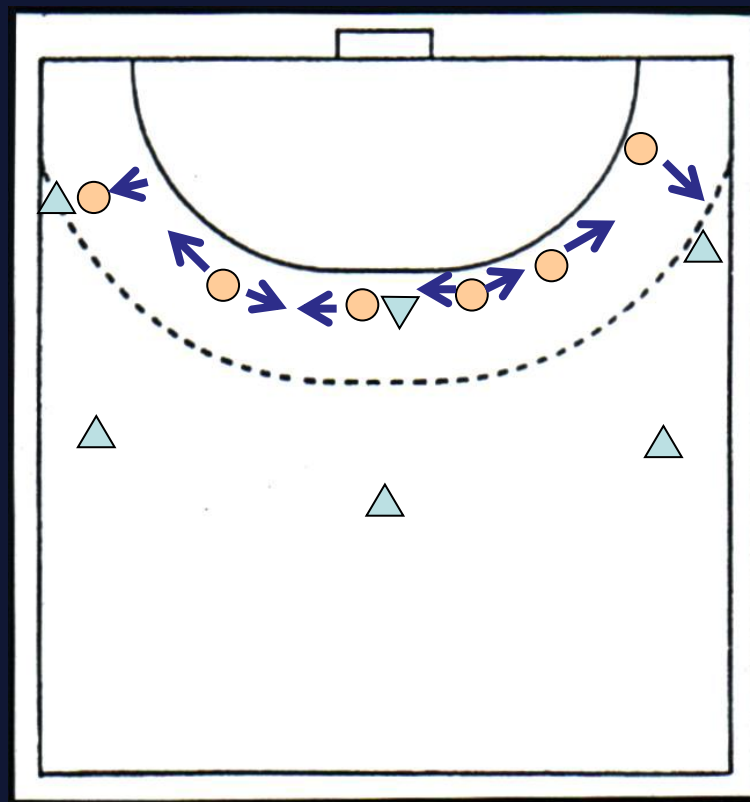
- ❑ „classical“ ➡ all defenders approach to the opponent with ball („Waving“)



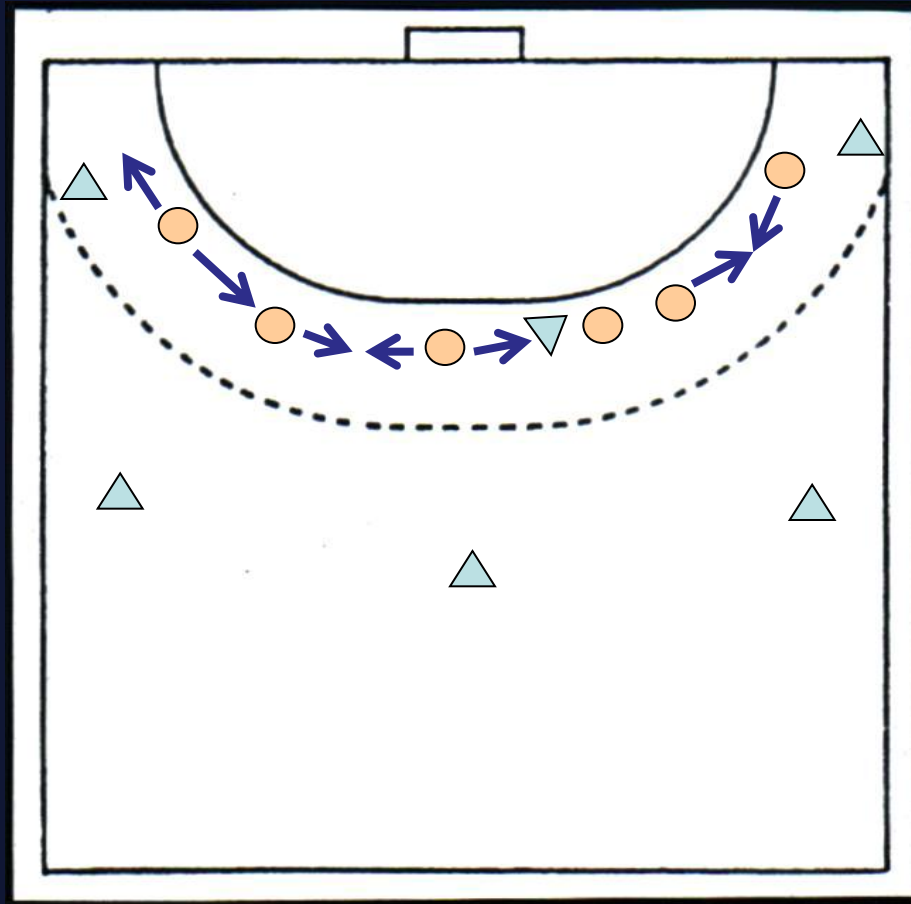
□ „shifted forward“ ➡ the base line of defenders on 7 (8) meters



