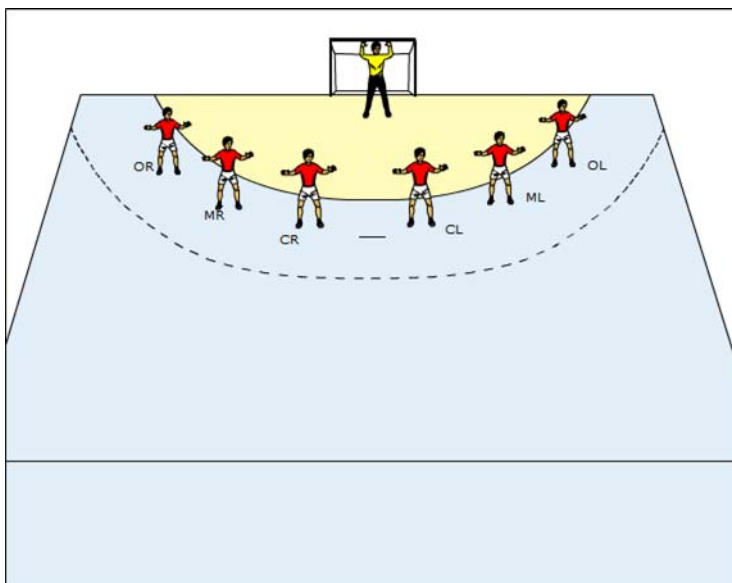


## **Zone defence formation 6:0**

### **Introduction**

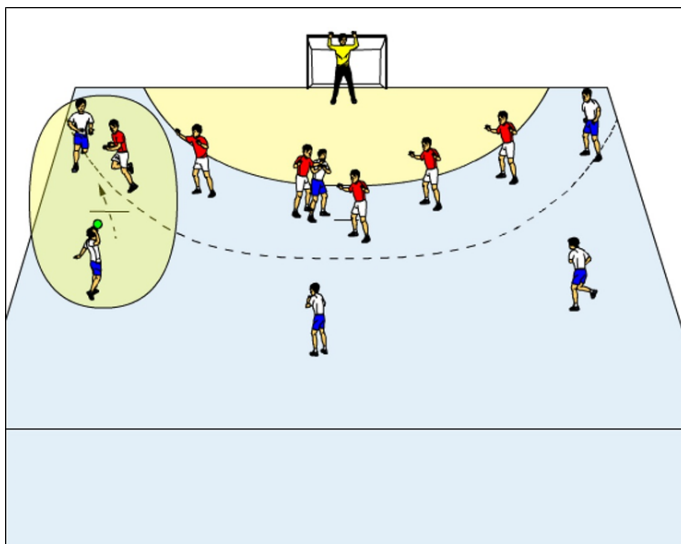
In the past zone defence systems could be divided into deep – aggressive and shallow - less aggressive defence systems. In modern game of handball, every defence system tends to be very aggressive. This means that the initial formation of the players in a certain defence system does not prejudice the level of aggressiveness. For example: 6:0 zone defence can be very aggressive and deep in spite of the initial position of the defenders. Players can act even deeper and with greater aggressiveness as it was common in some classic deep zone defence systems (3:2:1 or 3:3). At the same time this zone defence system attempts to keep also the density of the defence, especially at the centre of the court (that was characteristically even before). On the other side deep zone systems beside the deepness want to provide greater density especially at the centre. So both types of zone systems want to keep traditional advantages and to improve some traditional weaknesses. This aim players can achieve especially with a lot of run (different technique), with excellent mastering of special defence guard (parallel and diagonal), with as many body contacts as possible (even hard one), with a good sense for intercepting the ball and anticipation and finally with excellent collaboration among all players (help by stopping a penetration or a shot, hand over and take-over of the attackers, counting the attackers and properly chosen attacker against whom one must act, etc.). All above mentioned facts create a necessity for a modern defender who can act very aggressive and active, independent in which zone defence system he must play. So the basic education of the young players must provide this type of habits and knowledge. That creates also a necessity for the special methodical approach. As a result of these facts, it can be said that the zone defence system 6:0 changed considerably in time and nowadays guarantees more depth and aggressiveness as it used to in past. Current article will present such modern way of game.

