

Pokrajac Branislav

***Open
defense system
3-2-1 ; 3-3 and 4-2***

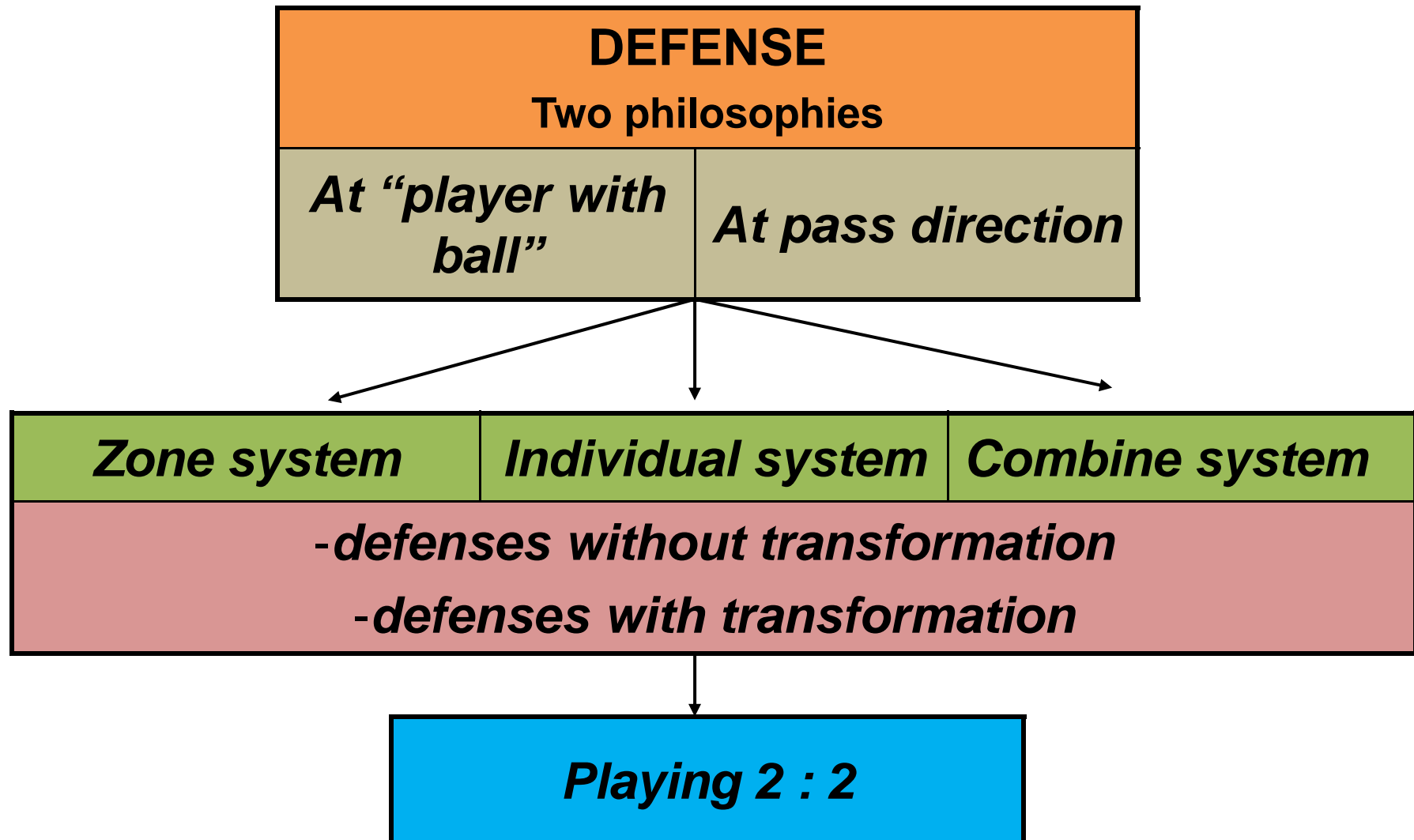
Denmark, 12-18 January, 2014



EUROPEAN HANDBALL
FEDERATION

- At the beginning: something about *terminology*:
- I don't like to use phrase “*open defense*” ,
- What it means? That we have “*open*” and “*close*” defense?
- I believe that we can talk only about “*good*” and “*bad*” defense.
- Let's talk about *good* defense, *not open*.