□ „inverted“ ➡ only outer defenders approach to opponent



□ „retracted“ ➡ without approach to the opponent with ball



5:1 Defence



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Basic tactical characteristics of 5:1 defence

Advantages

- disturbance of preparatory combinations of opponent
- close guarding of the space of shooting from long distance
- better positioning for starting fast break

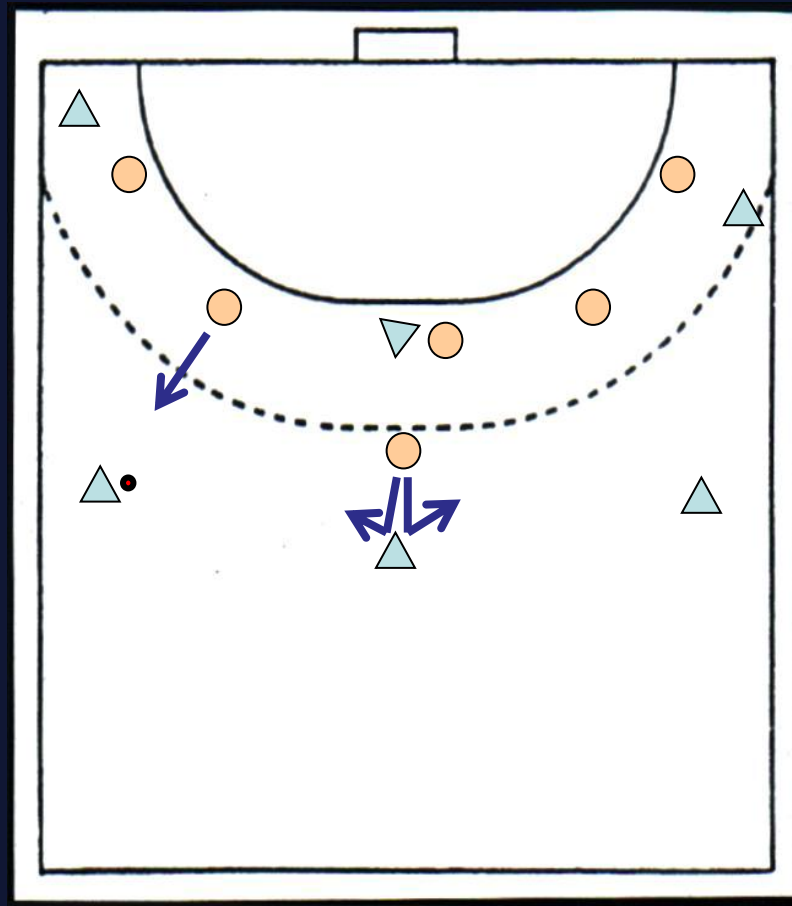
Disadvantages

- insufficient width ➡ smaller number of defenders near the goal area
- bigger operation space of each defender ➡ higher demands on the condition
- more difficult cooperation among the defenders from various lines