### **Classic type of zone defence 6:0**

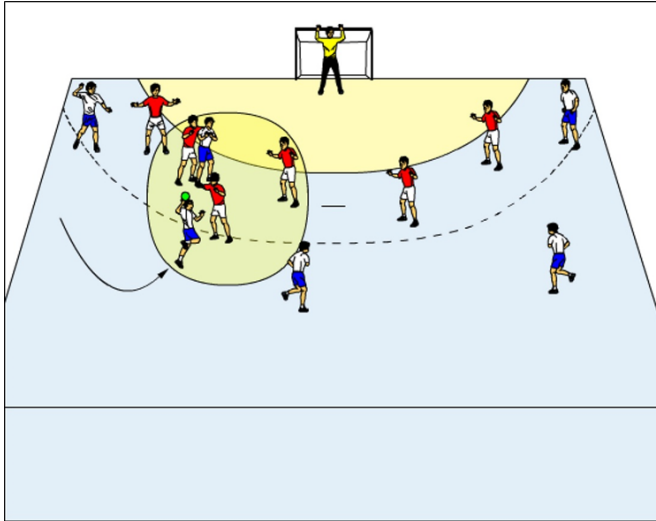


Picture 1: Initial formation of defenders in the zone defence 6:0

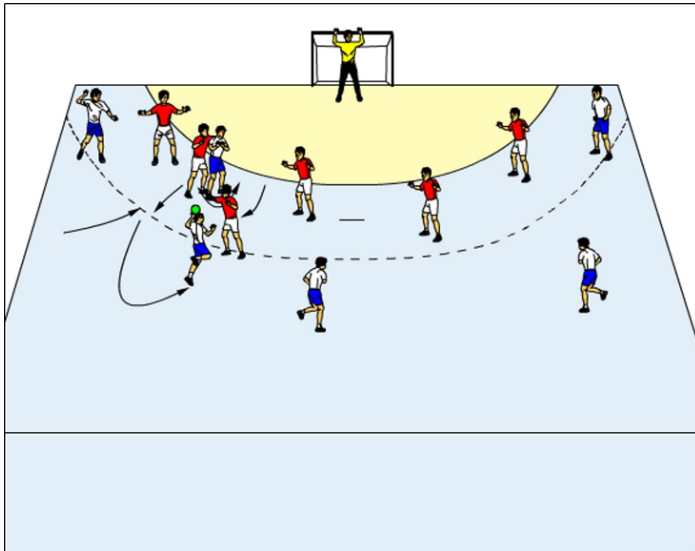
In the 6:0 zone defence system, player's initial formation is alongside the goal area line. Their playing positions are named according to the playing side as first OR and OL), mid- (MR and ML) and centre left or right defender (CR and CL). Outside left and right defenders stand in their initial position at an angle of approximately 45°; this angle is created by the outer goal line and the imaginary line passing from the goal post to the player. The remaining four defenders are positioned in equal distance between the outside left and right defenders (see Picture 1). There are few basic principles of players' work in such defence formation: outside left and right defenders mainly assure the width and density along the goal-area line. Outside defender on each side moves less often deep and even then with an aim of stop the clear pass to the wing players, as they are his numerical counterparts (»cutting the wing attackers« – see Picture 2A). The work of mid- and centre defenders depends mainly on the position of the attacking pivot player. If the pivot stands between the mid- and centre defenders on the side of the ball, whilst the ball is in possession of the back player (e.g. LB is in possession of the ball, pivot stands between MR and CR defenders), the run of the back attacker determines who and how deep will step towards the ball and who will remain with the pivot. If the run of the LB is straight (wide run), MR defenders moves towards the ball up to the 8-metre distance from the goal. When the run of the LB is towards the middle of the field, CR defender moves towards the ball up to the 9 or 10-metre distance from the goal (see Picture 2B and C). Situation changes when pivot stands between the centre left and right defenders. Then both mid-defenders can move more towards the LB and RB attackers – up to 9-metre distance from the goal. CB attacker (if he shoots well from the distance) is always marked by the centre defender on the opposite side, whilst the remaining defender stays on the goal-area line and marks the pivot (see Picture 2D).



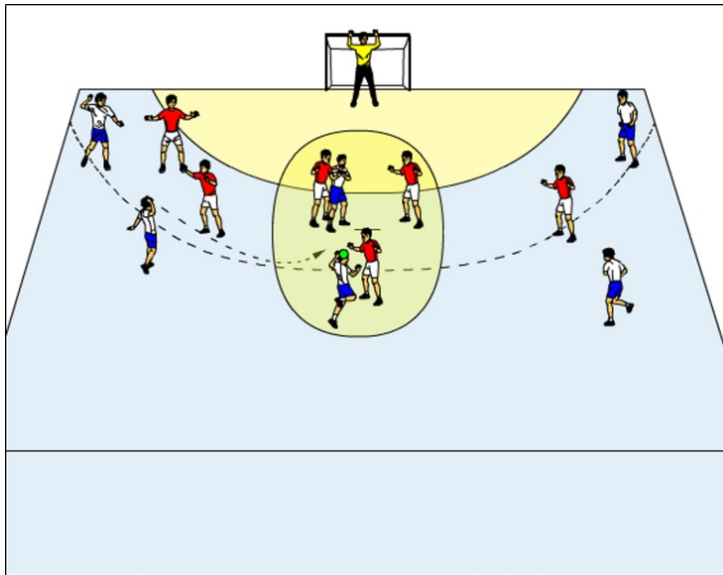
Picture 2A: Position of defenders in the defence zone system 6:0 with so-called »cutting« the wing attackers and when the LB performs a wide run towards the MR defender