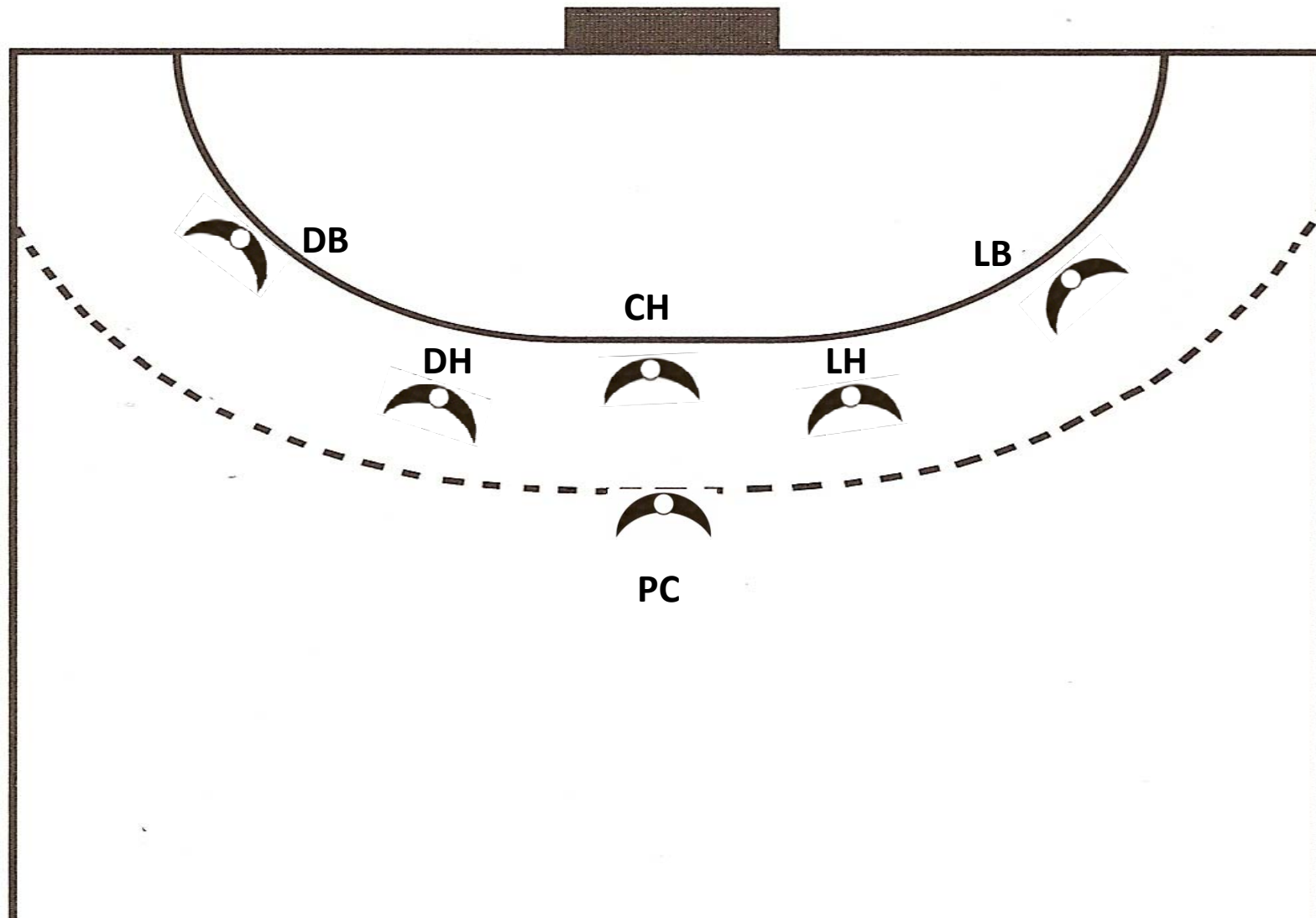


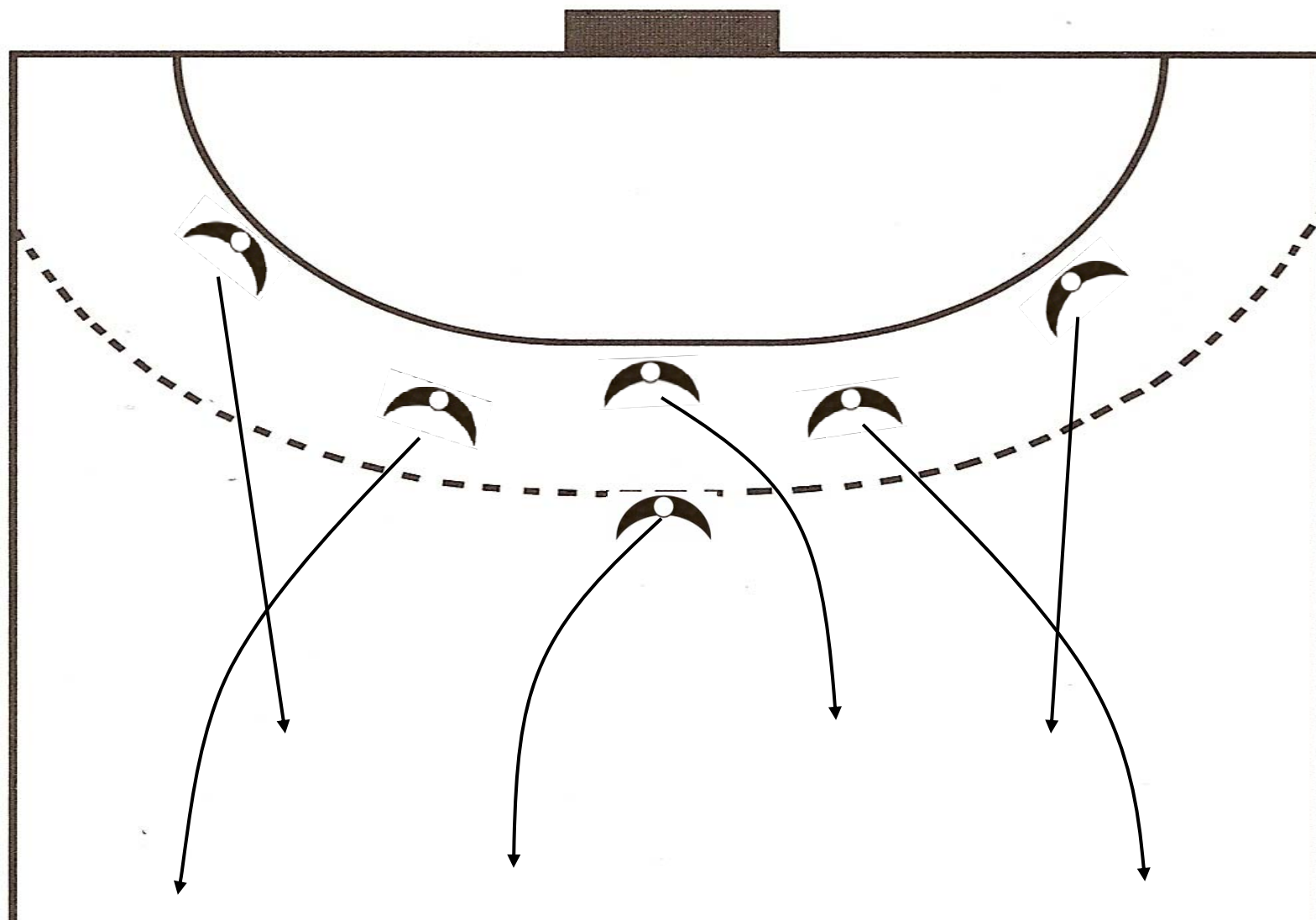


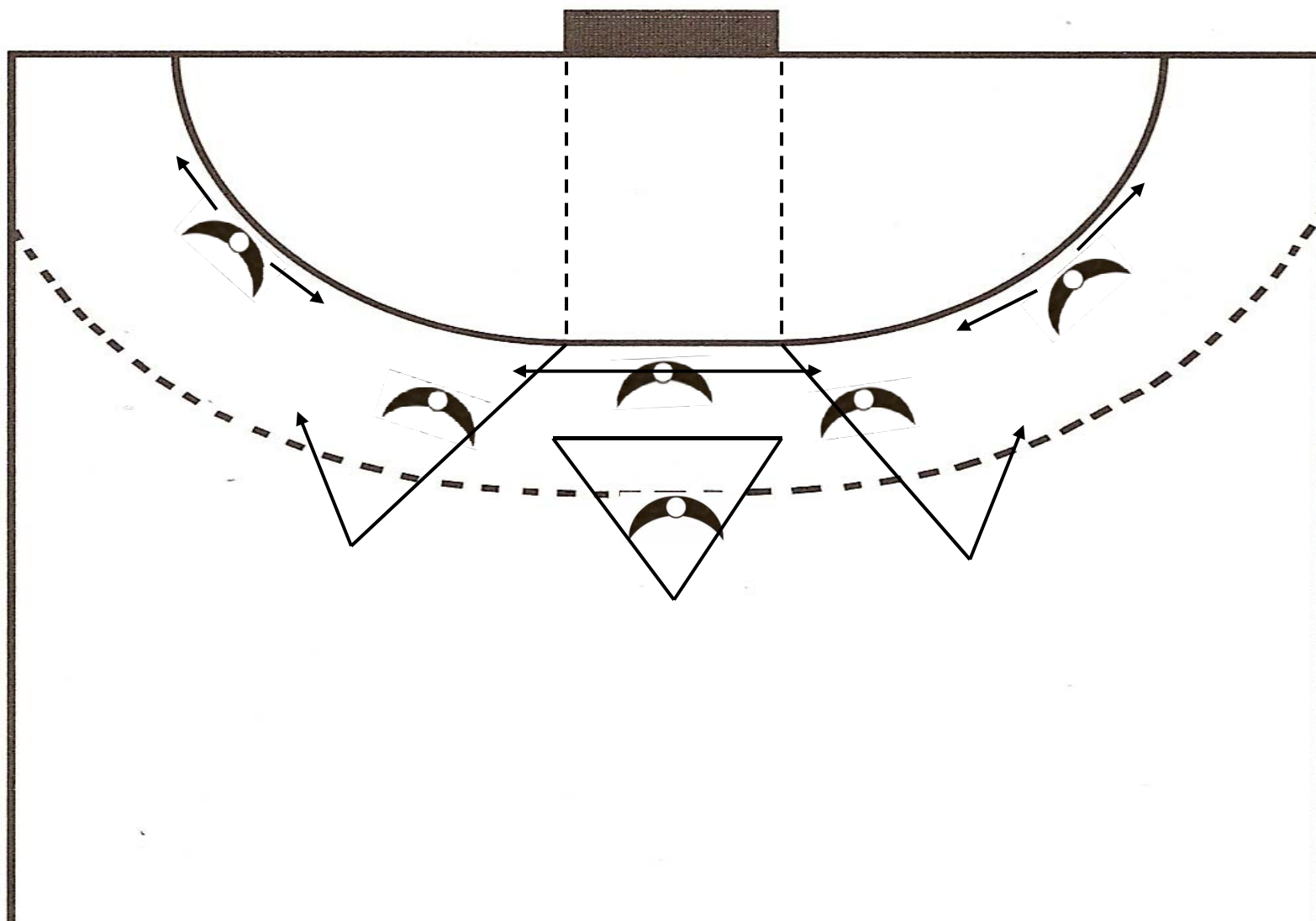
***Open
defense system
3-2-1***

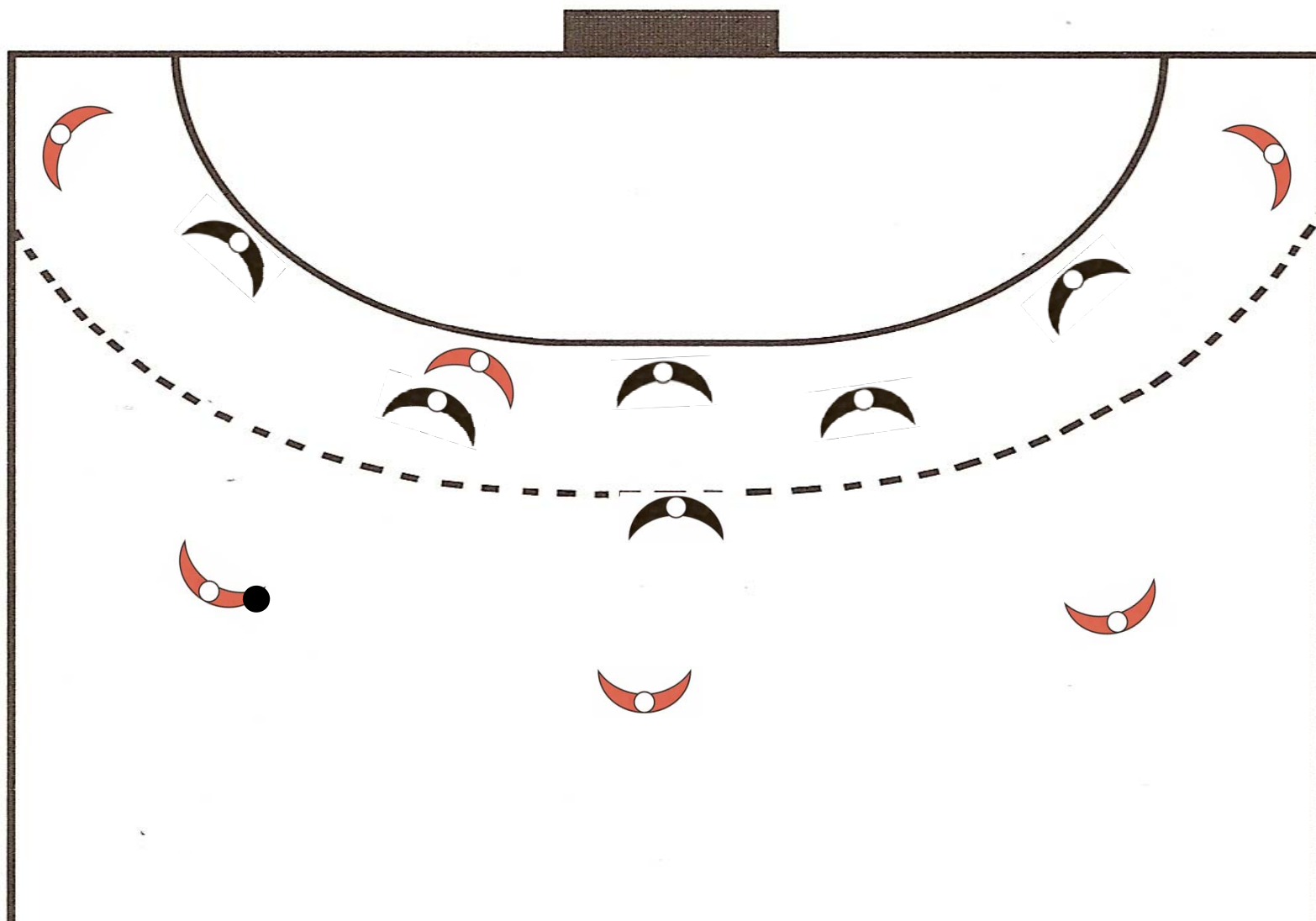


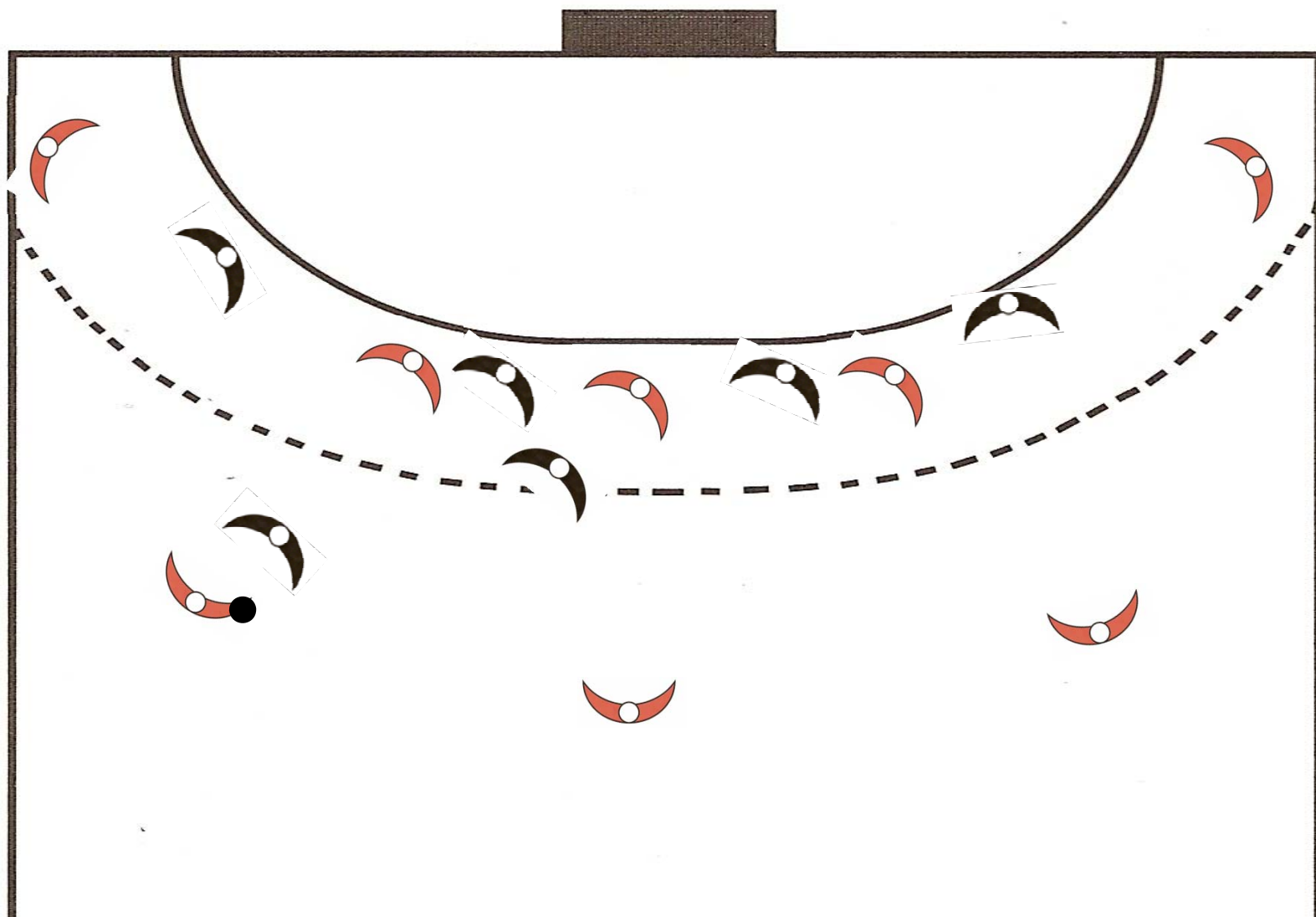
EUROPEAN HANDBALL
FEDERATION

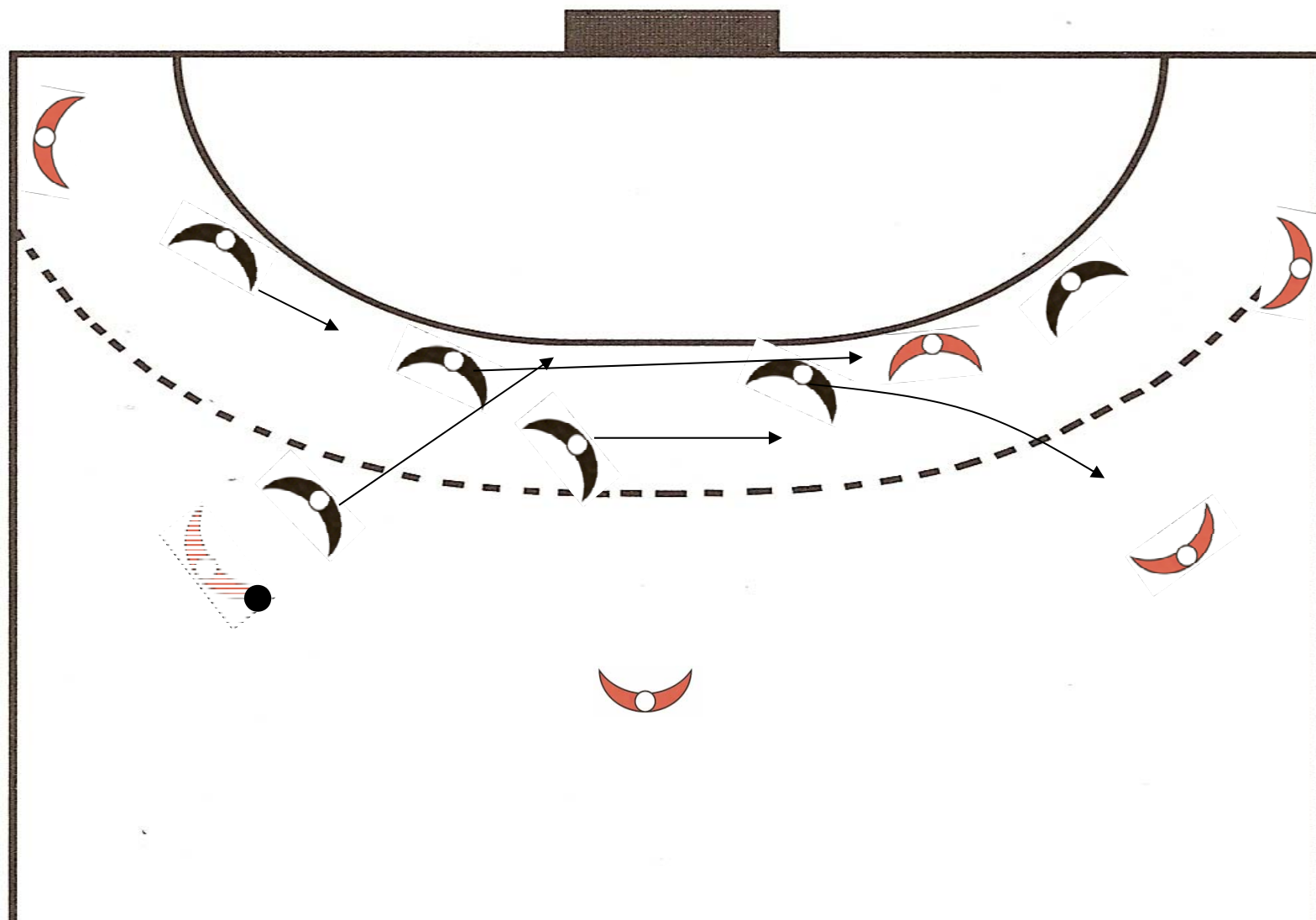


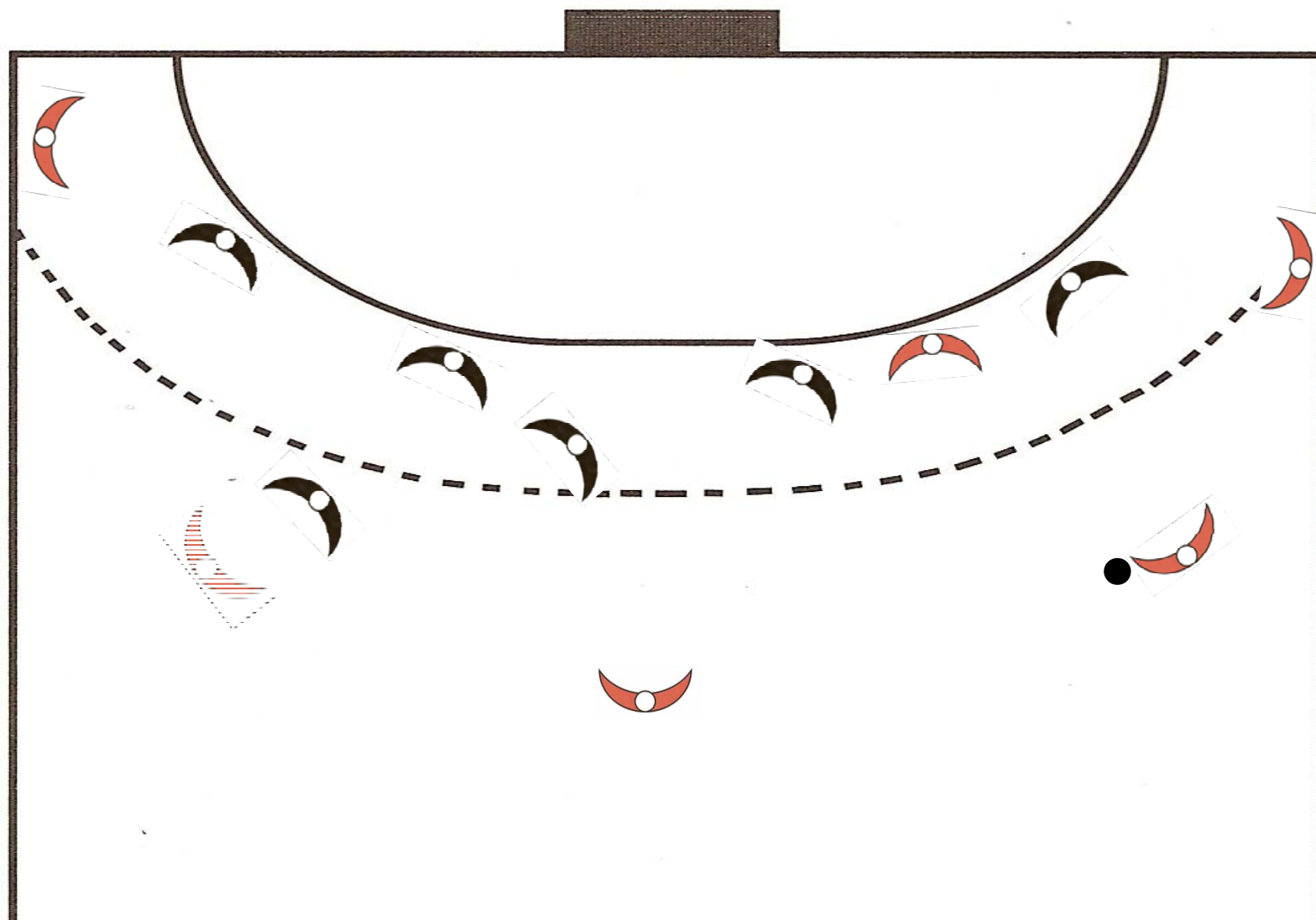


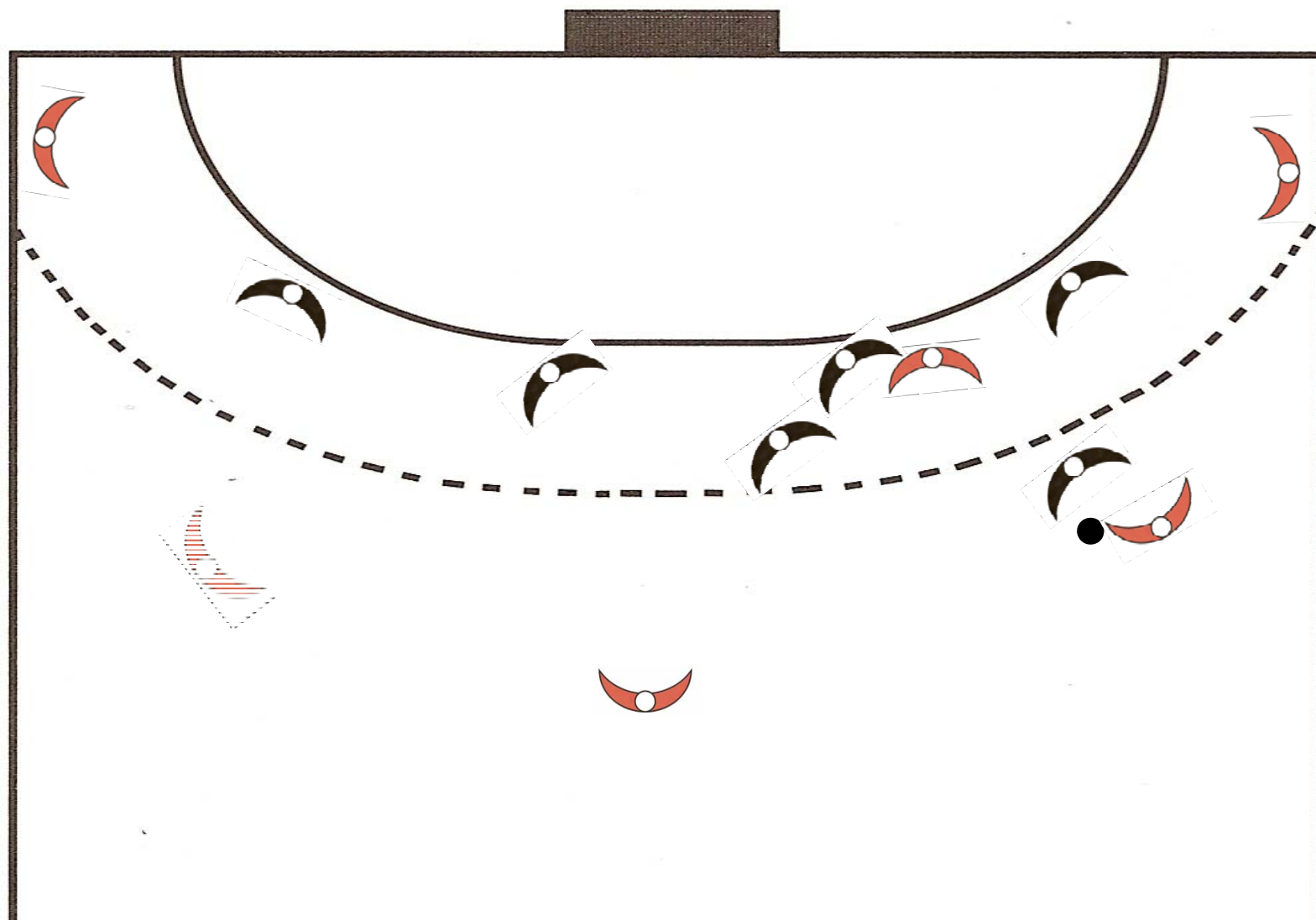


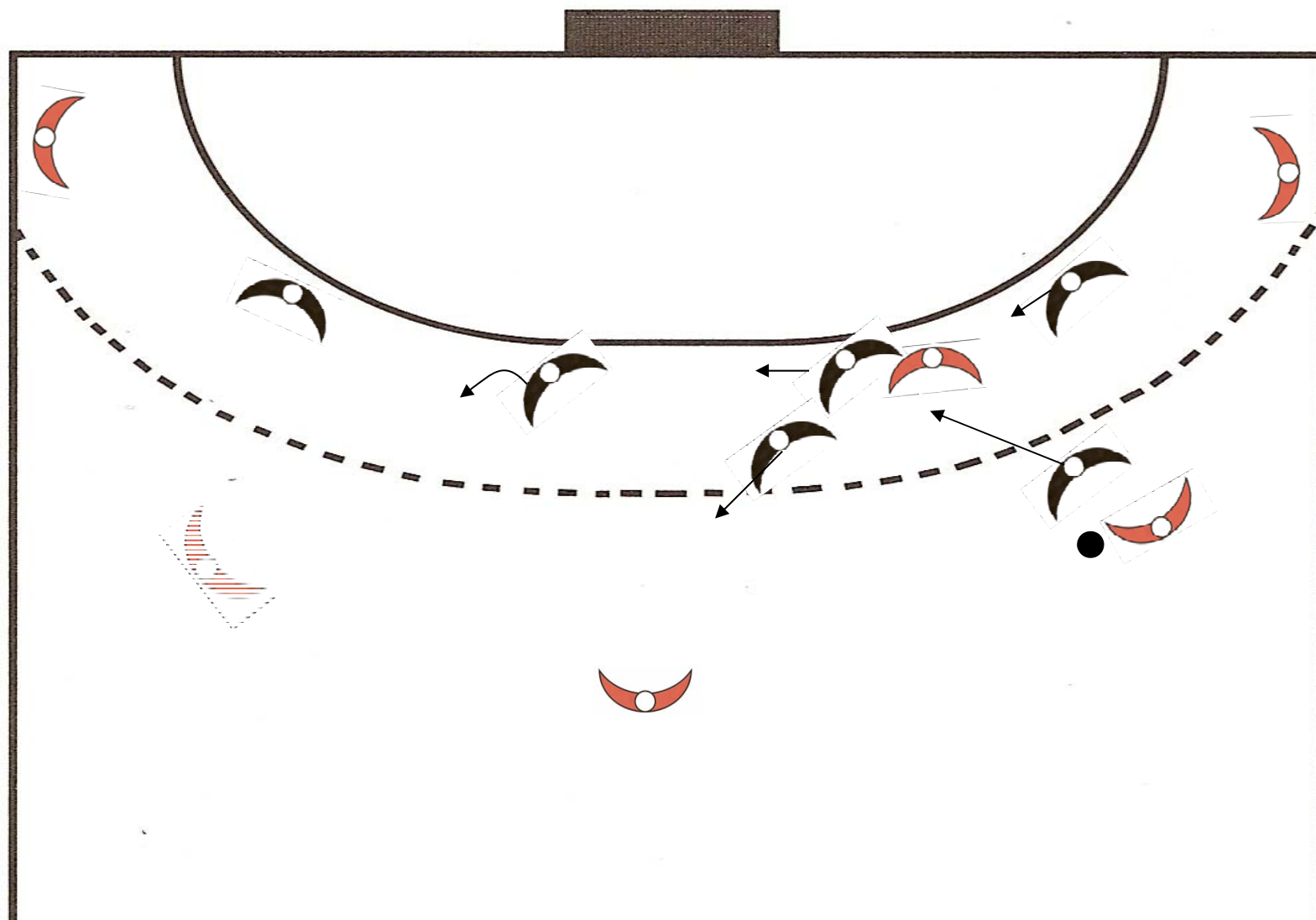


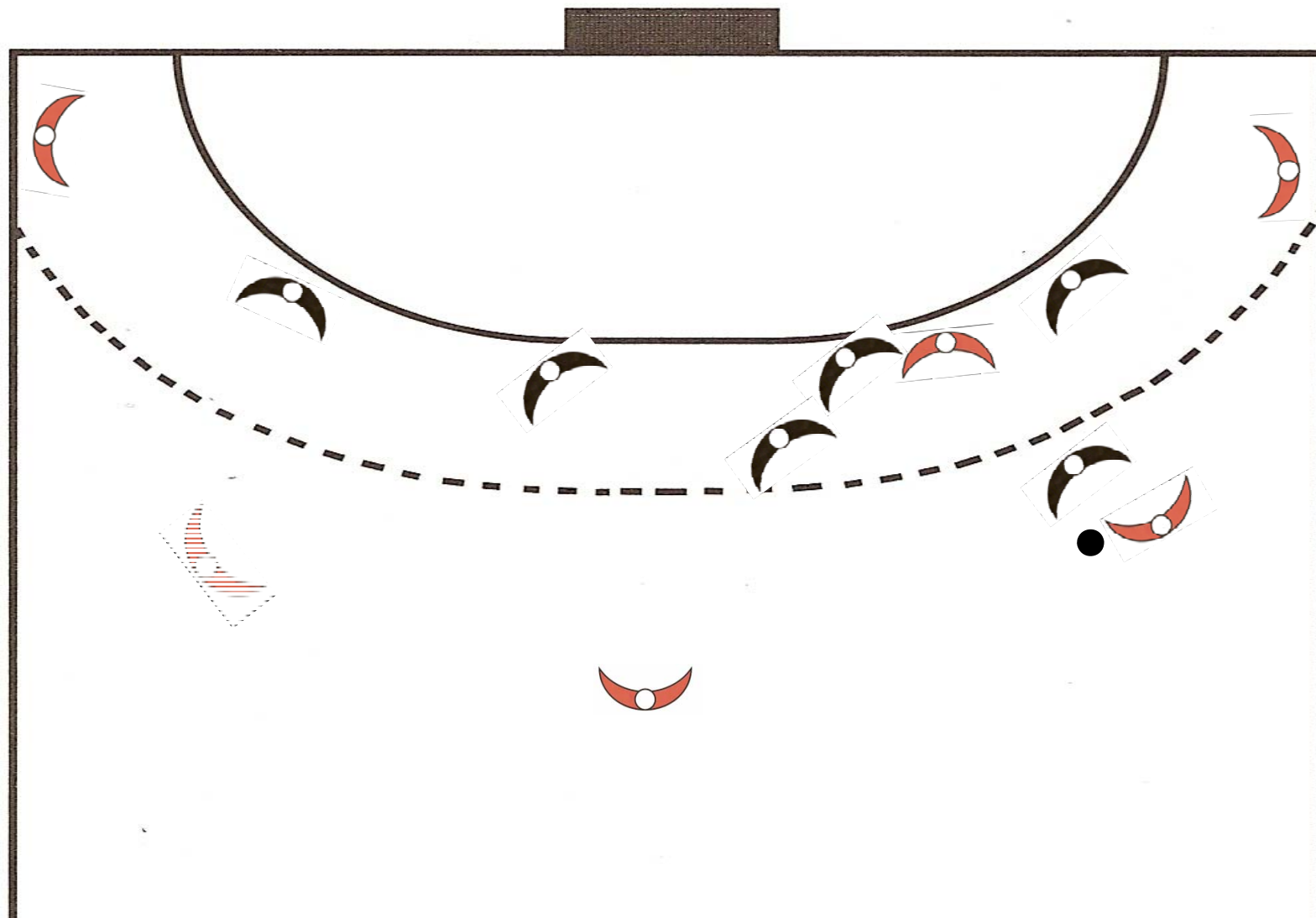


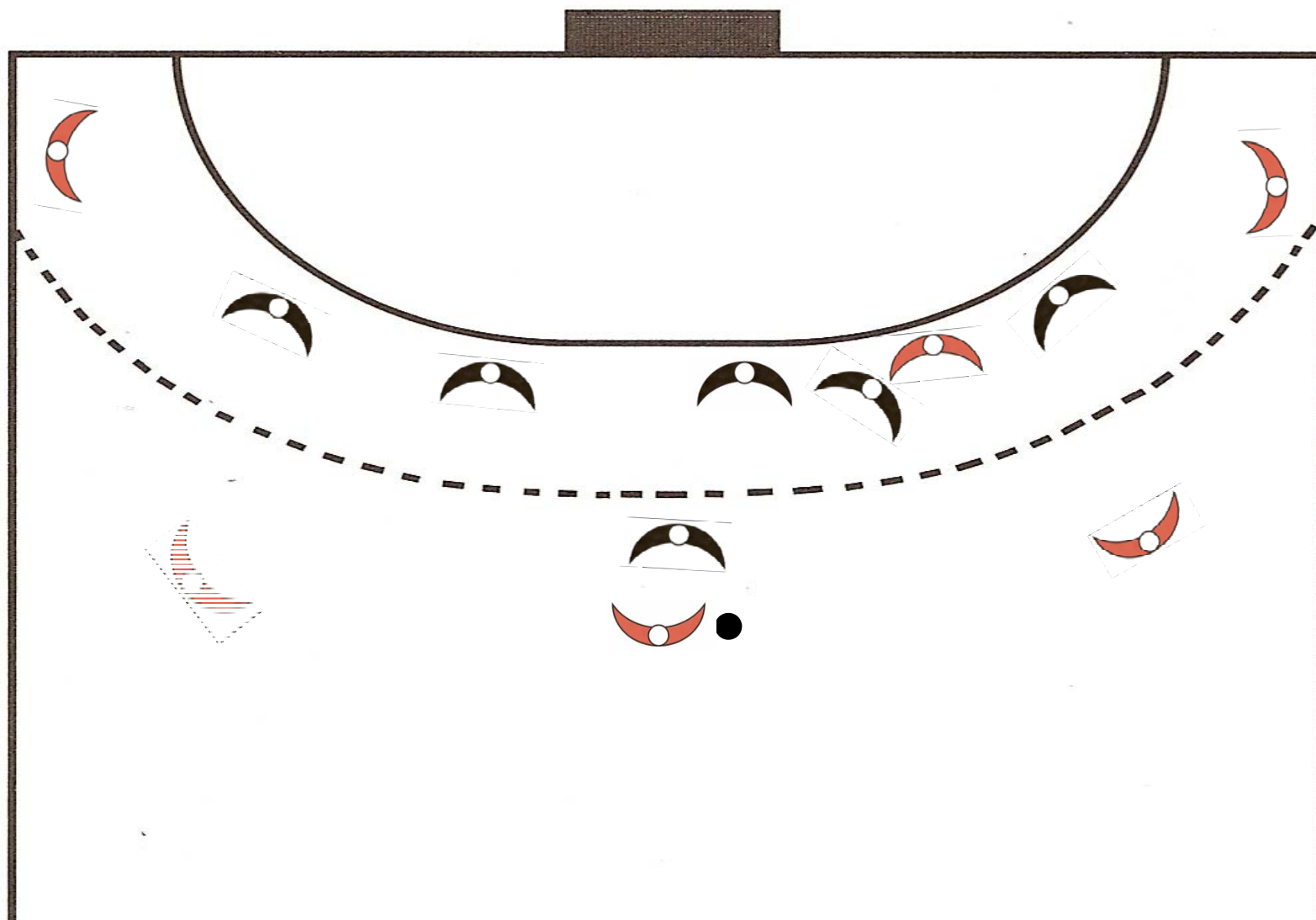












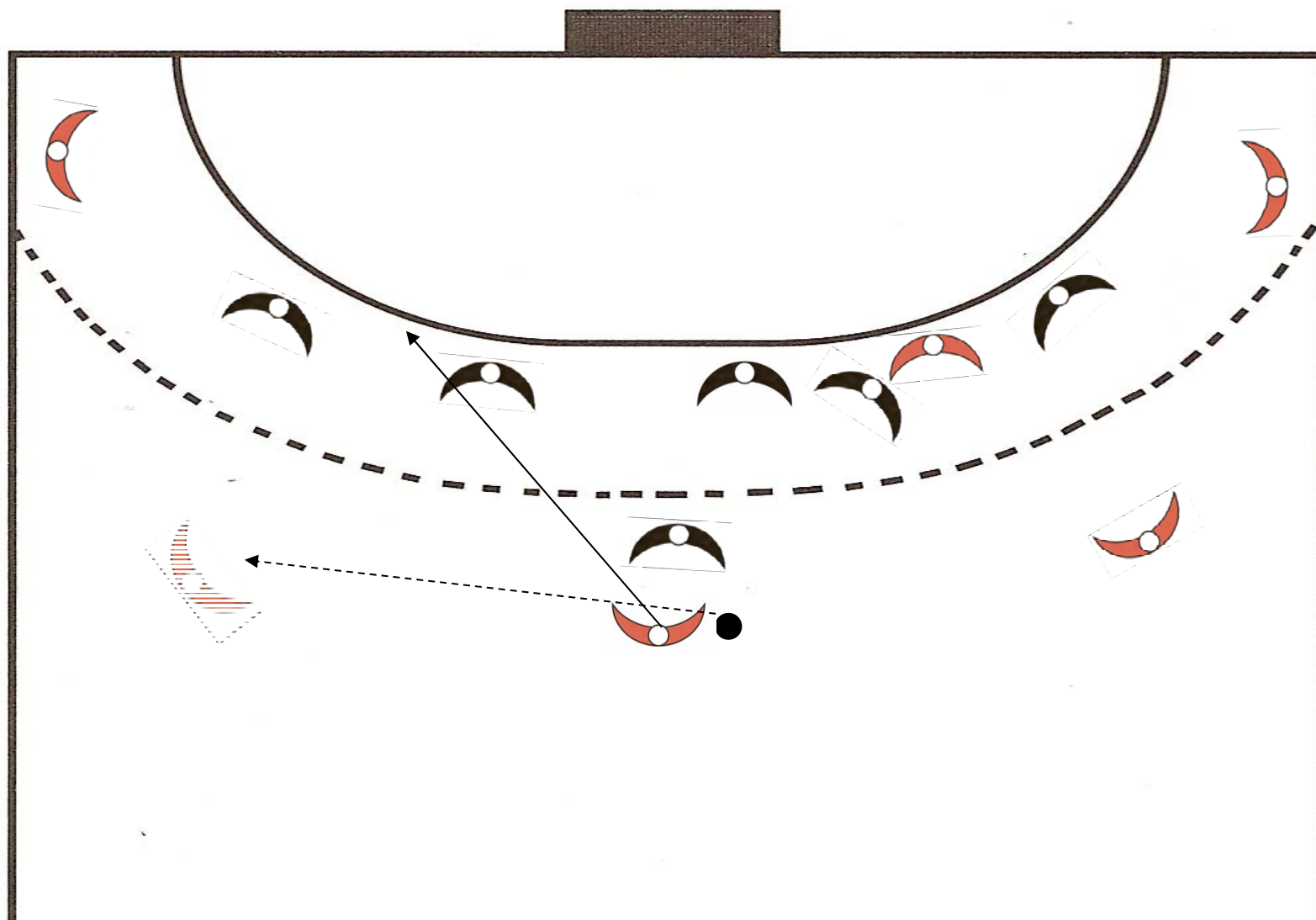
The most important details of 3:2:1 defense are:

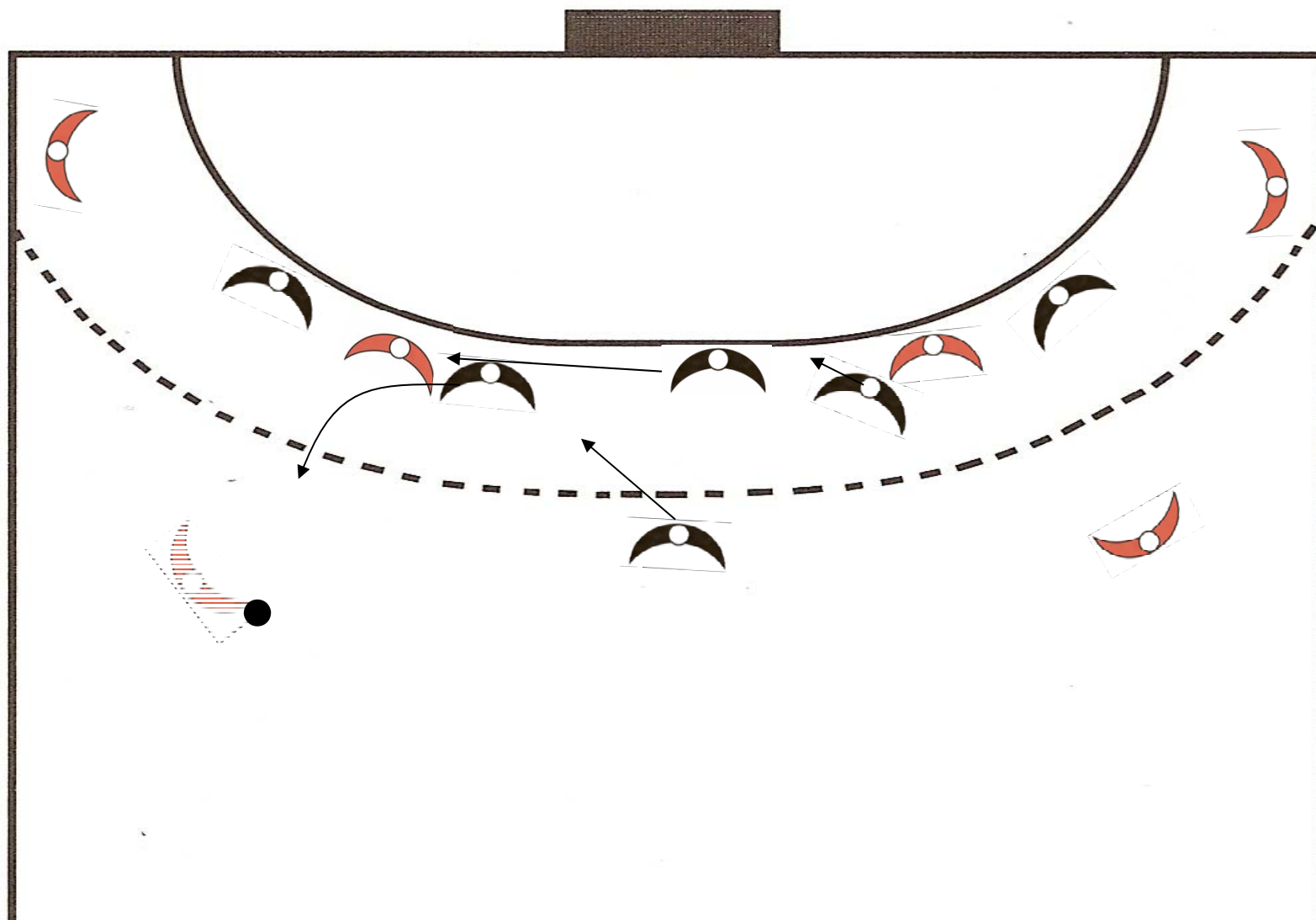
- Aggressiveness of **front (first) line**. This aggressiveness means “**speed**” against “**power**”. Because that ***half players*** and ***FC*** run till 10; 11 and sometimes 12 m what depend of their physical preparation and speed. The basic idea is ***to make foul in moment when back player receives the ball.***

