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Title: Offence play against open set-defence

Zone defences as 3:2:1, 3:3, 4:2 or even 1:5 are considered as open zone formations, because some of the players already in their basic (initial) position stand apart from the six metres line moved forward in a playing field. With such a defence teams mainly want to achieve the following objectives:

- High aggressiveness toward the back players who can't perform (or are limited) the shots from a distance;
- Favours of certain type of Goalkeepers who's abilities are appropriate for preventing a shots from wing and pivot position or from the penetration through the defence;
- Faster transition from defence to counterattack in the case of winning the ball, thus players score easier and more often goals in fast attack;
- Quick interruption of opponents attack (when they try to have a fluid ball flow) especially against teams which want to score goals with a shoots from a distance.

When attacking against such defences some particular principles should be taken into account:

- No static play of attackers – constant move is necessary to achieve the good shooting positions;
- Pivot player and wings should be incorporated in all tactical combinations;
- Shots should be mainly executed from wings or pivot position. Backs have rare chances to perform shots from distance. They have to be patient and seek for their opportunities from penetration to the 6 m line.
- Pronounced play in deepness of the defence – together with the constant move of the attackers behind the back of the defenders.
- Changing of the rhythm during the single attack – from very slow to very fast attacks.
- Shooters from so called “100 percent” opportunities should be well prepared for special tactic and technique of the goalkeepers actions such as jumps, moving toward the shooter, keepers defence of “first angle” in the goal, etc. .

Warming-up exercises:

Exercise Nr. 1: Three or four P's are positioned alongside the goalkeeper area line. Exercise is carried out alternately left and right. P comes out on the post position and receives the pass from the LB or RB. After that action continues in different ways. Two possibilities are illustrated on the Figure 1.

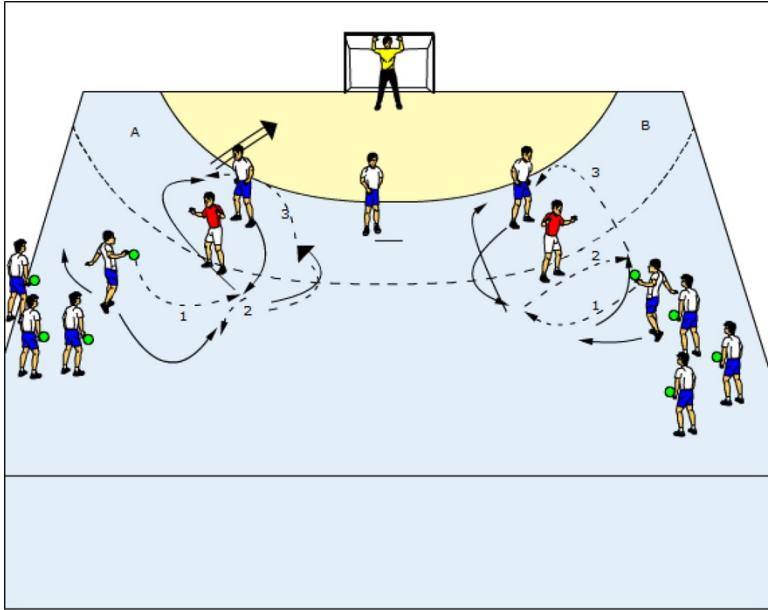


Figure 1: Collaboration between pivots and backs.

Exercise Nr. 2: Complex exercise where collaboration among backs and line players are stressed. Exercise has many variants. Basically players from wing run-in alongside goalkeeper's area, receive the ball from back players and continue with next pass. At the end they shoot toward the goal.