Picture 2B: Position of defenders in the defence zone system 6:0, when pivot stands between MR and CR defenders and the back attacker attacks towards the middle of the court.



Picture 2C: Position and reaction of defenders in the defence zone system 6:0, when LB outside part of run performs straight and then changes direction to the middle.



Picture 2D: Position and reaction of defenders in defence zone system 6:0, when LB attacker passes the ball to the CB and the pivot stands between CL and CR defenders.

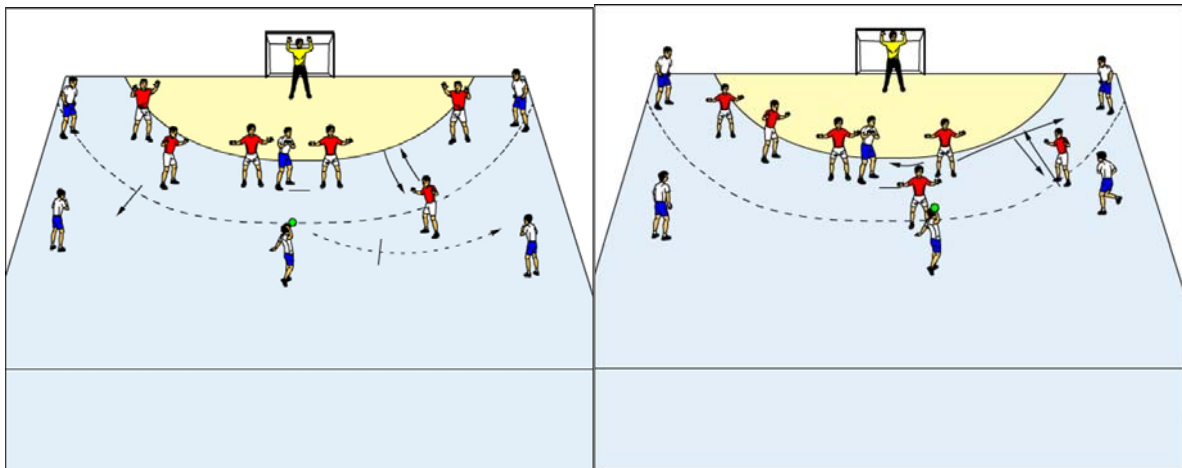
### **Modern – aggressive type of defence zone system 6:0**

In recent years an aggressive type of defence zone system 6:0 is becoming more popular. In this way defenders attempt to neutralise some of the disadvantages of this type of zone system, insufficient depth of defence, shooting from distance and too much manoeuvring space for various attacking combinations. Consequently, defenders use aggressive, sudden and predictor work (anticipating the development of the attacking combination) in attempt to break the combination systems of attackers. Defenders mainly try to prevent clear receptions of the ball whilst the attackers are in fast run, as they could continue with the shoot on the goal or a pass to the best positioned team player. As a result, defenders do not allow the attackers to develop a classic combination game, appropriate for the attack against the defence zone system 6:0. The purpose of the defenders' game is not use their bodies and arms in order to foul the attackers in possession of the ball, but to prevent the creation of dangerous situations. Therefore, attackers need to improvise more and they perform more technical and tactical errors and attempt shots from unclear positions. Outside and mid- defenders often find themselves numerically inferior – in the position 1 defender against 2 attackers, thus risking a lot, however, they also force attackers into risk. Such game demands a lot of knowledge and experience from the defenders, which they use to assess the chances of the opposite players for the progression of the attack.