- It is not necessary to go out at 10; 11 or 12 m if the back players are passive (what can be after few fouls) and if they use passing without attack at goal.
- Every player moves (change his position) when ***ball leaves hand of attack player*** (not during swing of the hand). If only one player make mistake 3:2:1 defence can be in problem.

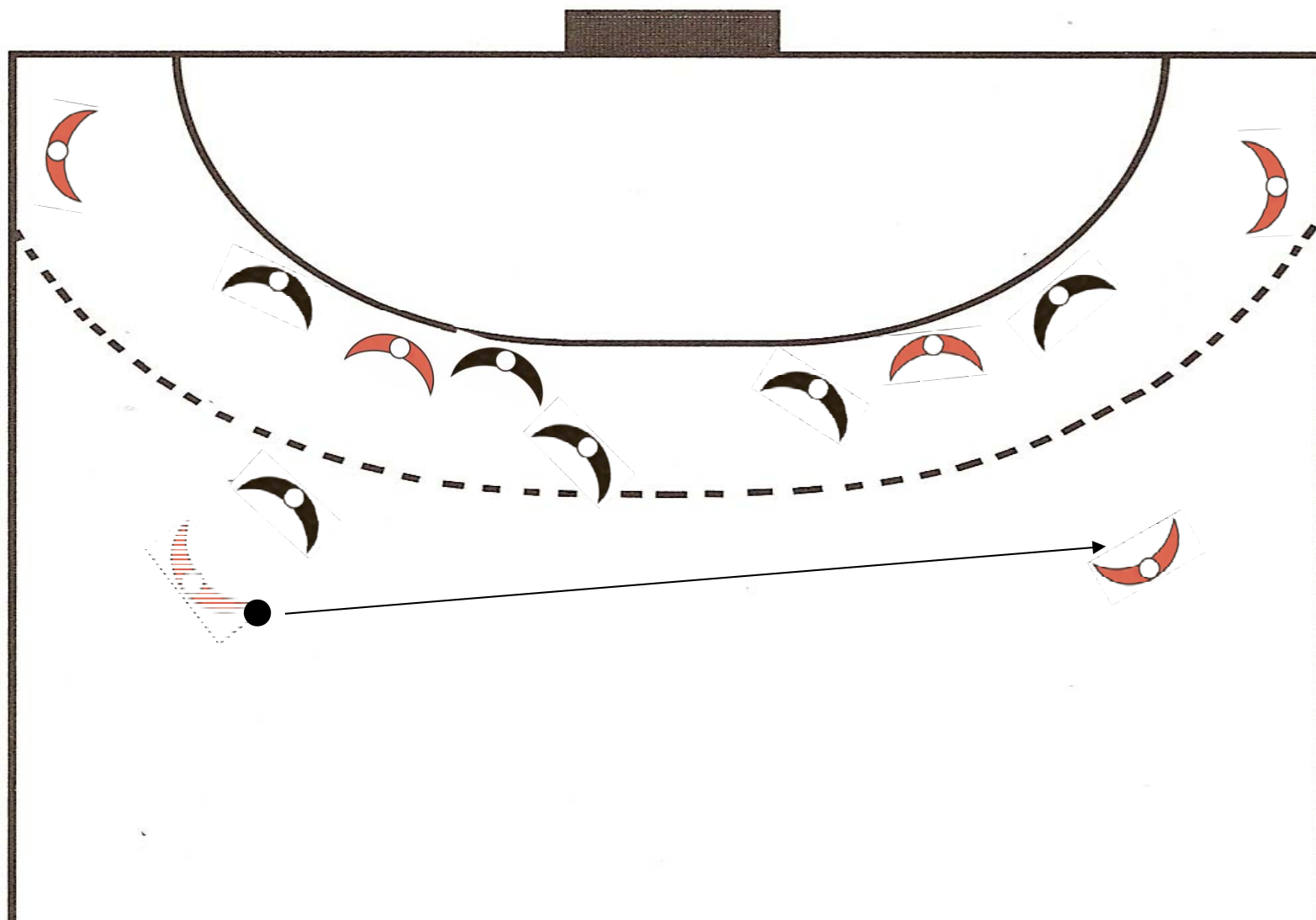
- If ***half players*** or ***FC*** didn't come till player with ball and he passed ball before, they have to stop their running (they don't come till back player) and take new position depend where is ball.
- During going out (from 6 to 10m; 11m or more) half players and FC have to expect that back player will try to pass ball "through the head" and to block or steal this ball.

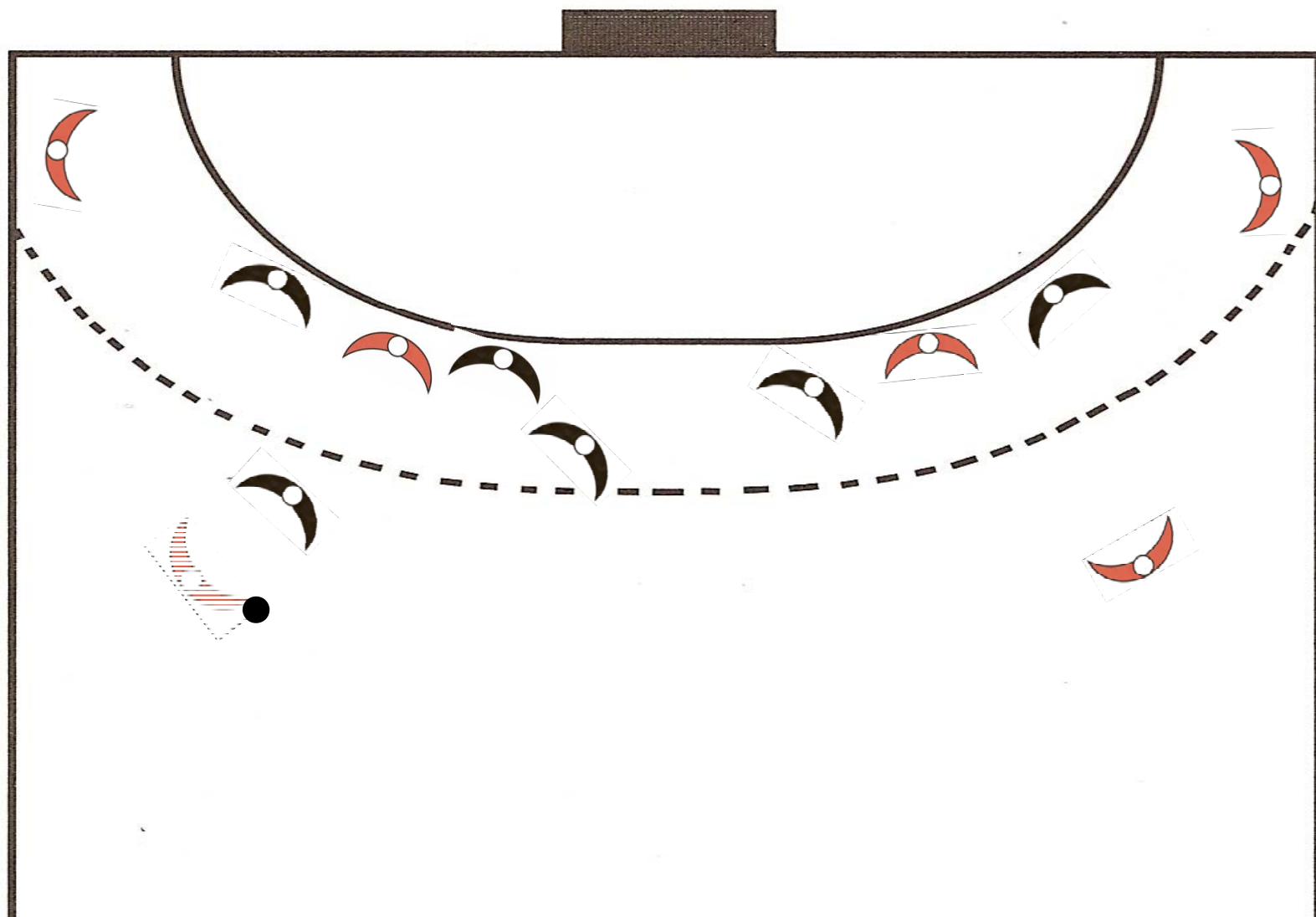
- **Half players** and **FC** don't allowed blockade especially of pivot man. **CH** has to shout "blockade" and half players and FC will go one step more (to go out of blockade) and to make foul with back player in front of them.
- Back players (last players) in defence "have to stop" running of wing players behind backs of half players.

