

**Goteborg, December, 2016**



***Possibilities of  
using “zone press”  
and “doubling of  
players” in defense***

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- In handball we have three types of defense:
  - zone system,
  - an individual system (press) and
  - the combined system
- During each game we can see some kind of zone system ( 6:0; 5:1; 3:2:1.....),
- sometimes it can be some kind of combined system (5+1....)
- and almost never individual system (press) (only during trainings as excellent preparation for development of individual defensive skills of every player).

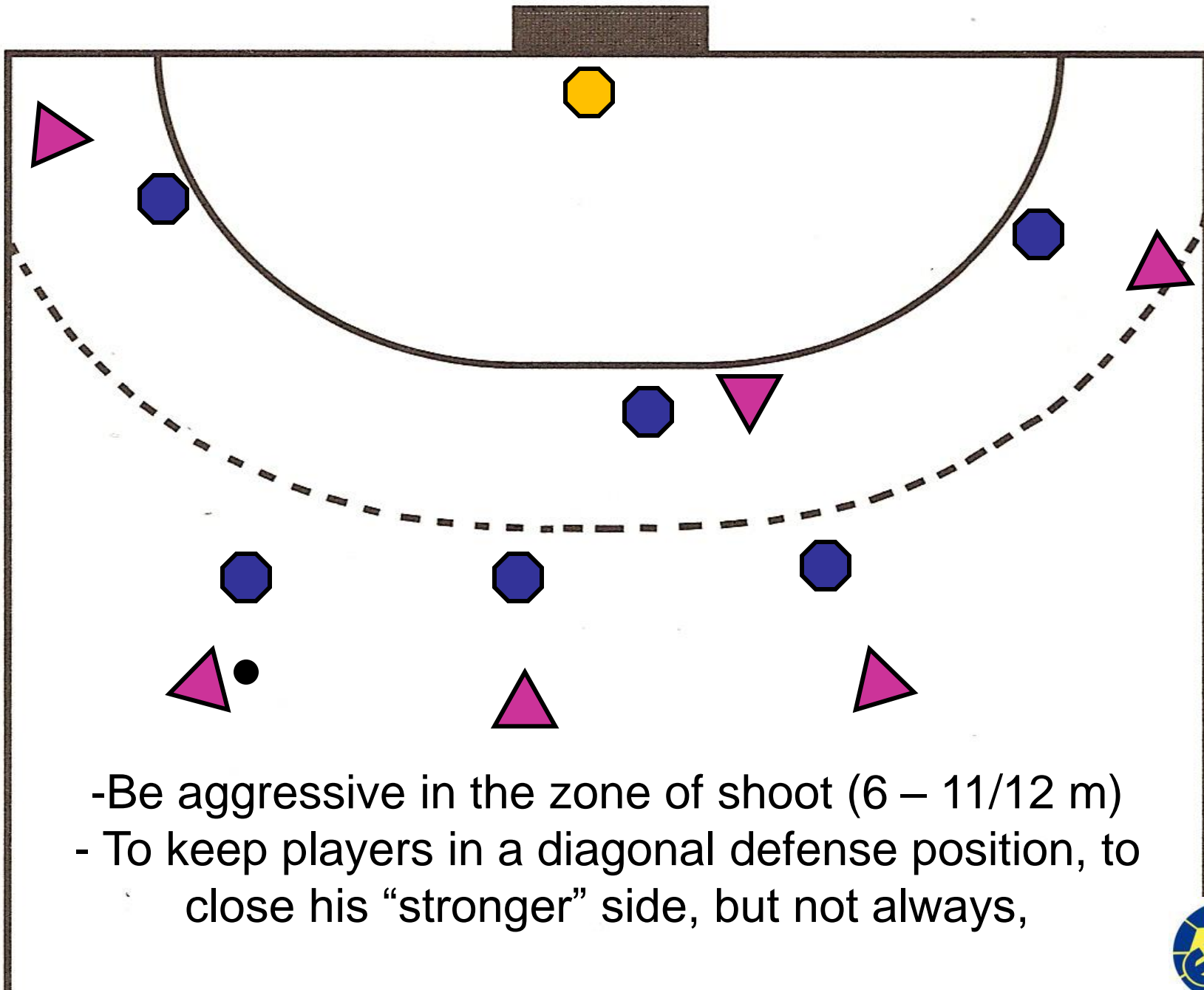


- There is one type of combined defense, very often and useful in basketball and very rarely in handball.
- It is zone – press
- Why we don't use zone – press in handball? We have some reasons to use it, maybe more serious than in basketball:
  - In handball we have goal keeper area and nobody can come in, in basketball they can use all court,
  - In handball there is no limit “five fouls”, we can make more fouls without losing players,
  - In basketball they can shoot from any position of the court, in handball it's between 6 and 11-12m.
- How we can play zone – press in handball?