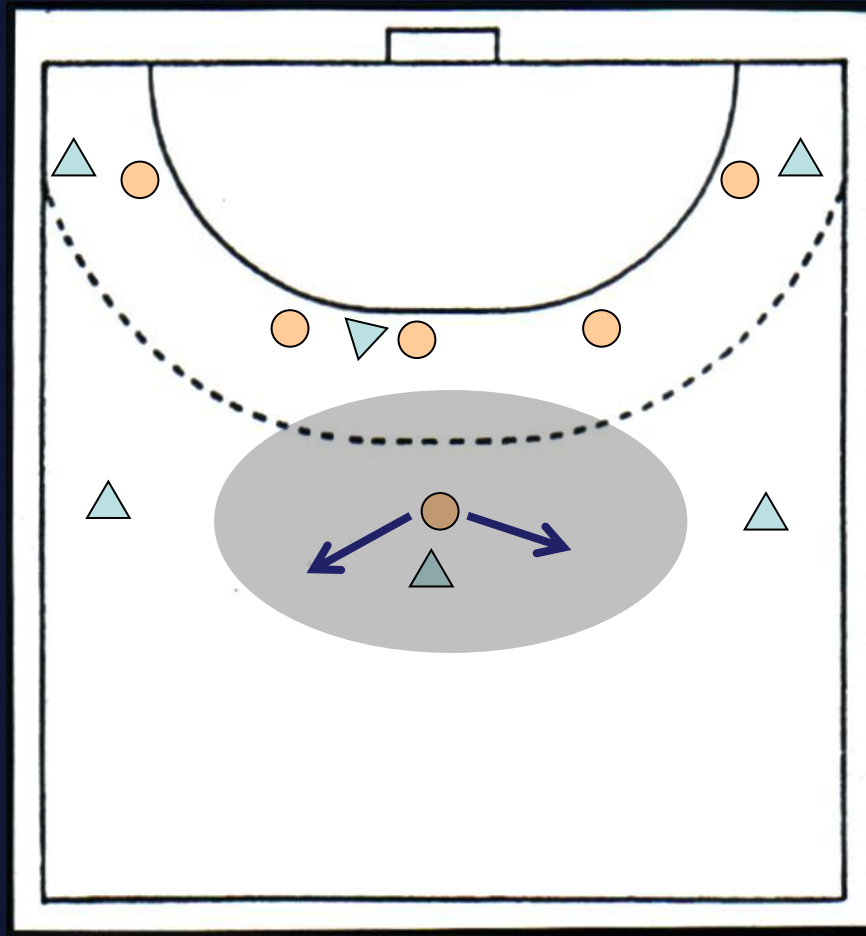


Variants of 5:1 defence

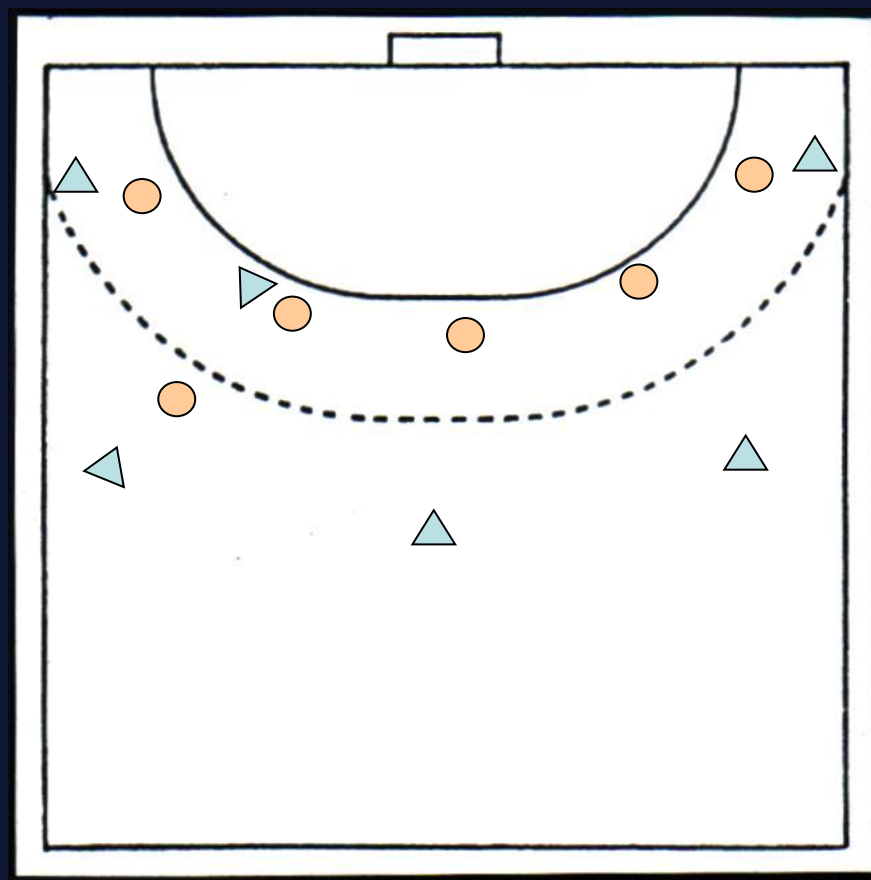
- ❑ with the forward defender on central position, guarding the center back attacker



- ❑ with the forward defender on central position, anticipative concept ➡ prevent from taking the pass



□ with the forward defender on side position (against R/L back)



Closing remarks

- ❖ Designation of playing systems describes only starting positions of defenders, not the dynamics of their actions.
- ❖ Higher performance level means, that each player has (within agreed rules) sufficient space for individual solutions
- ❖ It doesn't exist ideal playing system. It exist only teams, which can more or less eliminate the disadvantages



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