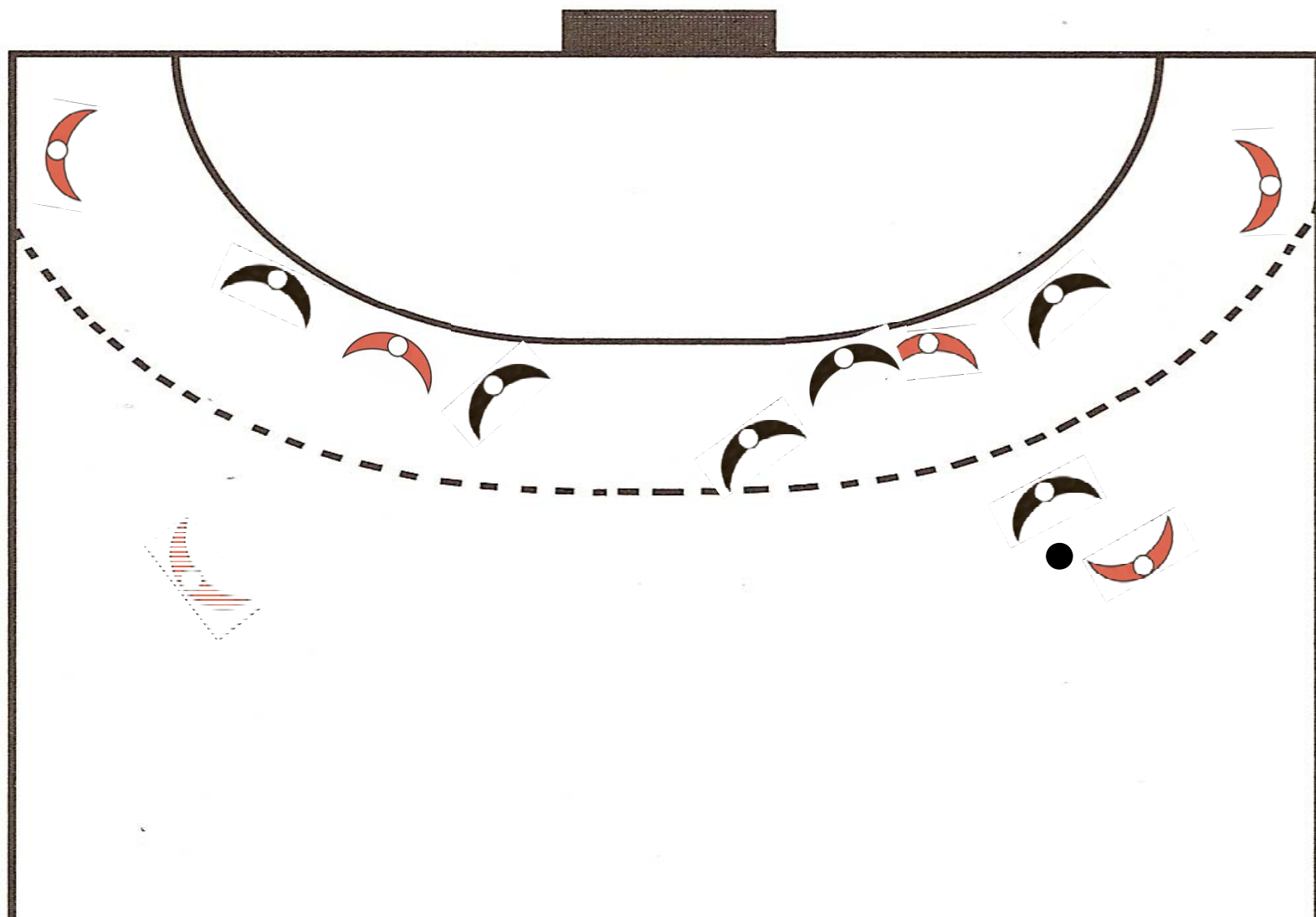


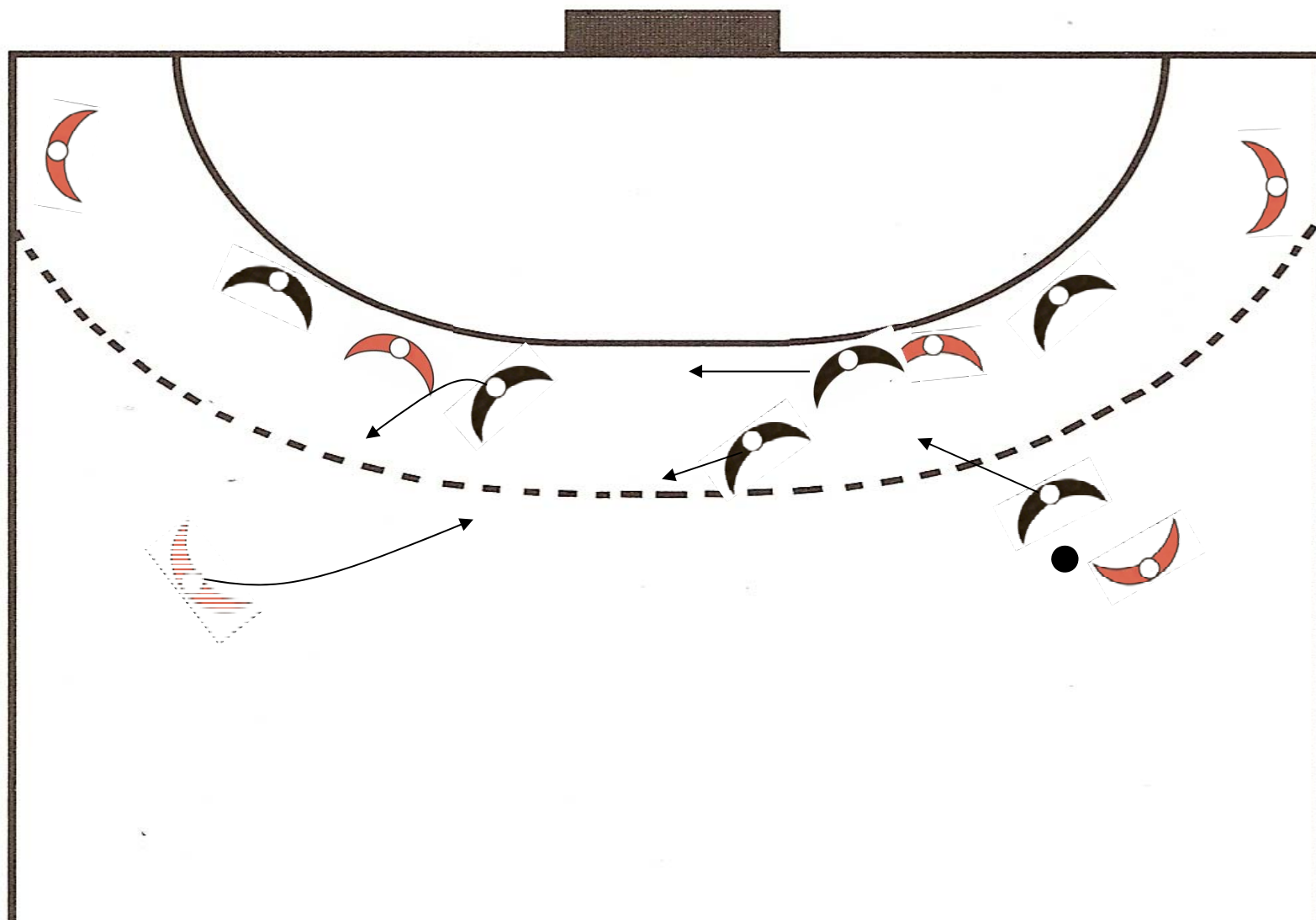


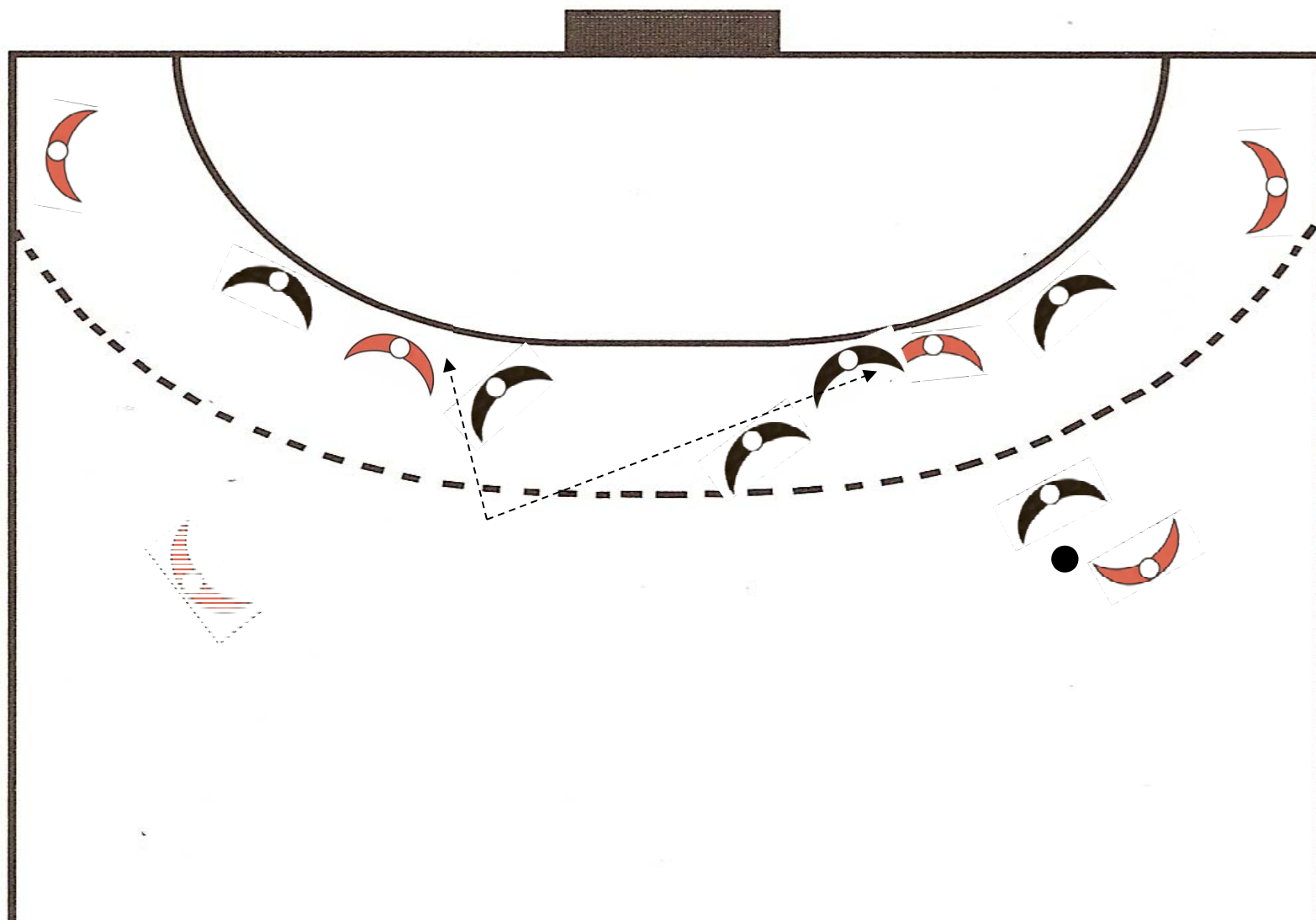


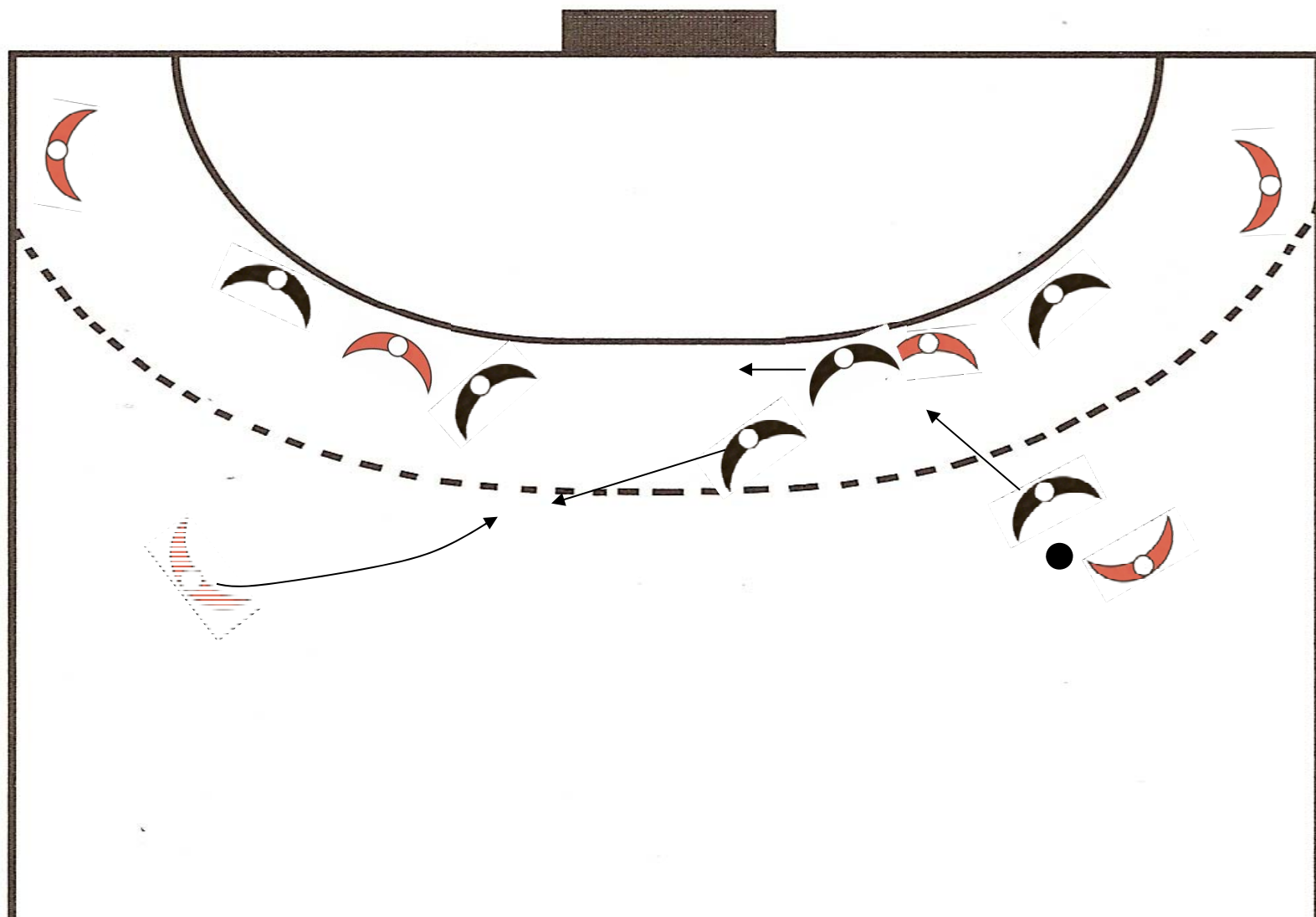


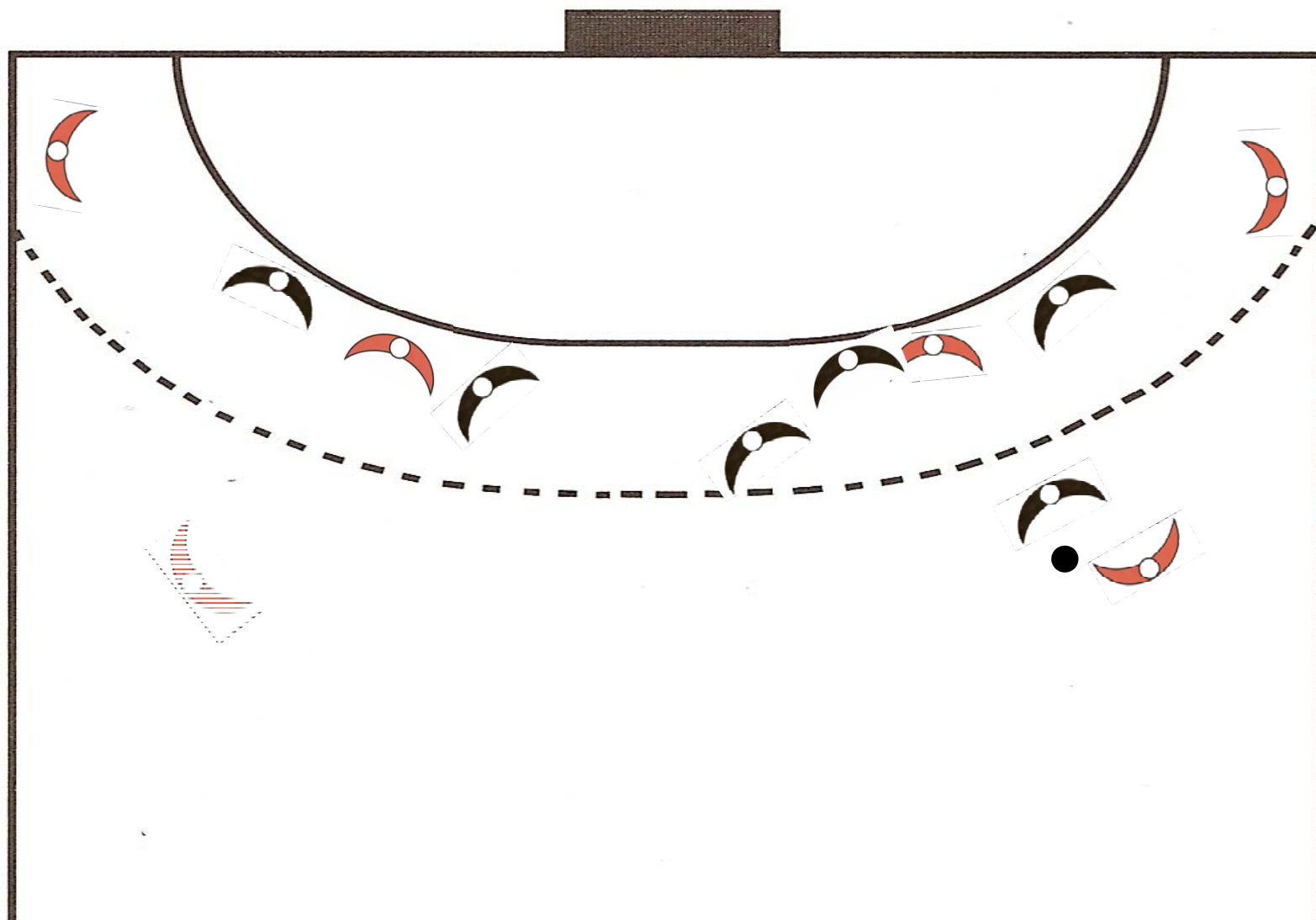


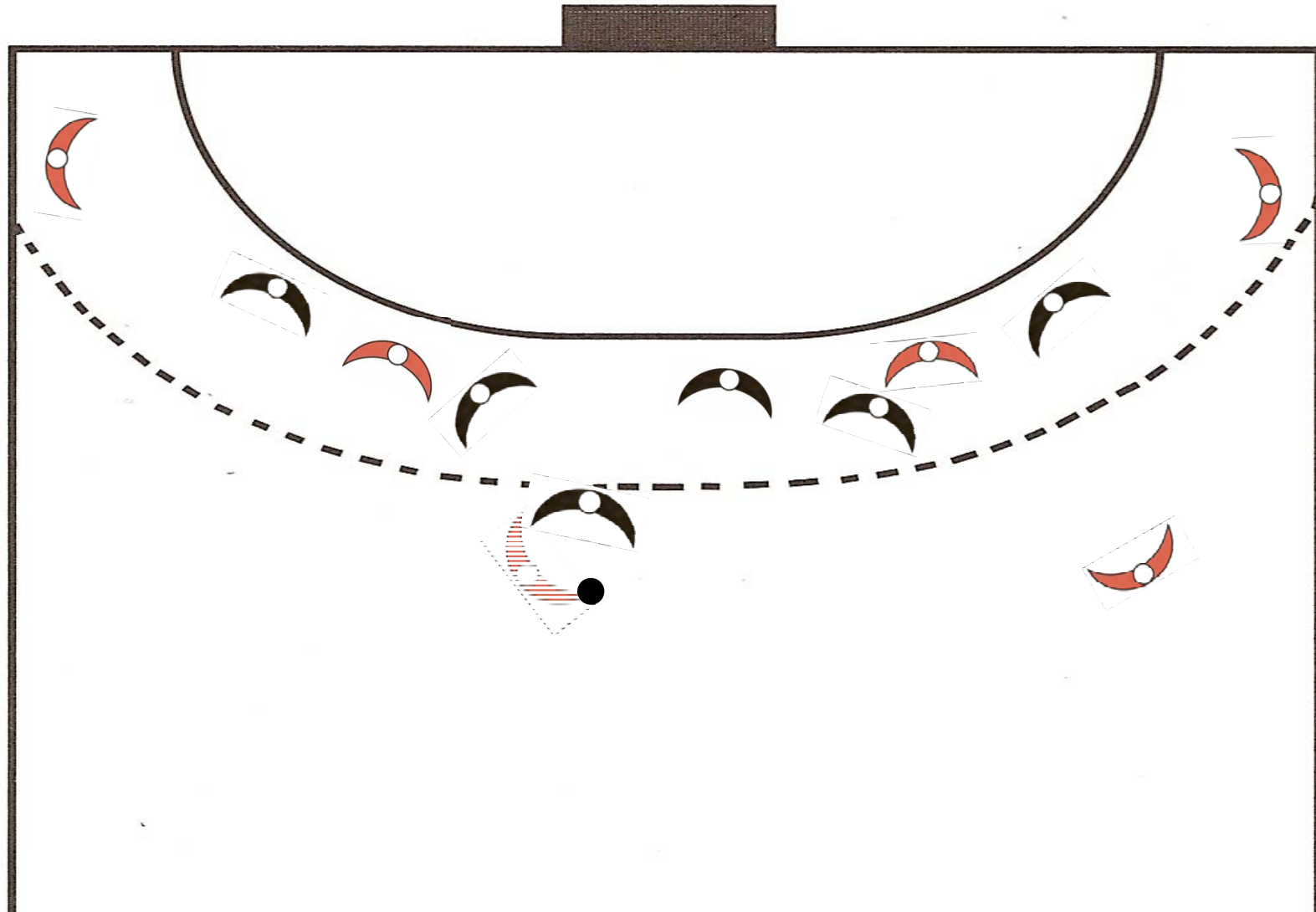


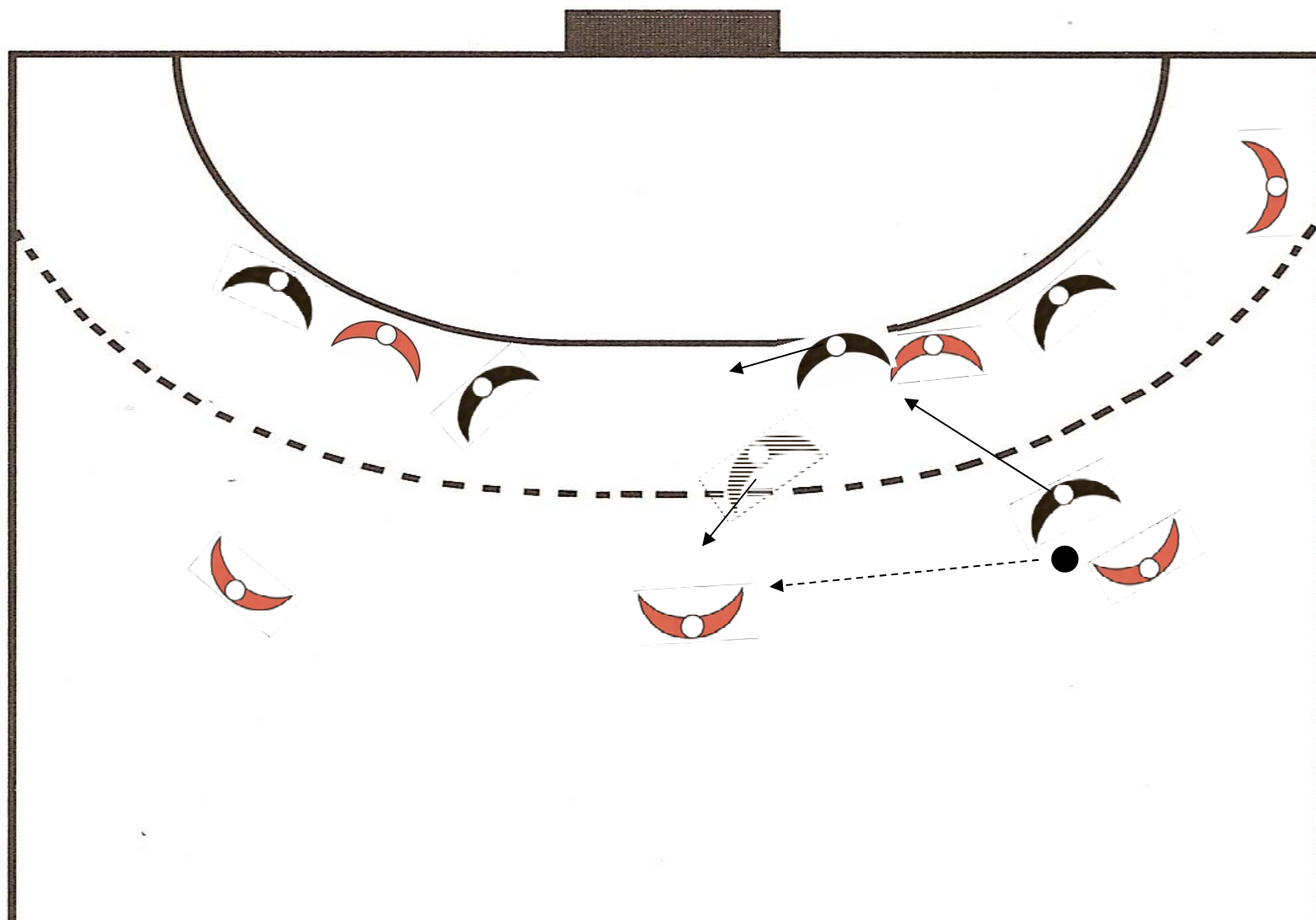


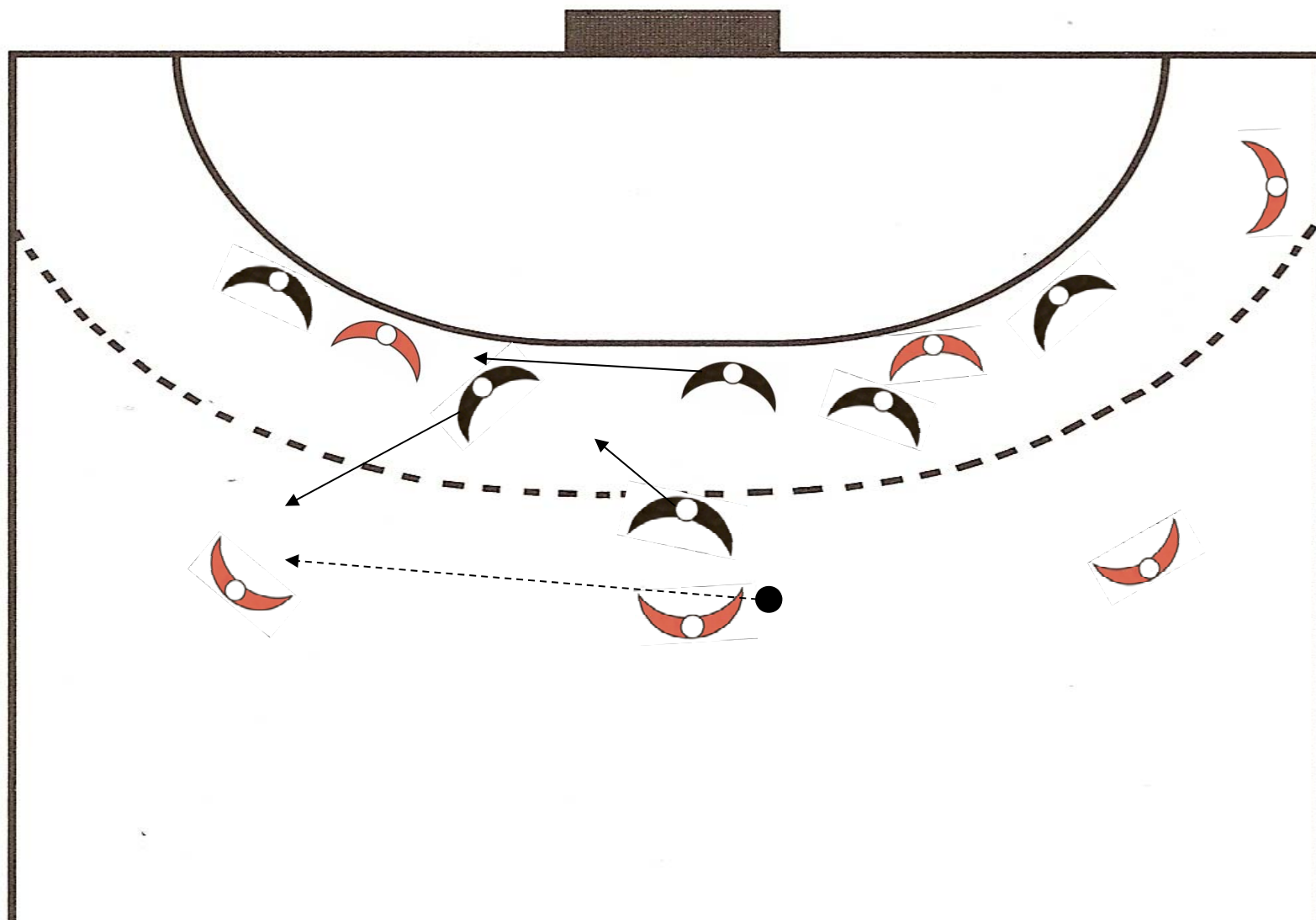


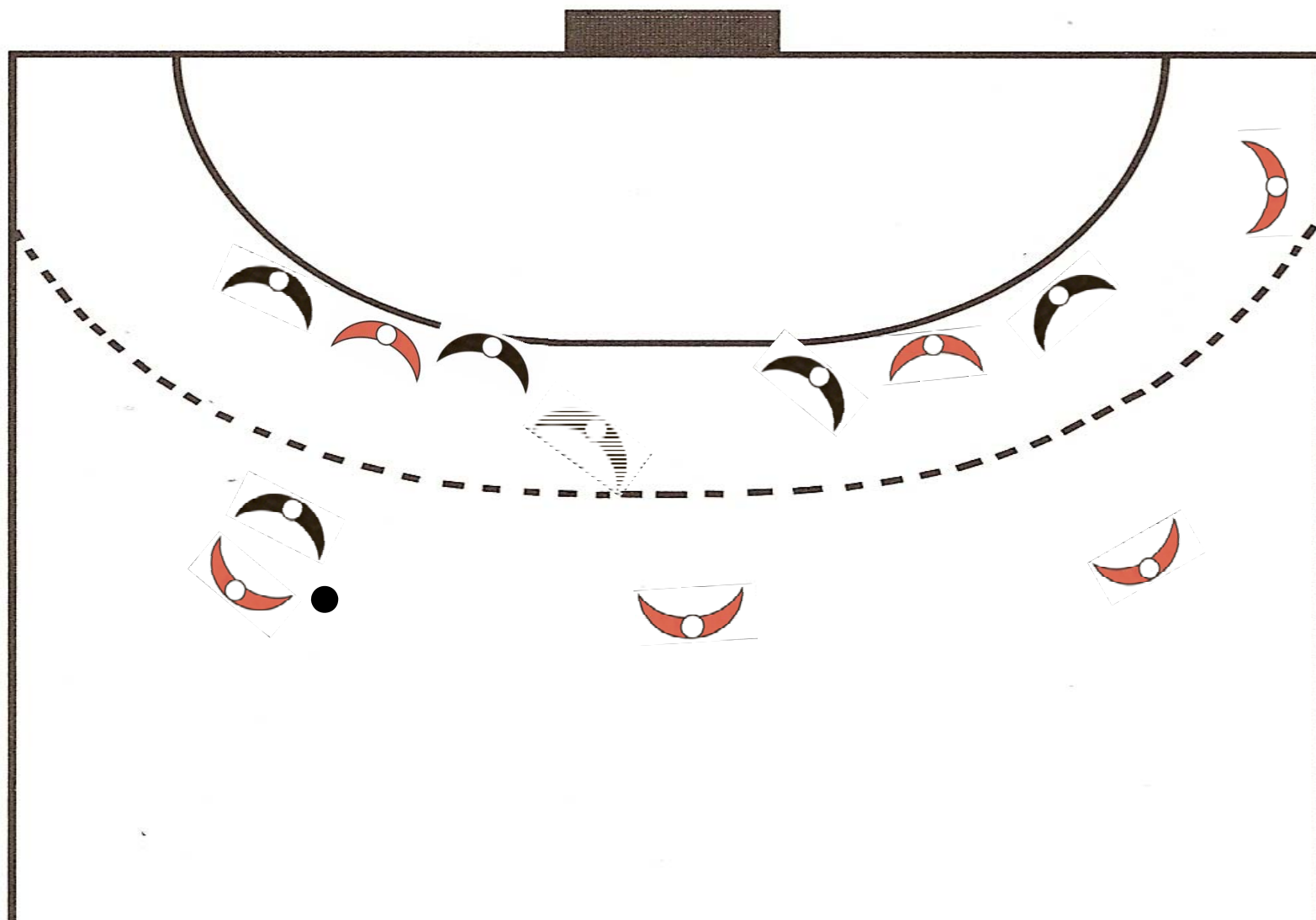












Pokrajac Branislav

***Open
defense system
3-3 (zone press)***

Denmark, 12-18 January, 2014



EUROPEAN HANDBALL
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- I have to say that this defense I expect in handball more then 15 years and still I have no explanation why we don't use this defense much more,
- Usually coaches use this defense (or clear pressing) in “lost” situation, when they lose the game, very often and successfully but after that they forget this defense.