### **Some of the most characteristically situations found in the game of the elite handball teams**

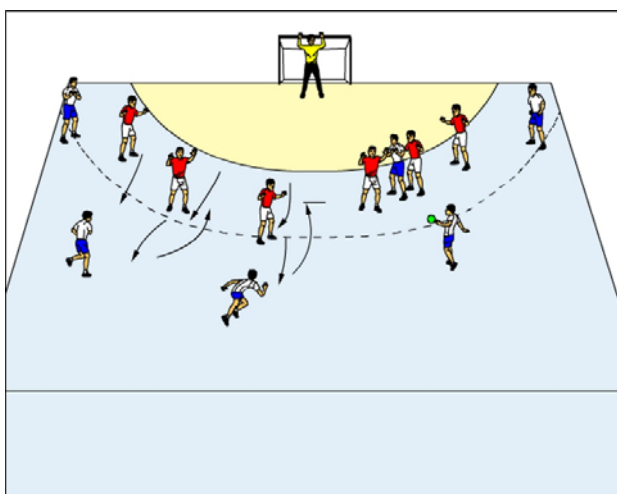
Picture 3A shows the position of the mid- defender – such position limits the possibilities of CB, who wished to continue the attack with a pass to the RB attacker. Movement needs to be fast, defender is in the position where he can observe and follow both CB and RB. His arms are wide apart, which makes it even more difficult visually to perform a pass. If the CB changes direction towards the goal, mid- defender returns to the goal-area line in order to increase the density of defenders in the zone. At the same time outside defender moves slightly forward, again making it harder for the CB and RB attackers to cooperate (see Picture

3 A1). At this point outside defender needs to act very aggressively and cautiously at the same time, as he works against two attackers – trying to obstruct the RB attacker in receiving the ball and marking the RW, for whom he is responsible in outside place. If the CB continues the game on the other side by passing the ball to LB, mid- defender on the other side has to recognise the intention and repeat the already presented action (see Picture 3 A2). It is clear from the outside situation how important it is for defenders to be initiative, creative and to have a good reciprocal cooperation.



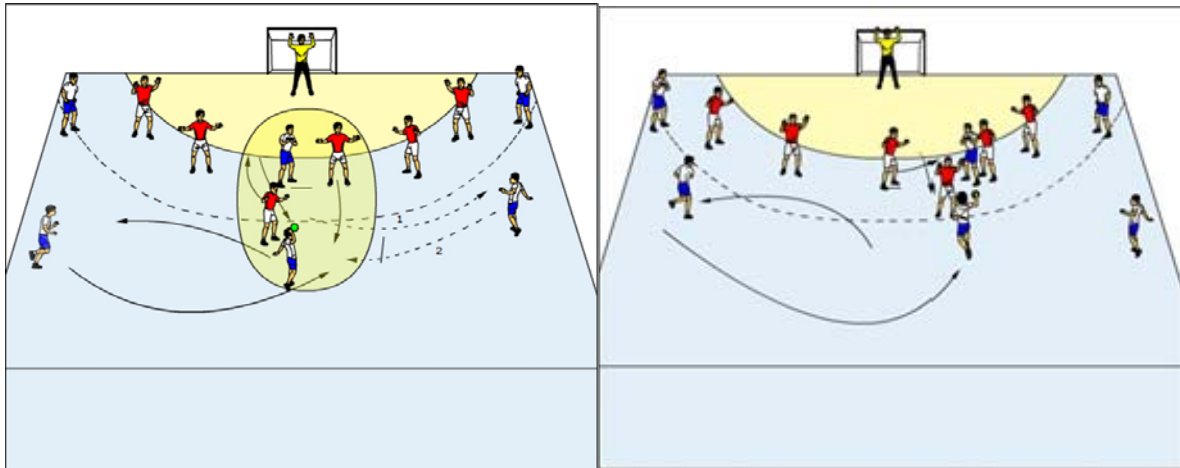
Picture 3A and 3B Aggressive position of the mid- left and outside defender in the defence zone system 6:0 in the moment, when CB tries to pass the ball to RB.

In the moment when RB attacker wishes to pass the ball in the run to CB, the centre defender from the opposite side runs deep to stop the intended pass (similar to the mid- defender's obstruction of a pass between CB and back attacker in the previous situation). Centre defender can choose the level of his aggression according to the position of attackers and evaluation of his chances to intercept the ball or commit a foul in order to stop the intended activities of attackers (see Pictures 3B and B1).