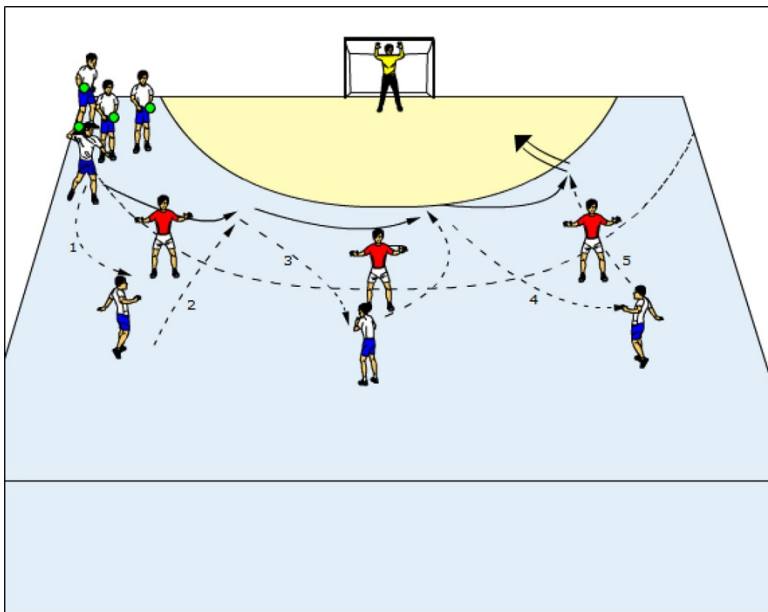


Figure 2: Complex exercise with a participation of backs and line players.

Basic Team tactical combinations with variants.

Example 1: Crossing between CB and P – P pass the ball further to opposite back players. CB and back player on a side of crossing change the positions. P comes from a wide position. Possible variants:

- Direct pass from CB to LB (without pass to P) and continuation in different ways;

- Direct pass to RB and RB pas to P who comes from the opposite side;
- Pivot turns direct to goal direction and performs his own 1:1 action;
- Immediate give-and-go pass CB - P - CB and continuation.

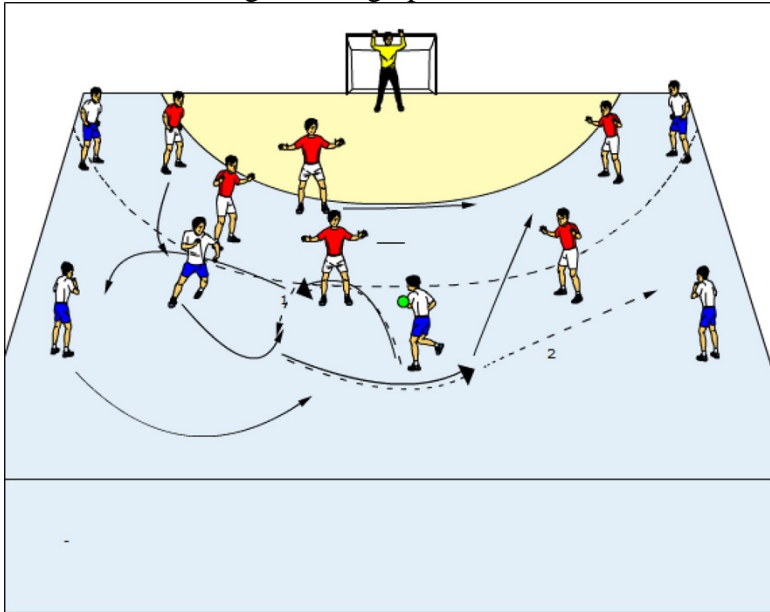


Figure 3: Crossing between CB and P.

Example 2: Pass CB – P who comes toward a centre as a “post”. Basically after the pass CB move to the goalkeeper’s line (transition to second P) and P pass the ball to the Back player on his side.

Possible variants:

- Run-in from wing positions – opposite side and at the same side of the P position;
- CB run in direction of his own pass and receives once again the pass from P.
- Change the positions between CB and Back player who run toward P who give him a pass.
- P make a cross with a wing
- CB run-in toward a goalkeeper’s line on the side of P position. P run on the opposite side.