- I really believe that defense 3:3 (zone press) is future of handball. Why?
- Zone press is defense very often in basketball, why in handball we don't use it more? Where is problem?
- I think we have better possibilities to use zone press then basketball. These are facts:



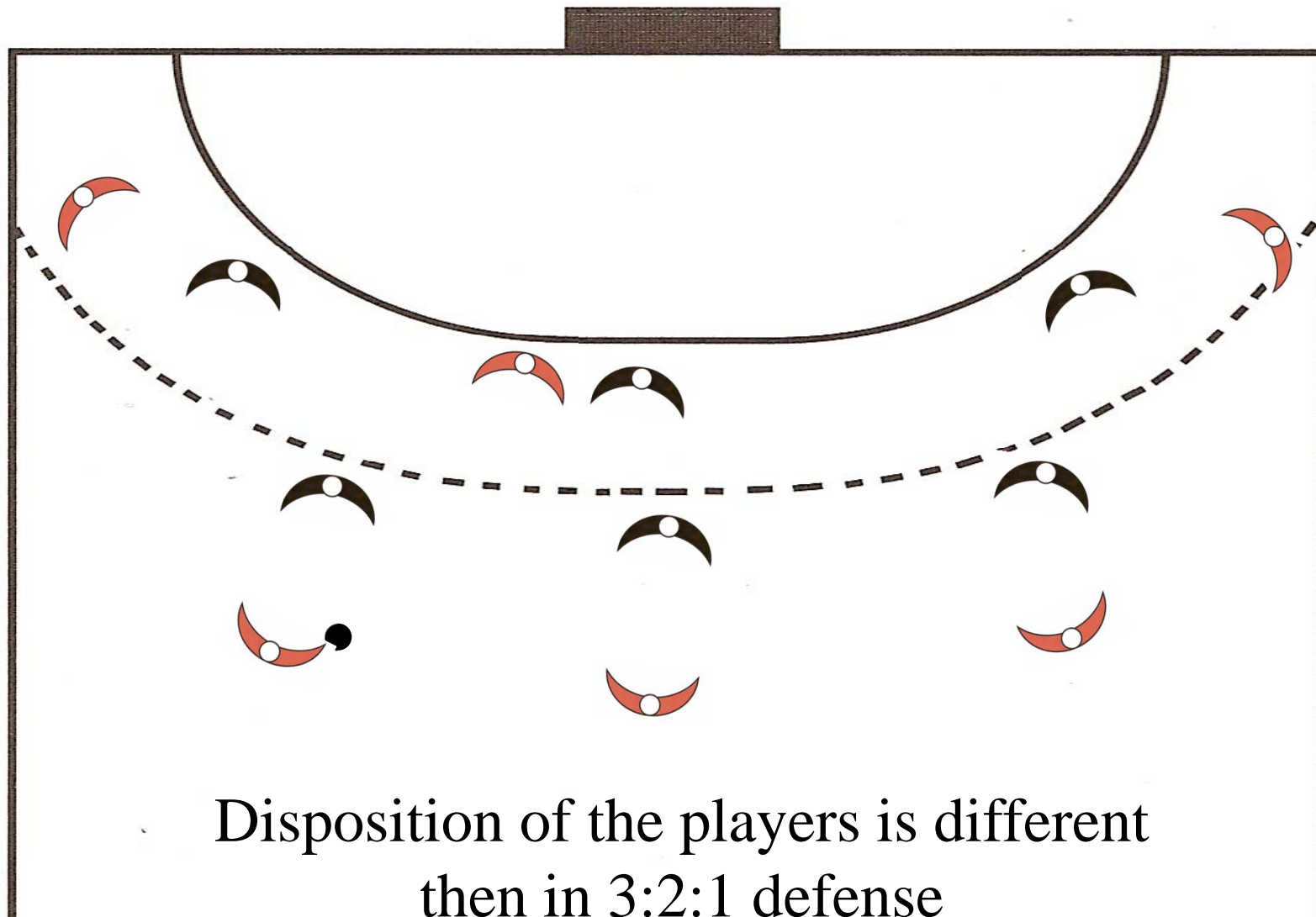
- In basketball they can run through the racket, under the basket, in handball nobody can come in 6m,
- In basketball there is limit of 5 fouls, in handball we have no limit, foul is part of tactic,
- In basketball is possible shoot from any position, in handball it can be only between 6 and 10-11 m.

Are these facts serious, true?

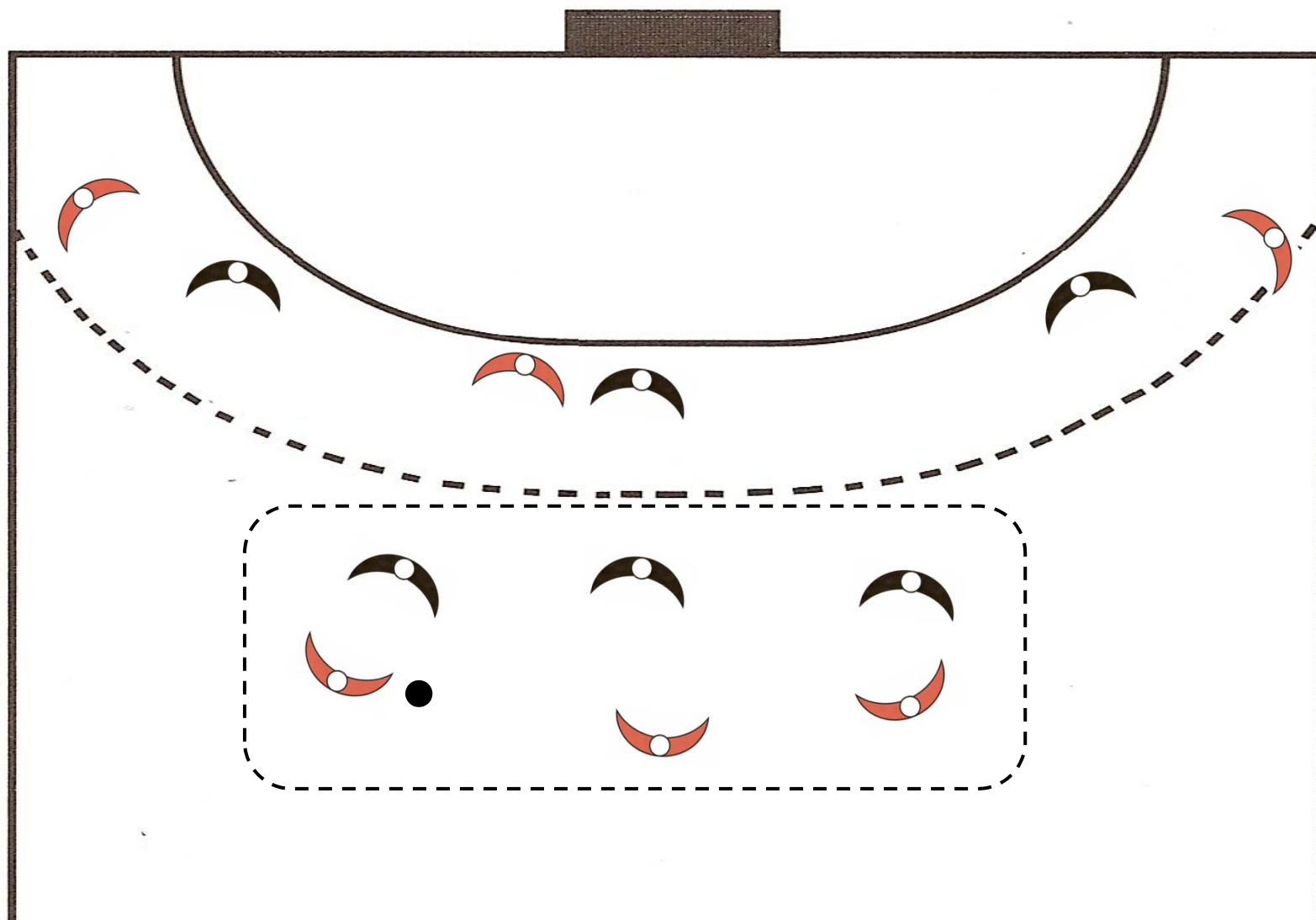
Let's go now to talk more about 3:3 (zone press)

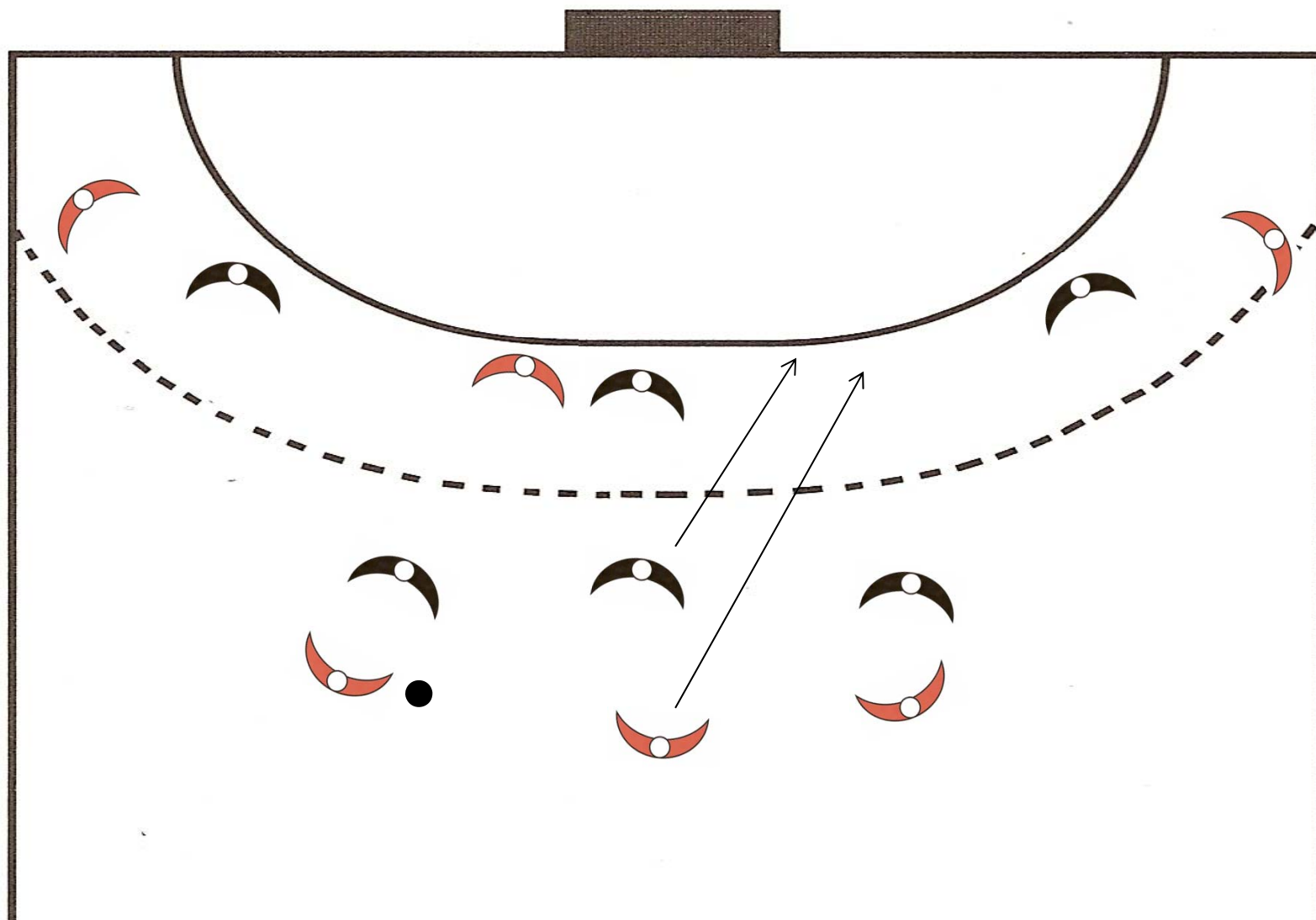
- Defense 3:3 (zone press) is possible to play only with transformation.
- Because that all players have to be ready to play 1:1, more then in only zone defense systems.