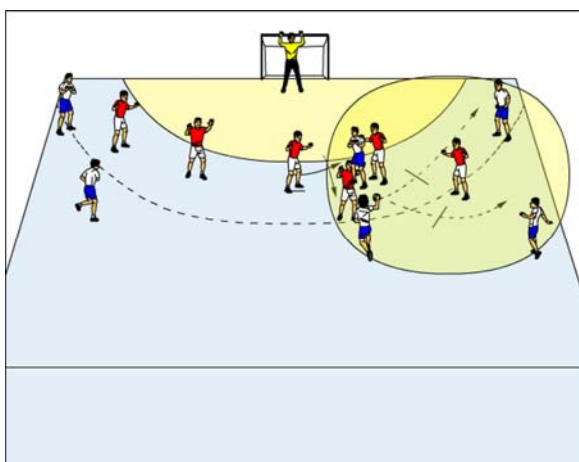
Pictures 3 B and B1: Aggressive position of CR and other defenders, when the ball is in possession of LB attacker and the pivot stands between ML and CL defenders. In this way defenders attempt to prevent a dangerous pass in the run between RB and CB or LB attackers.

In the picture 3C, the CR defender wishes to prevent the execution of one the most frequently used classic team combinations, which is being used in the attack against the zone defence system 6:0 – emptying and filling of the space between LB and CB, who has passed the ball to the RB. In this way CR defender wishes to prevent the LB to receive the ball in strong run towards the goal and thus lessen the dynamics of the attack.



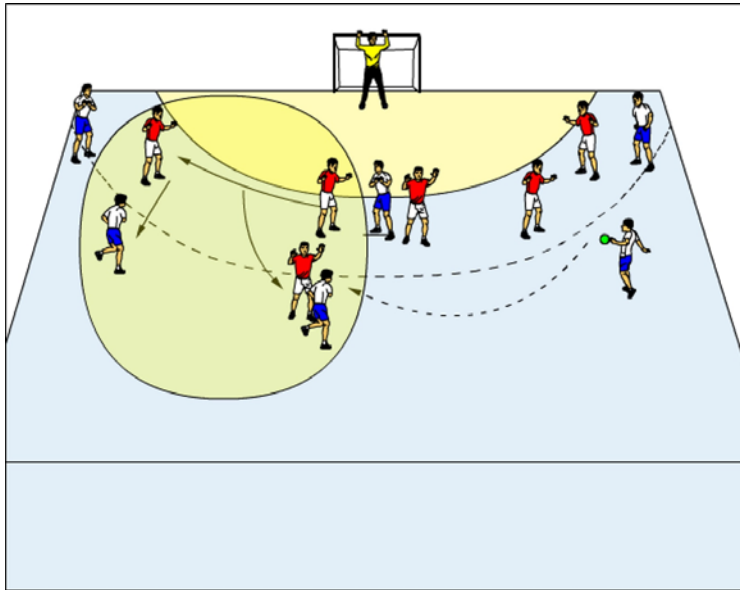
Picture 3 C: Position of the CR defender in the classic attacking combination of emptying and filling of the space between CB and LB. In the moment when RB wishes to pass the ball to LB, who runs towards the middle, CR defender moves deep and makes it harder for LB to receive the ball in the fast run.

Picture CD shows the ways of solving the situations in the moment, when there is a possibility to create so-called »numerical superiority«. CB has passed the CL defender to the outside and wishes to play the ball to RB, who is in the wide run. OL defender attempts to surprise and confuse both attackers with his aggressive work. If the pass between the CB and RB is still performed, the other defending players need to act appropriately, particularly the ML defender, who needs to move into the position of outside defender and mark the wing and prevent the creation of intended »superiority«.



Picture 3 D: Position of OL defender when the »superiority« is intended. OL defender makes it harder for CB to pass the ball into the run of RB or RW and to create the numerical »superiority« on the right side.

Picture 3E shows risky, yet very efficient move by the MR defender, who attempts to confuse the CB attacker, whilst he is receiving the ball from the RB attacker. MR defender is outside of the field of vision of CB attacker, who is receiving the ball from the opposite side and cannot react in time or can make a mistake. Defender can commit a foul and stop the attack completely or he can obstruct and limit the game of the CB.



Picture 3E: Stopping the CB attacker in the moment, when he receives the ball – action is executed by the defender from the opposite side to the side of the ball pass to the CB.

### **Conclusion**

According to the modern – aggressive type of zone defence system 6:0, the methodology of teaching and training needs to be adapted accordingly and has to base on the correct long-term development of players from the youngest age onwards. Through the game of mini handball and the individual defence game the players obtain knowledge and practice, which will help in future modern zone defence game. Later, the defence knowledge needs to be developed through exercises, enabling a large degree of freedom for defenders in solving the individual situations. In these exercises, defenders have to choose between different possibilities according to the development of game situation. Generally, players have to know and respect the rules of classic zone defence 6:0, but at the same time need to be creative enough and capable of improvisation. Recognising the purpose of attacking players is a key idea of such type of defence.