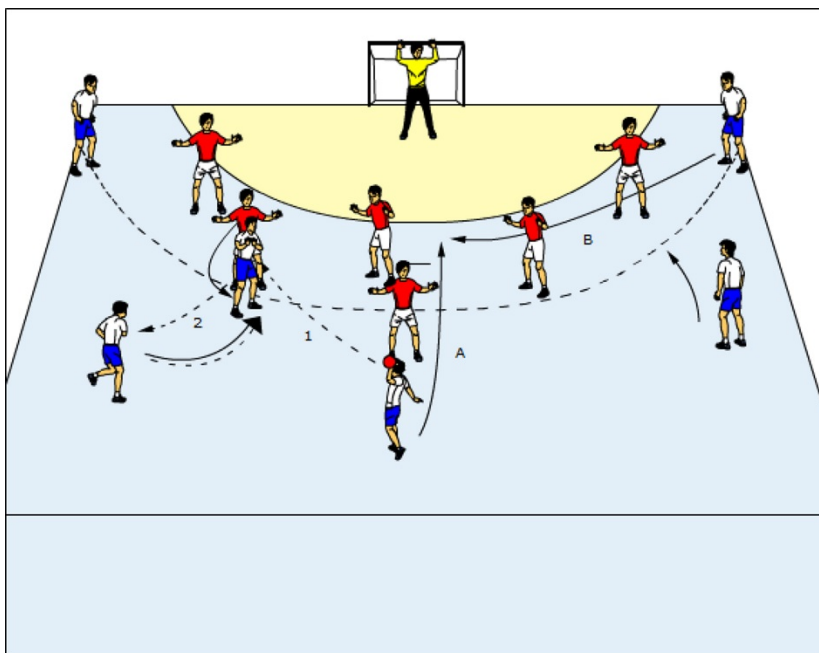


Figure 4: Pass between CB and P as an initial action in combination.

Example 3: This combination is suitable for attack vs. 3:3 set-defence. Initial actions: CB – RB – RW. CB immediately after the pas toward RB runs on the position of RW who move on the RB position. RB goes to the CB position. P comes from the opposite side and get the pass from RW. Now pivot try to pass to one of he Backs or he can simply turn to the goal and make his action toward a goal.

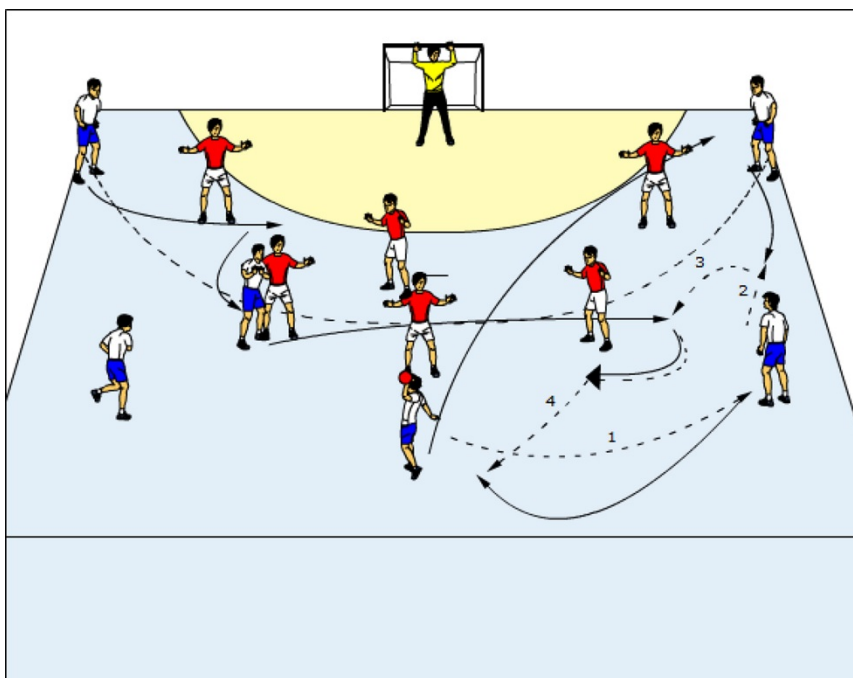


Figure 5: Combination suitable for attack vs. 3:3 set-defence.

Conclusion: In modern top level handball very few teams use an open set-defence system as their basic solution. But many of them try to perform this kind of defence as a surprise during

the certain matches. That's why every team should have a basic knowledge how to attack in the moment when opponents switch to more aggressive open defences. Beside this in a long term development of the players such actions should contribute to a more complete players from a tactical and technical point of view.