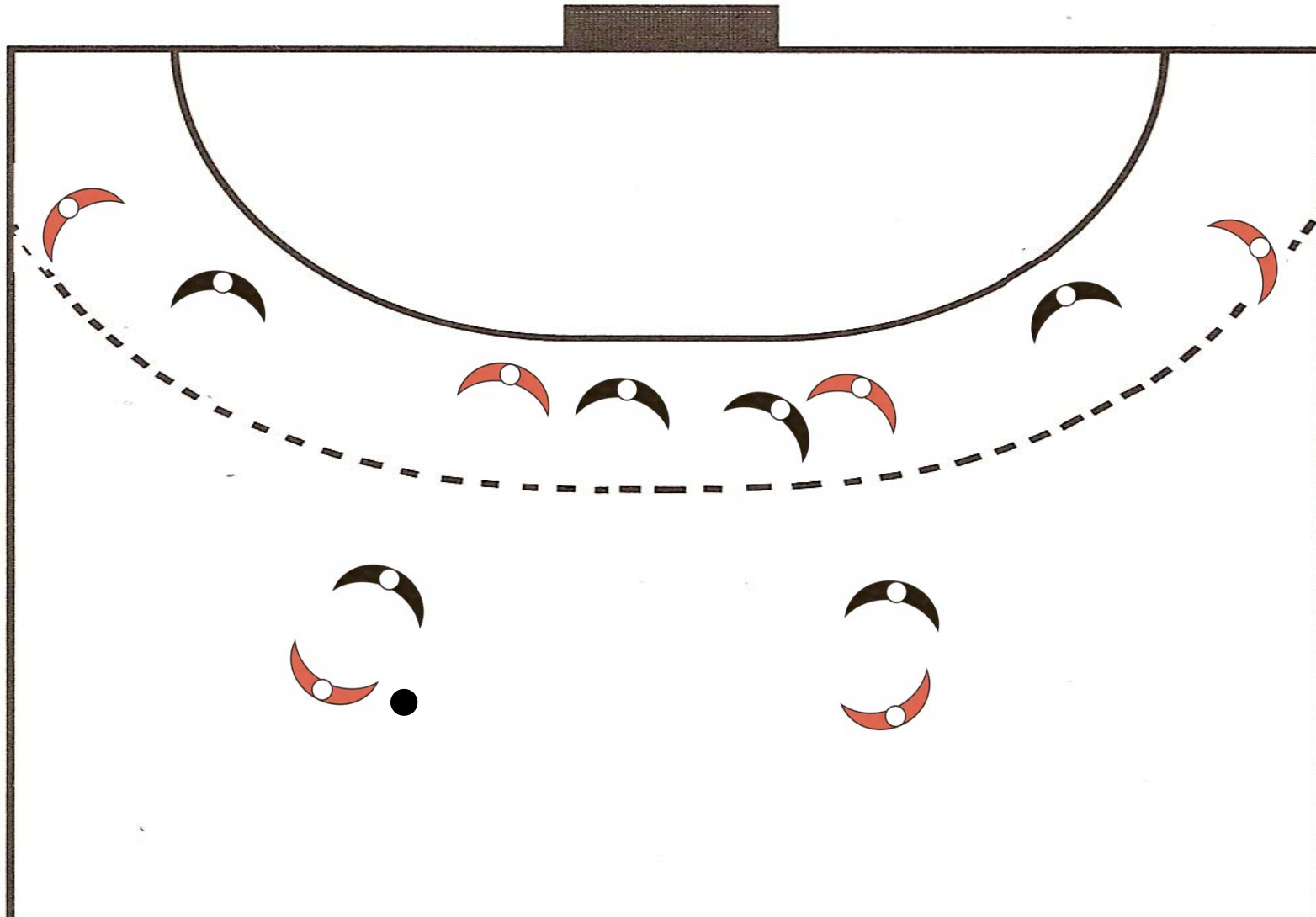


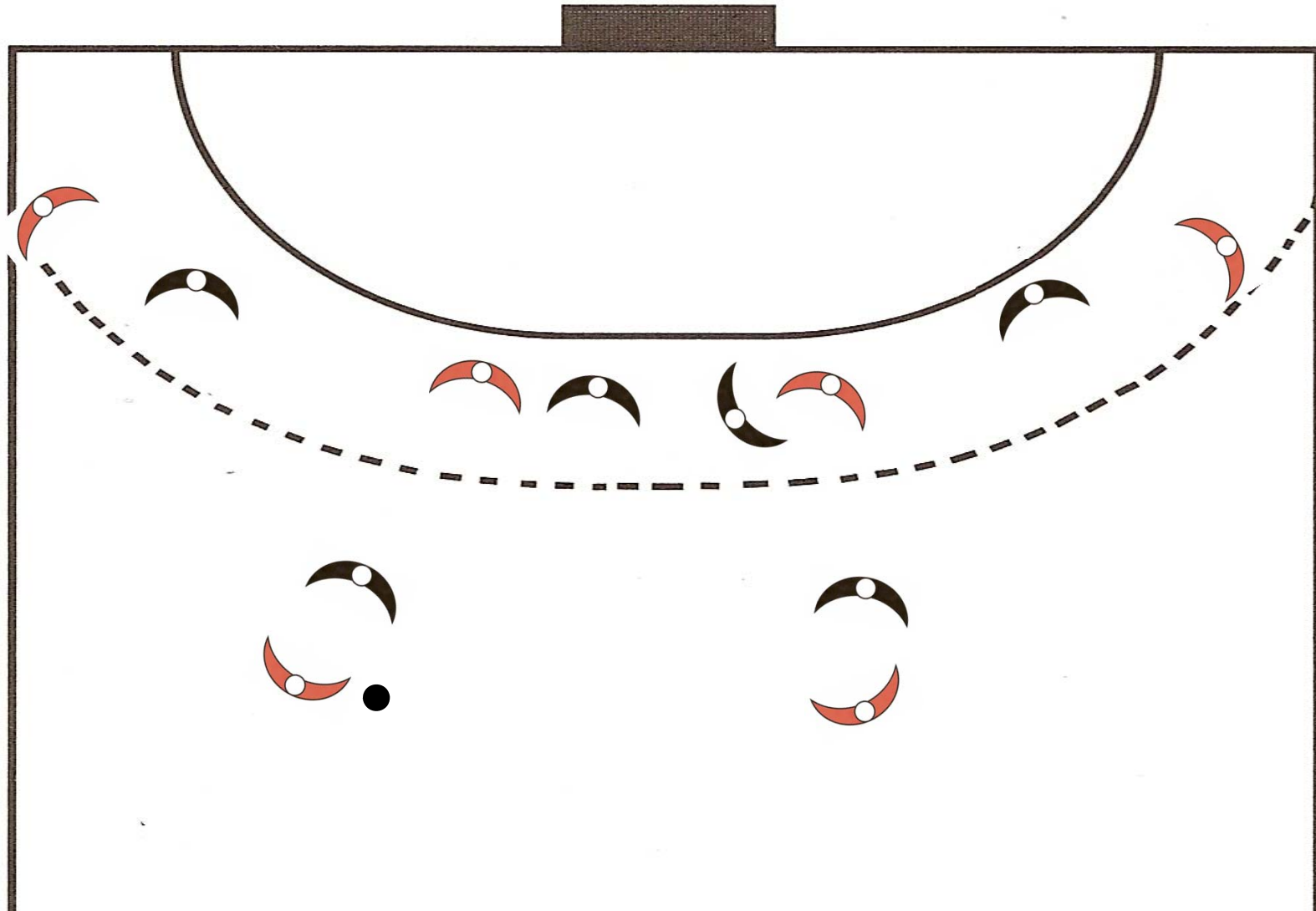


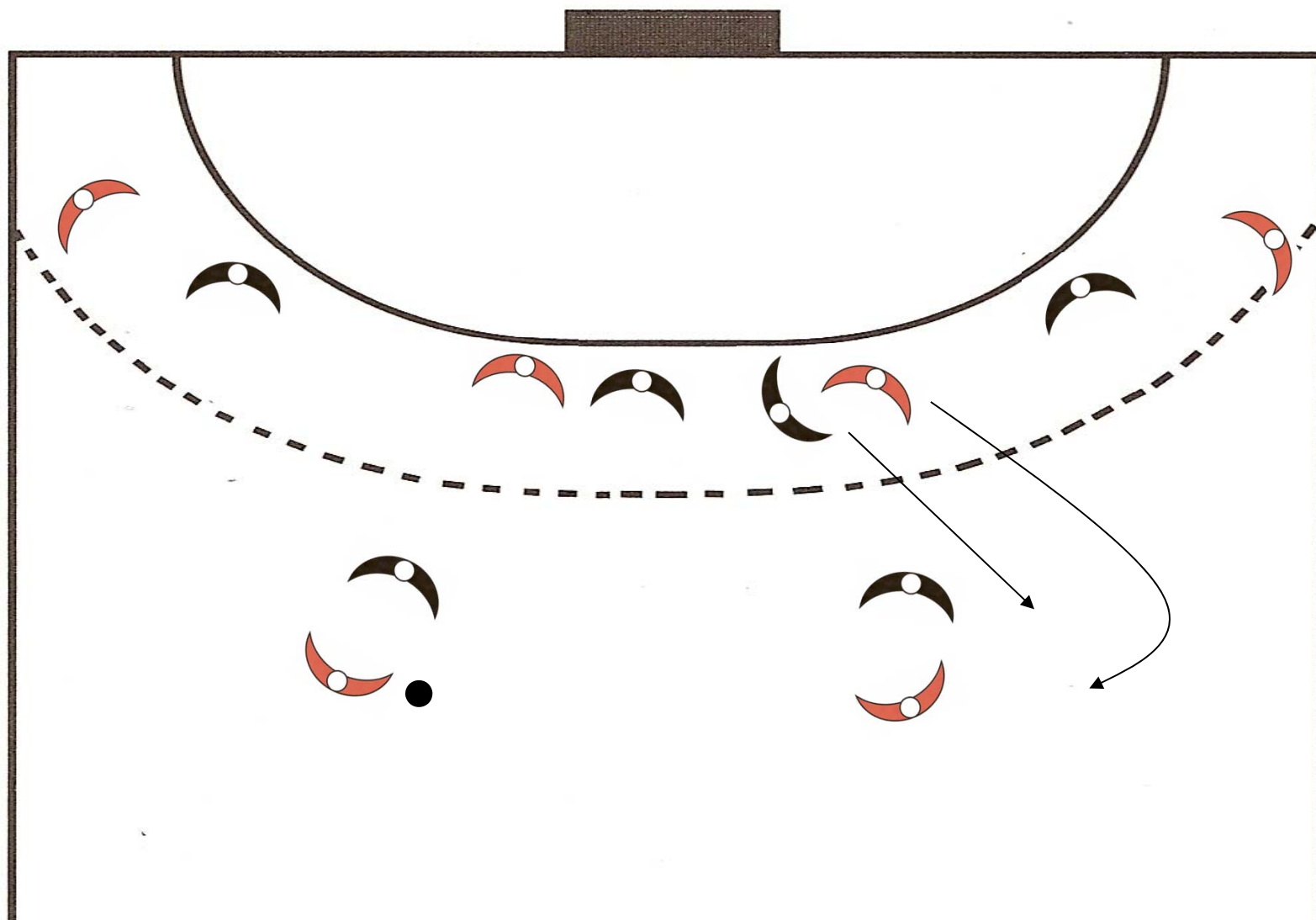
Disposition of the players is different
then in 3:2:1 defense



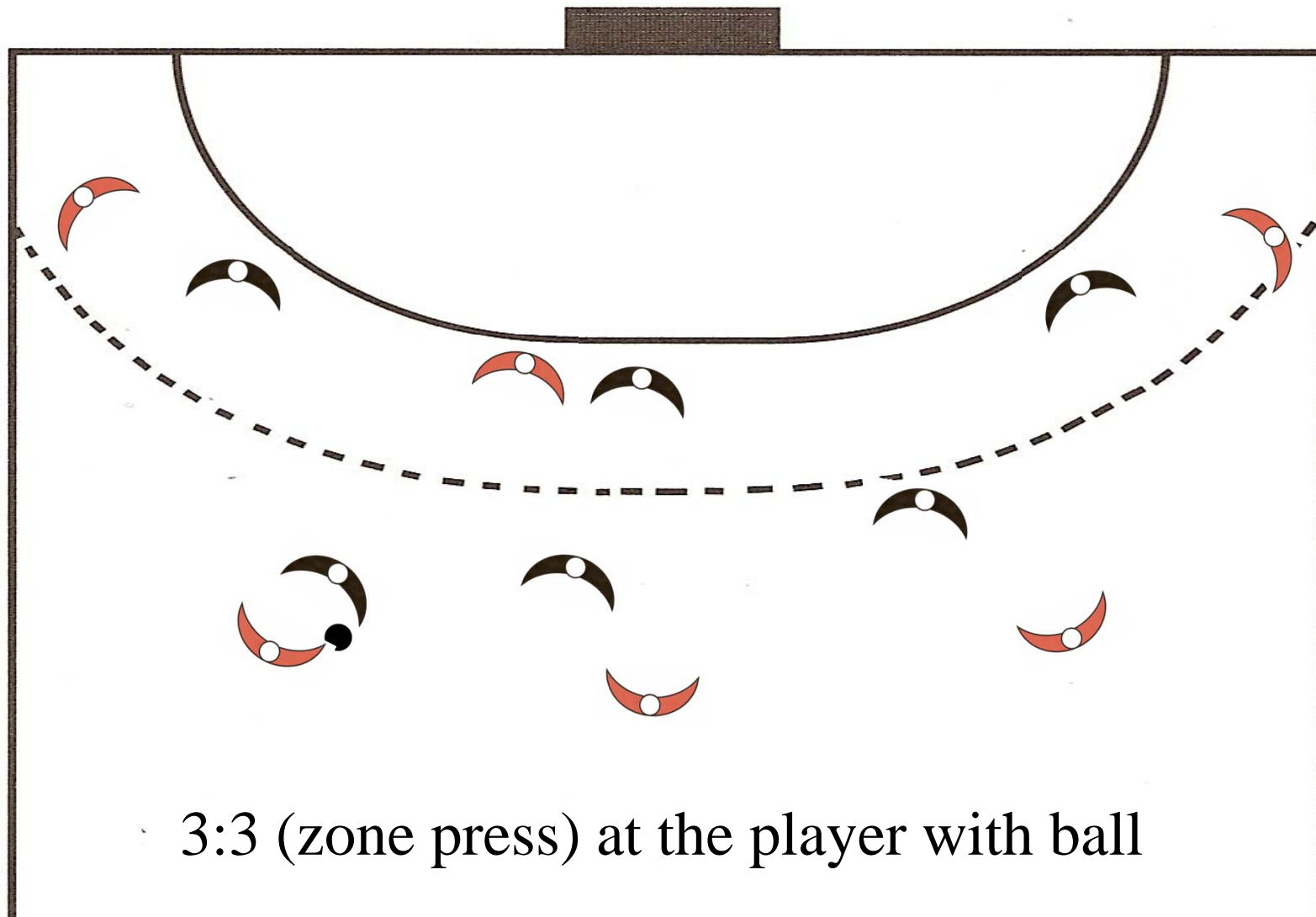




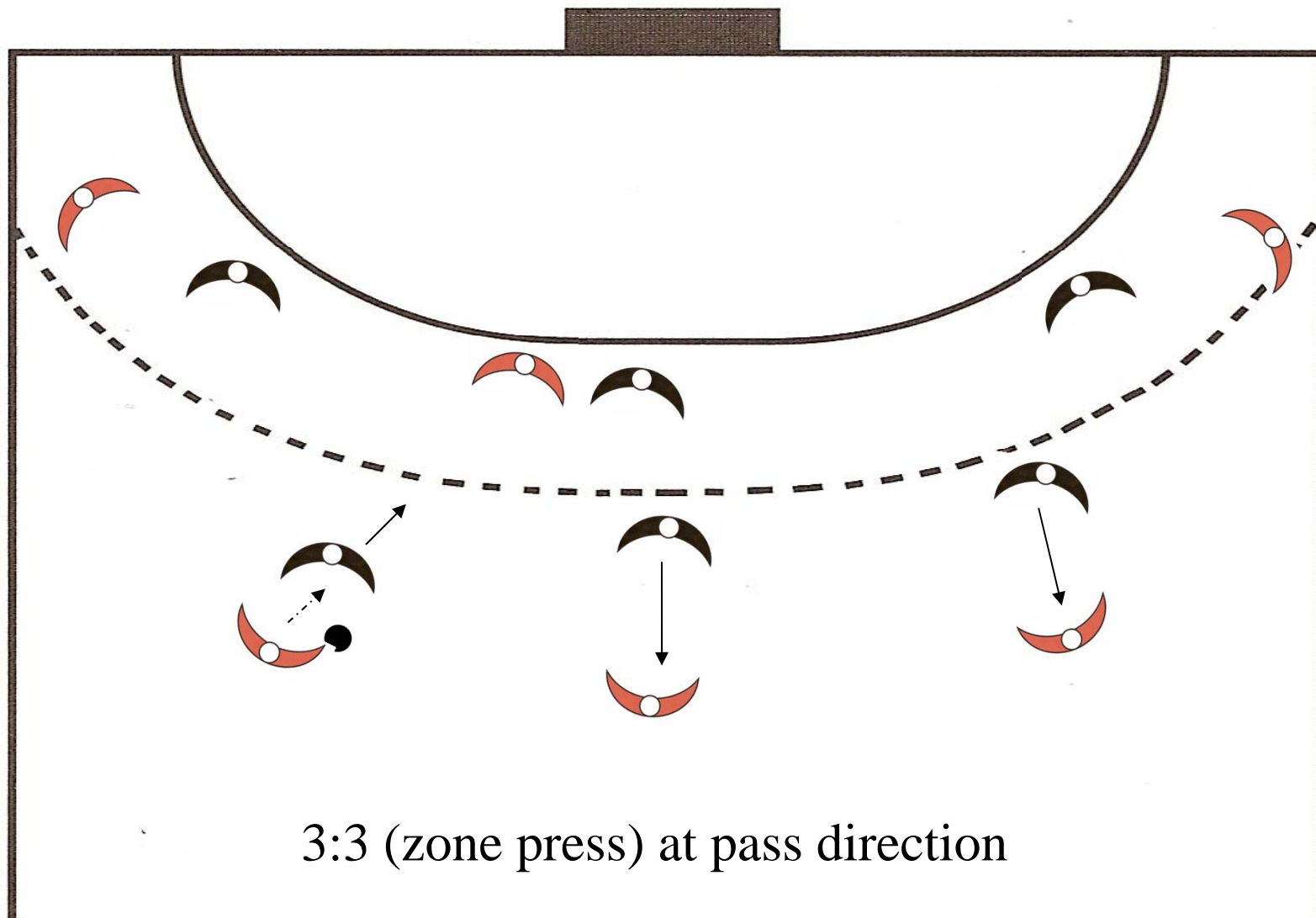








3:3 (zone press) at the player with ball



3:3 (zone press) at pass direction

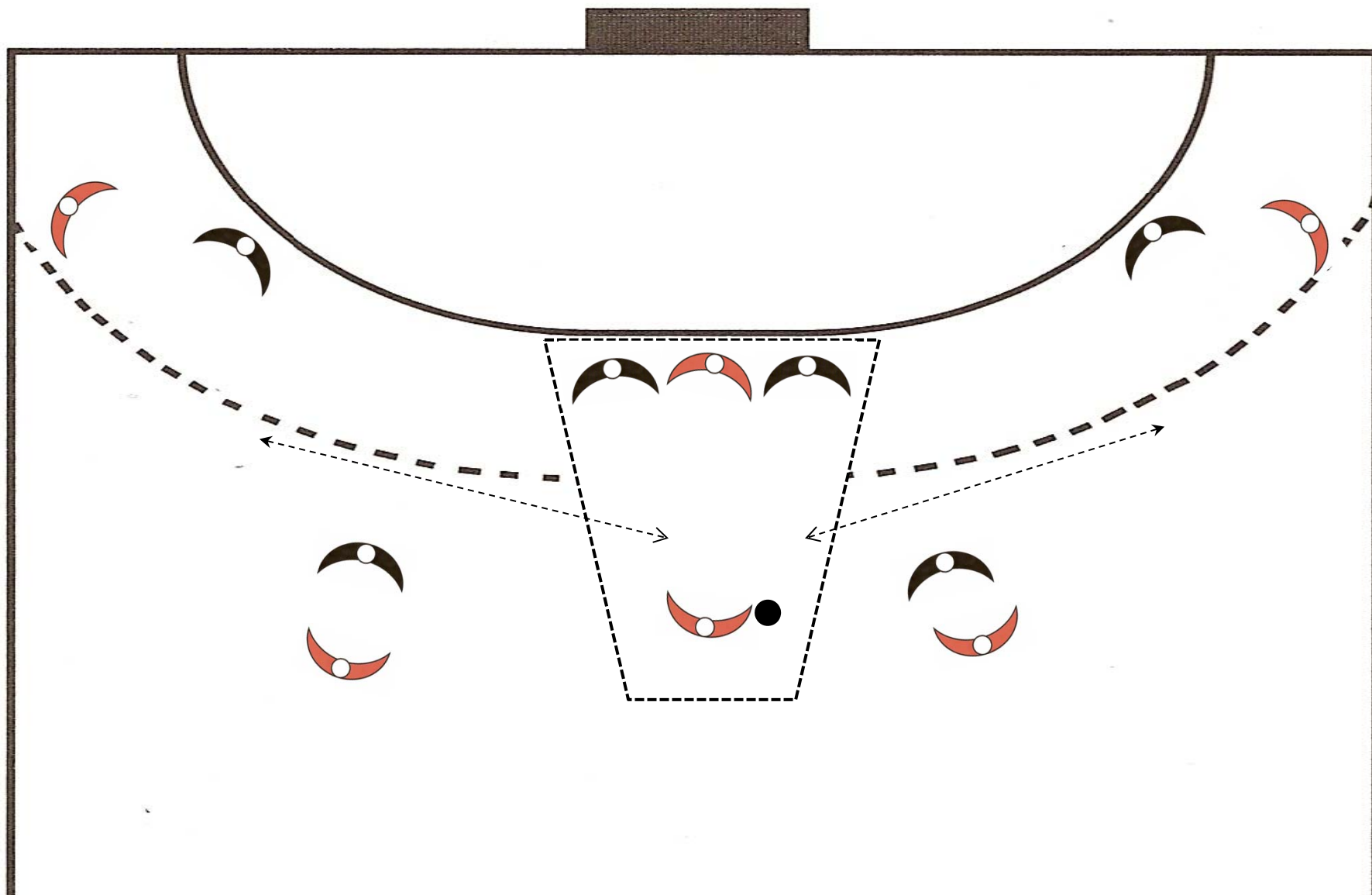
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Defense 4:2

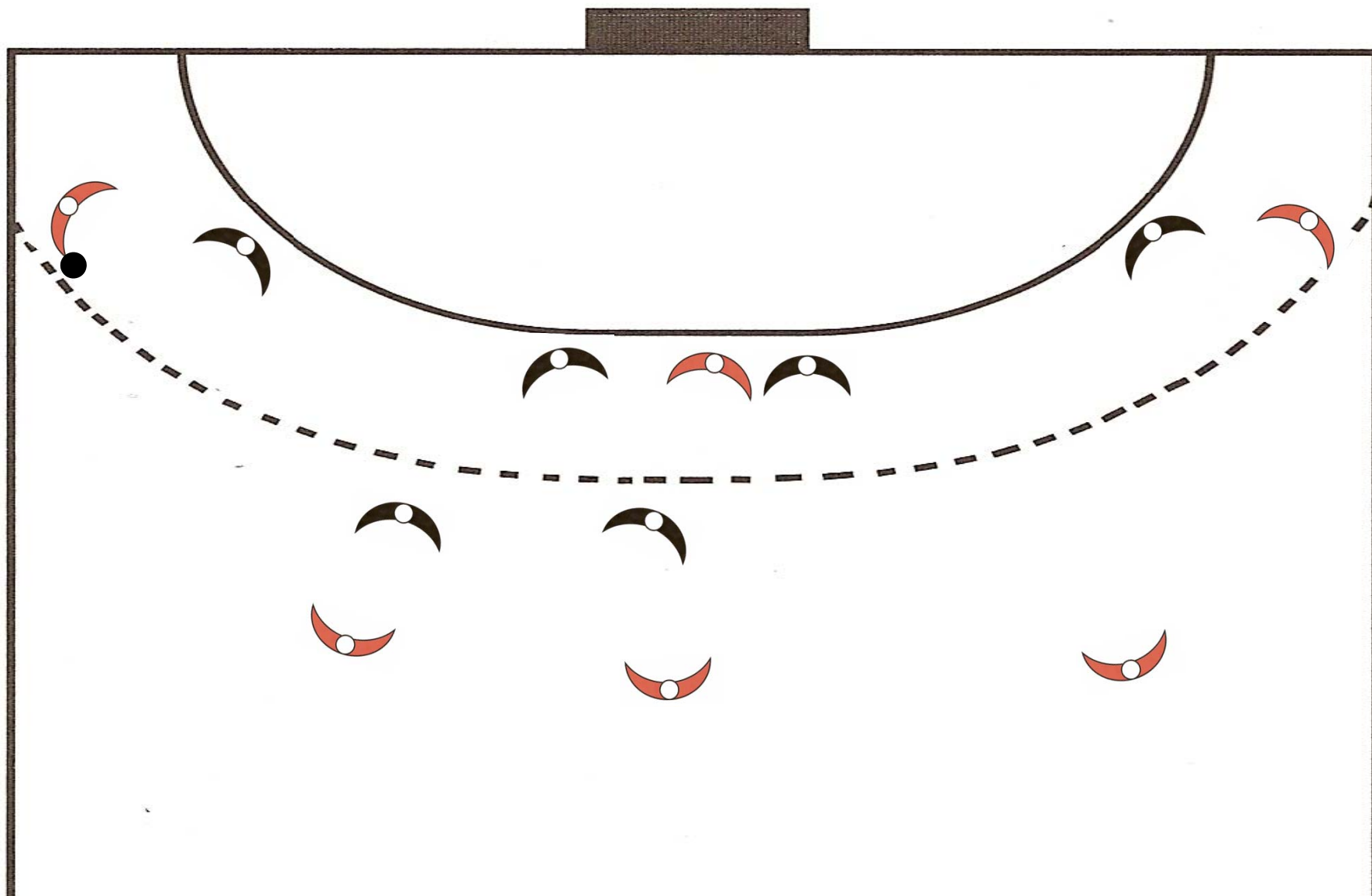


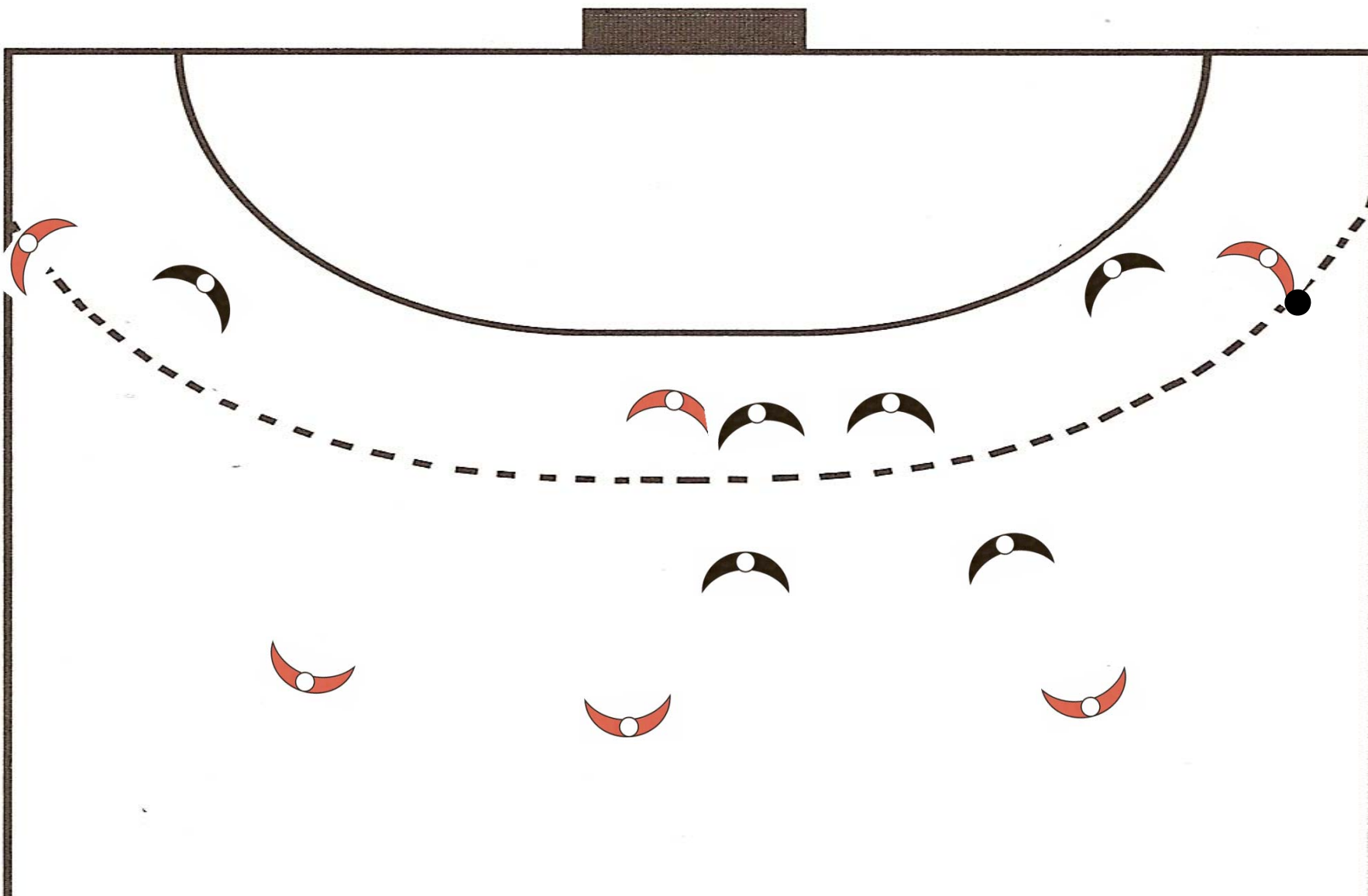
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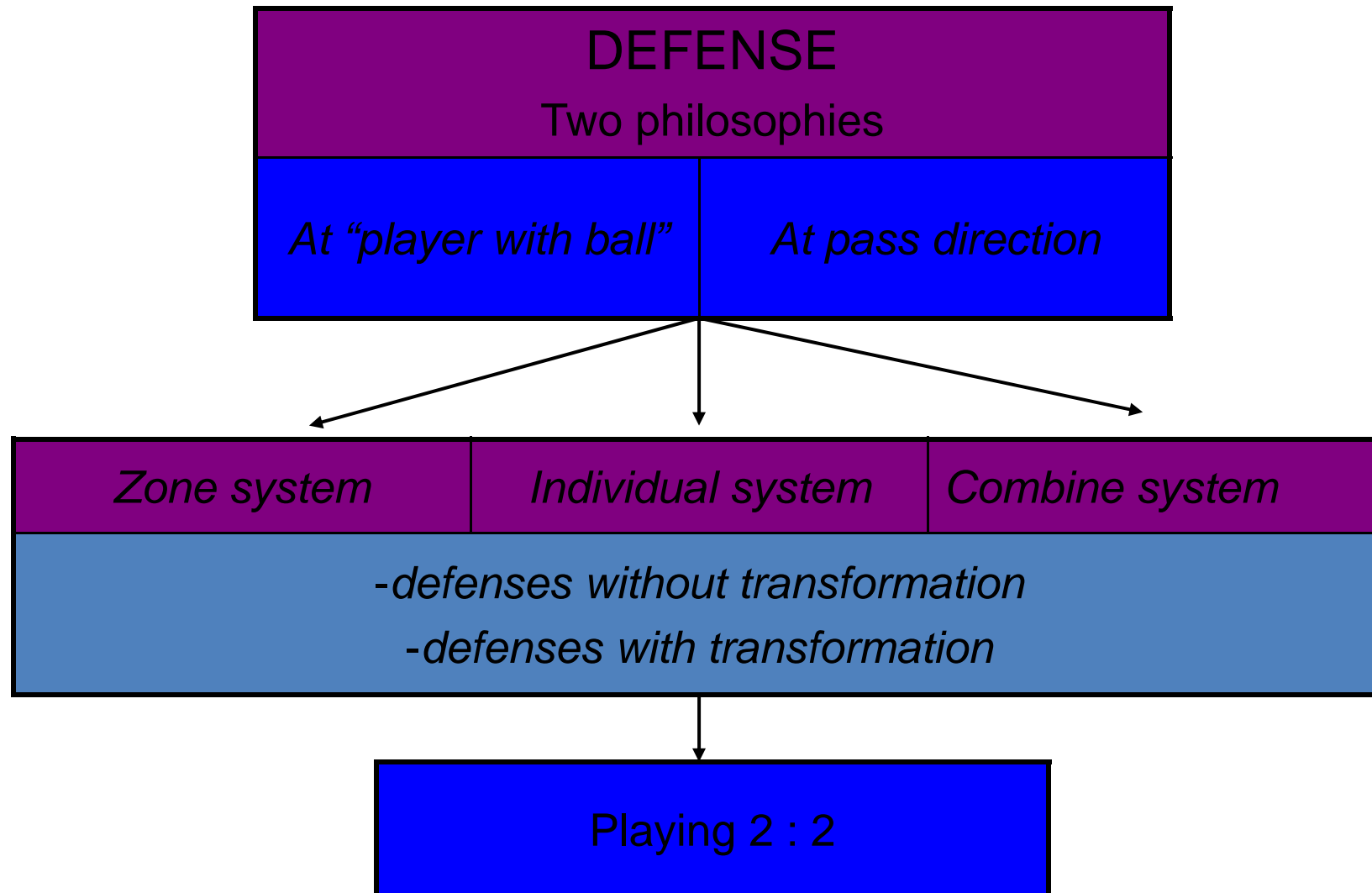


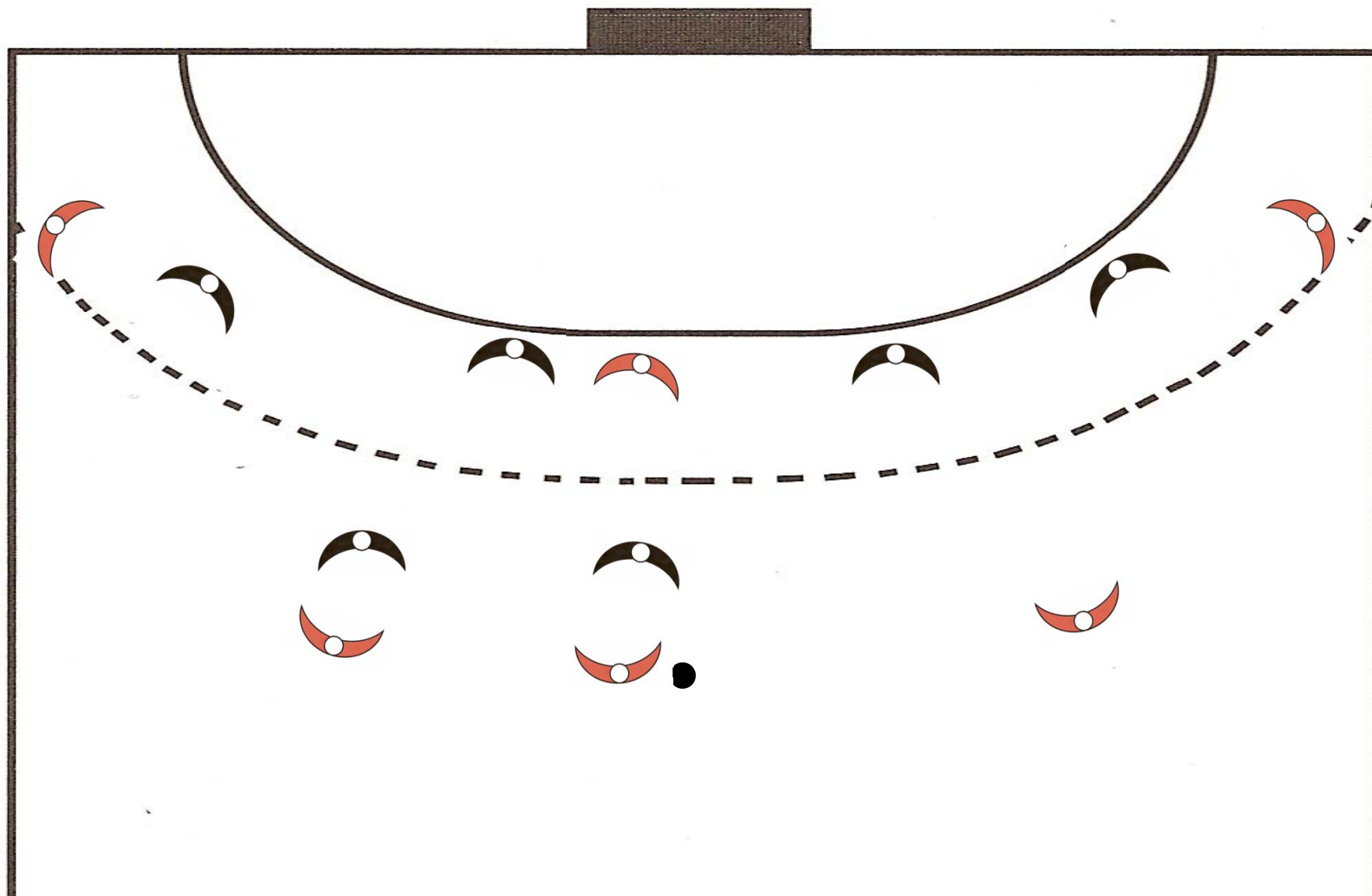




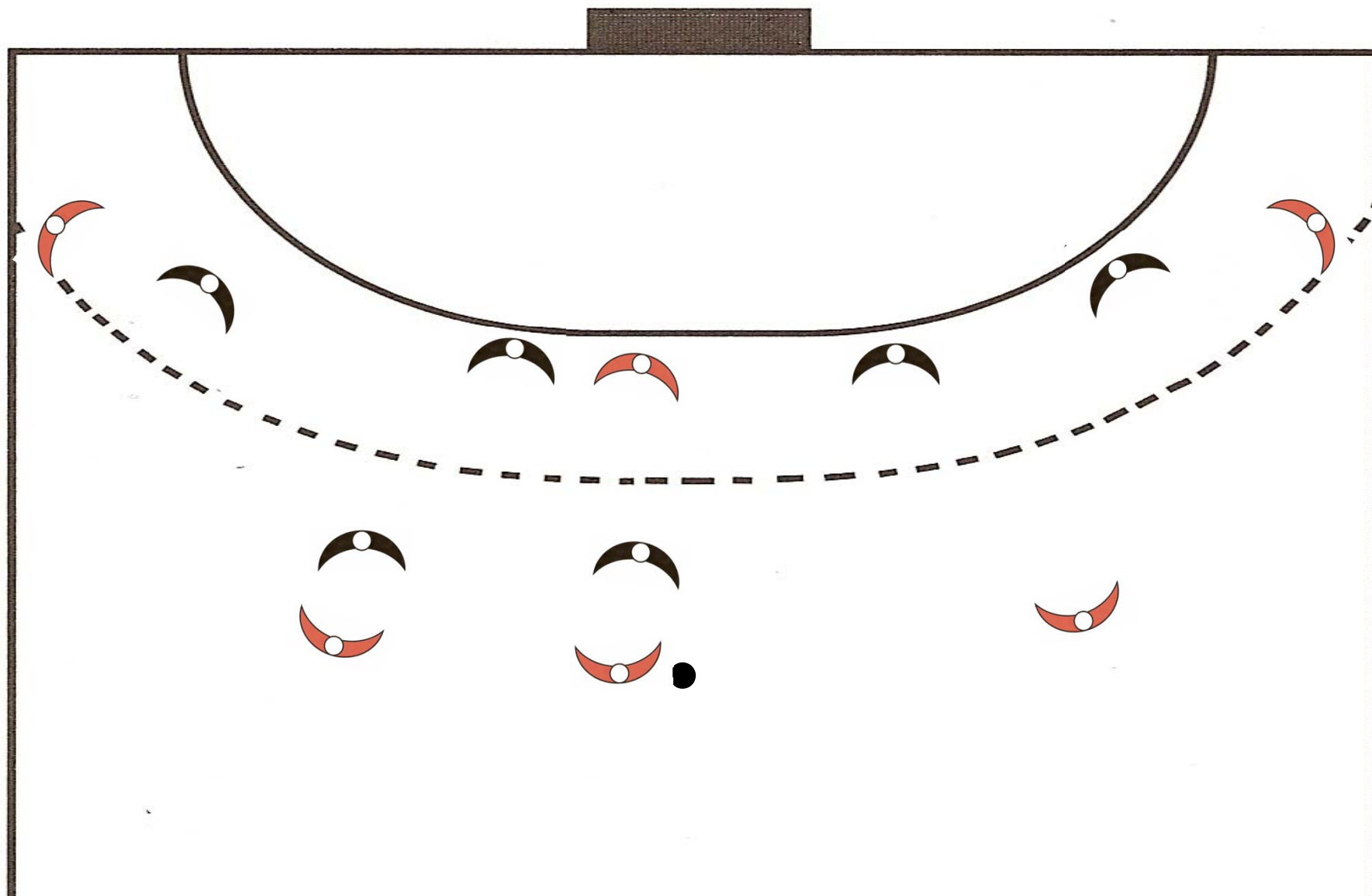




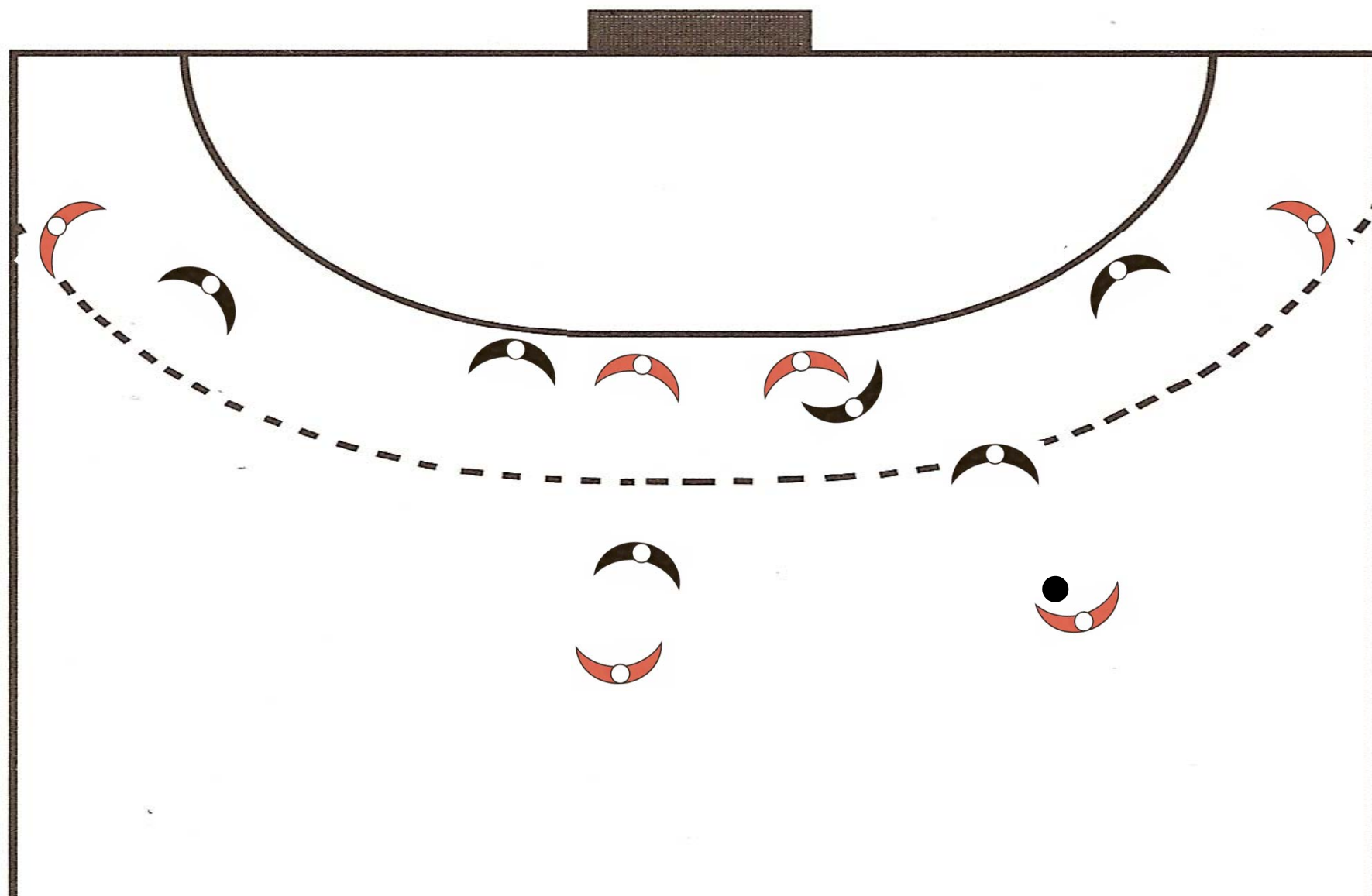




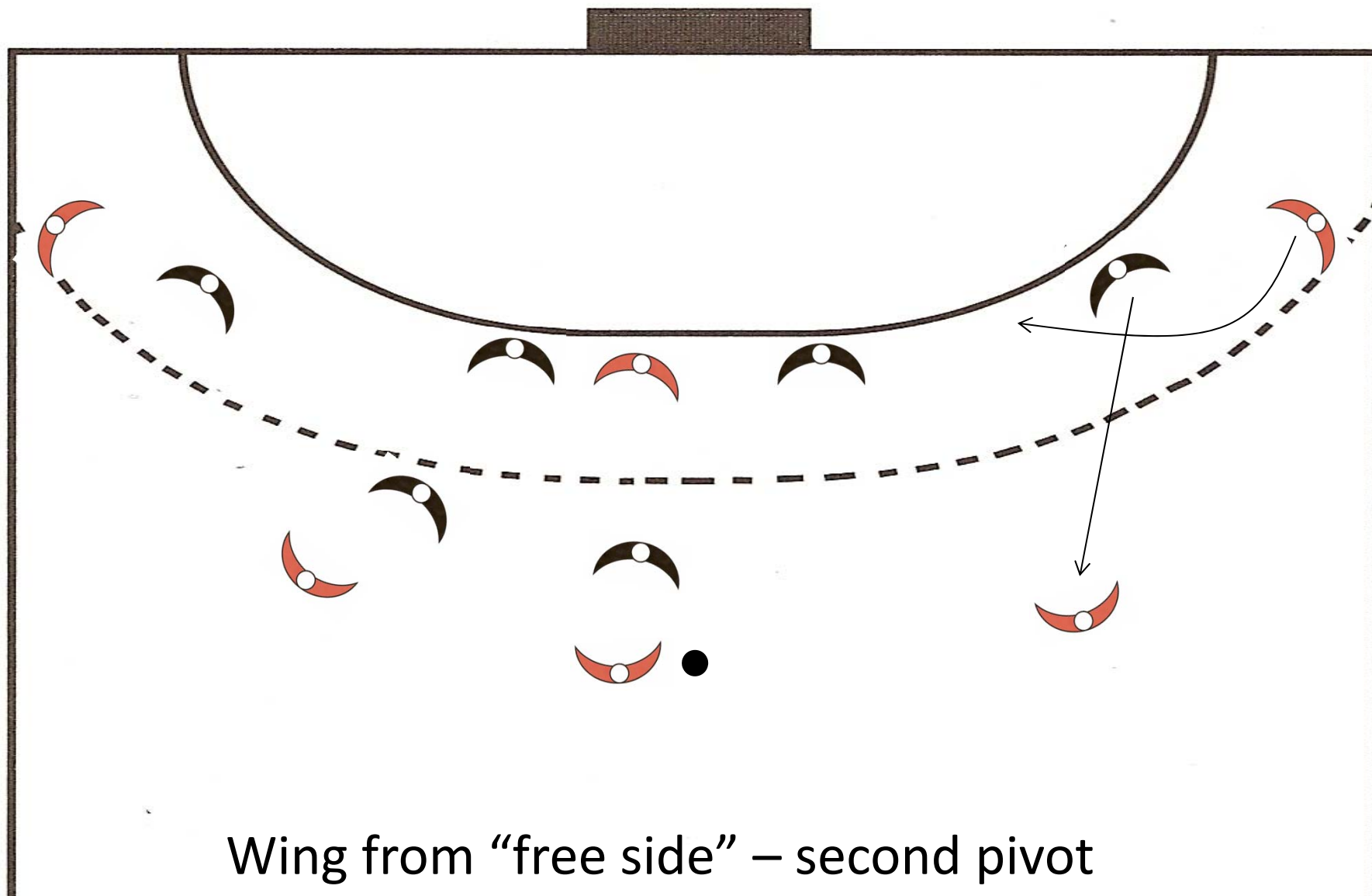
Attack against 4:2; back-second pivot



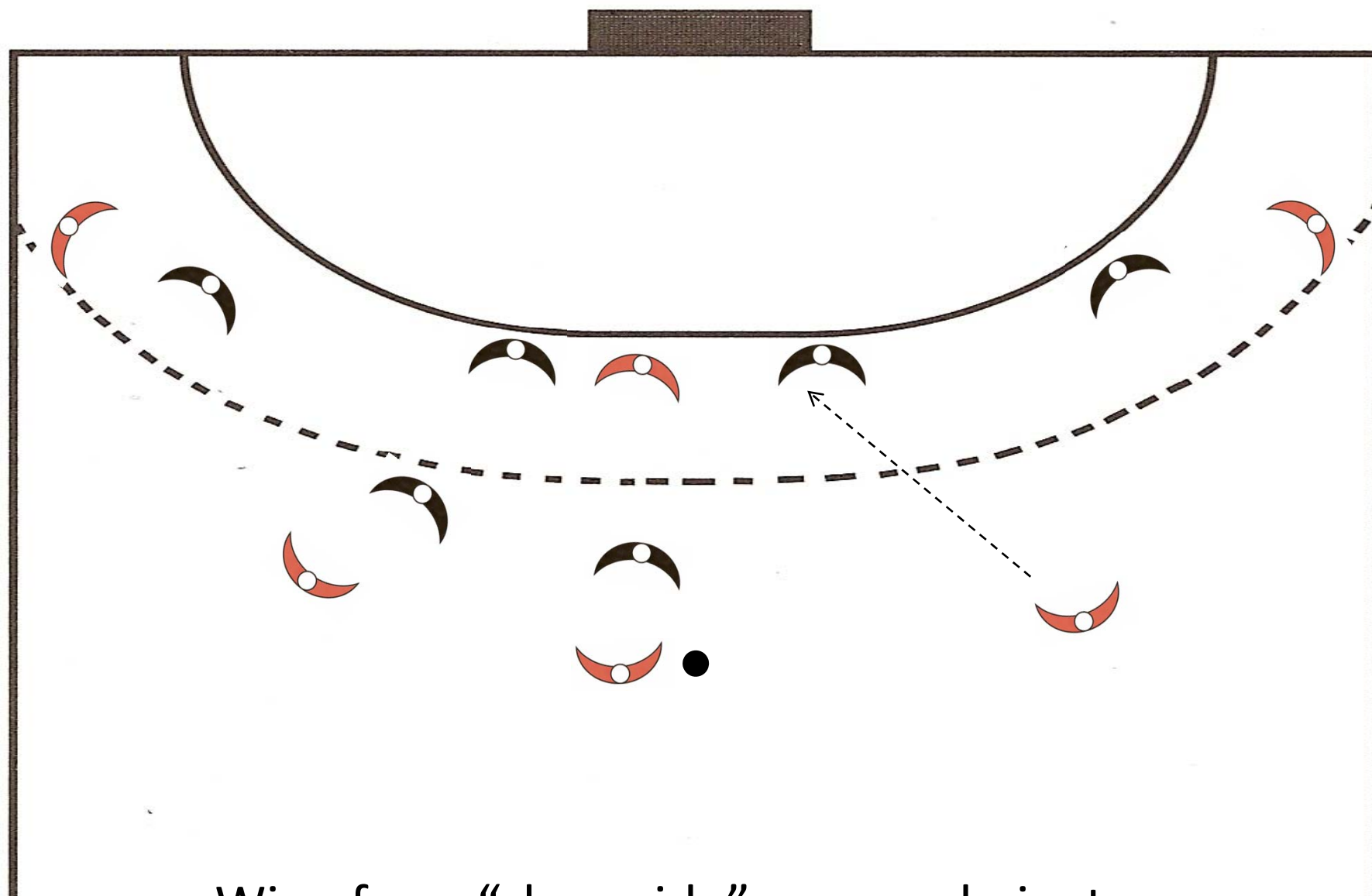
Attack against 4:2; back-second pivot



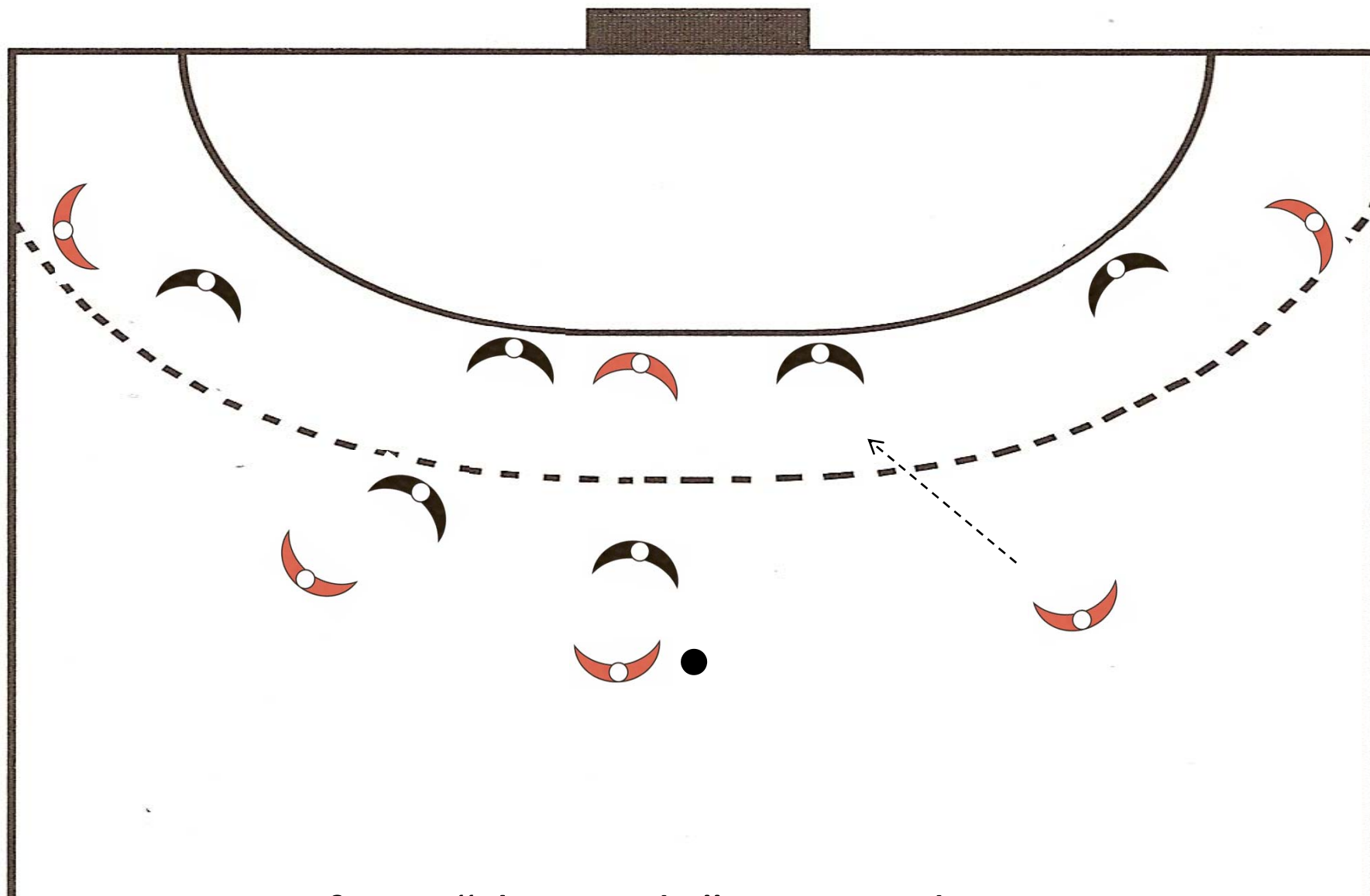
Attack against 4:2; back-second pivot



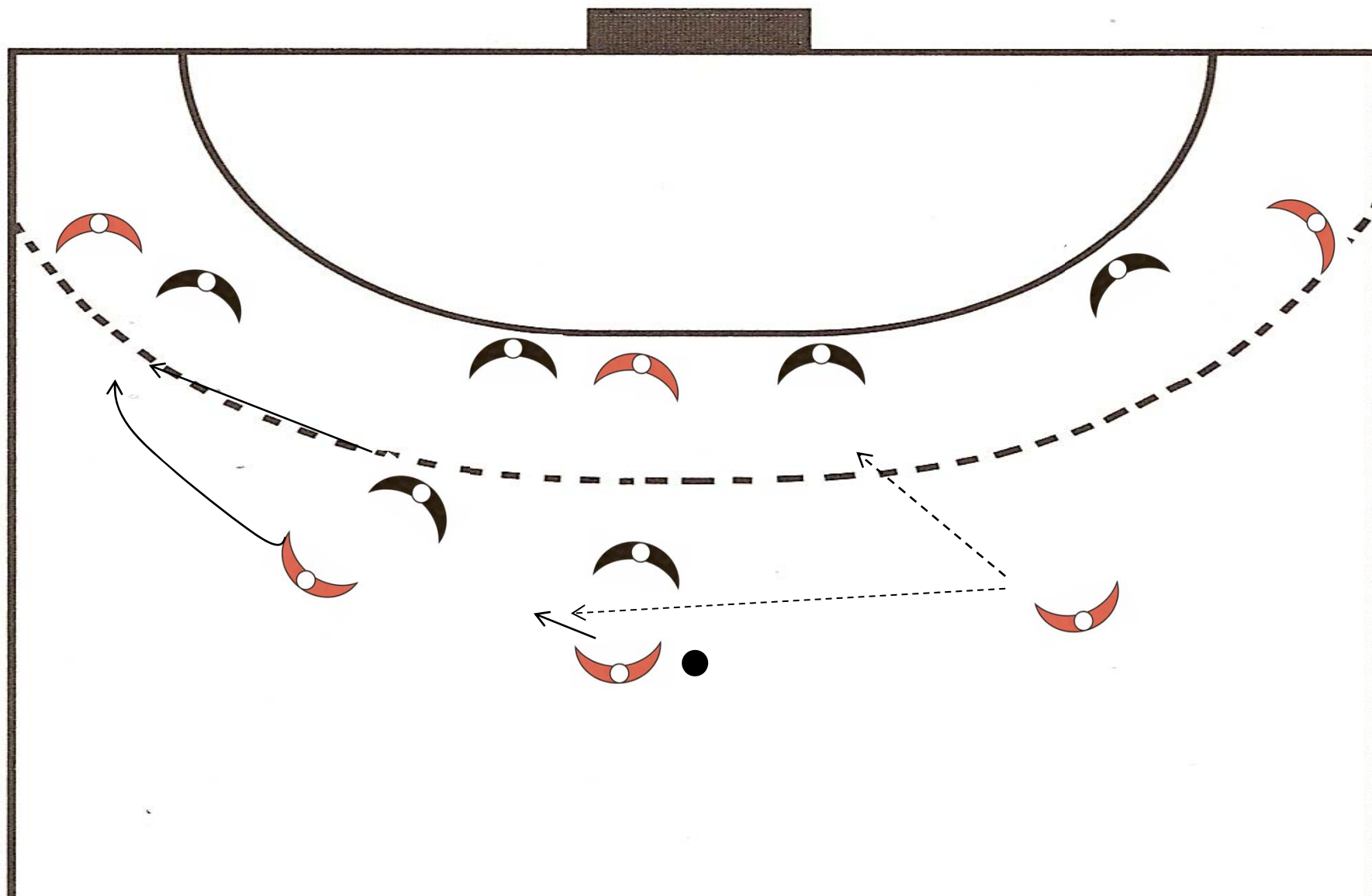
Wing from “free side” – second pivot



Wing from “close side” – second pivot



Wing from “close side” – second pivot I



Wing from "close side" – second pivot II