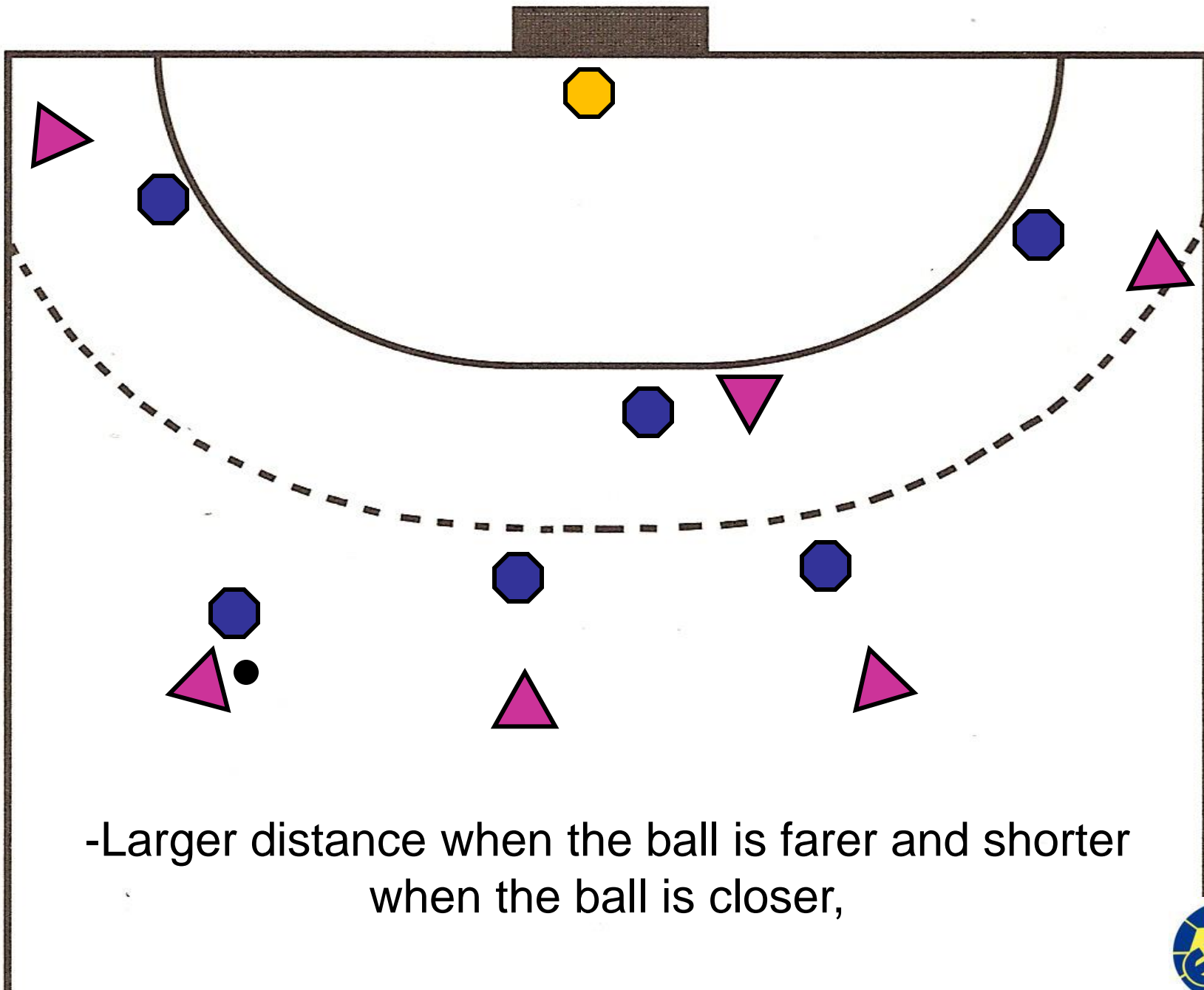


# *Principles of zone – press difense*



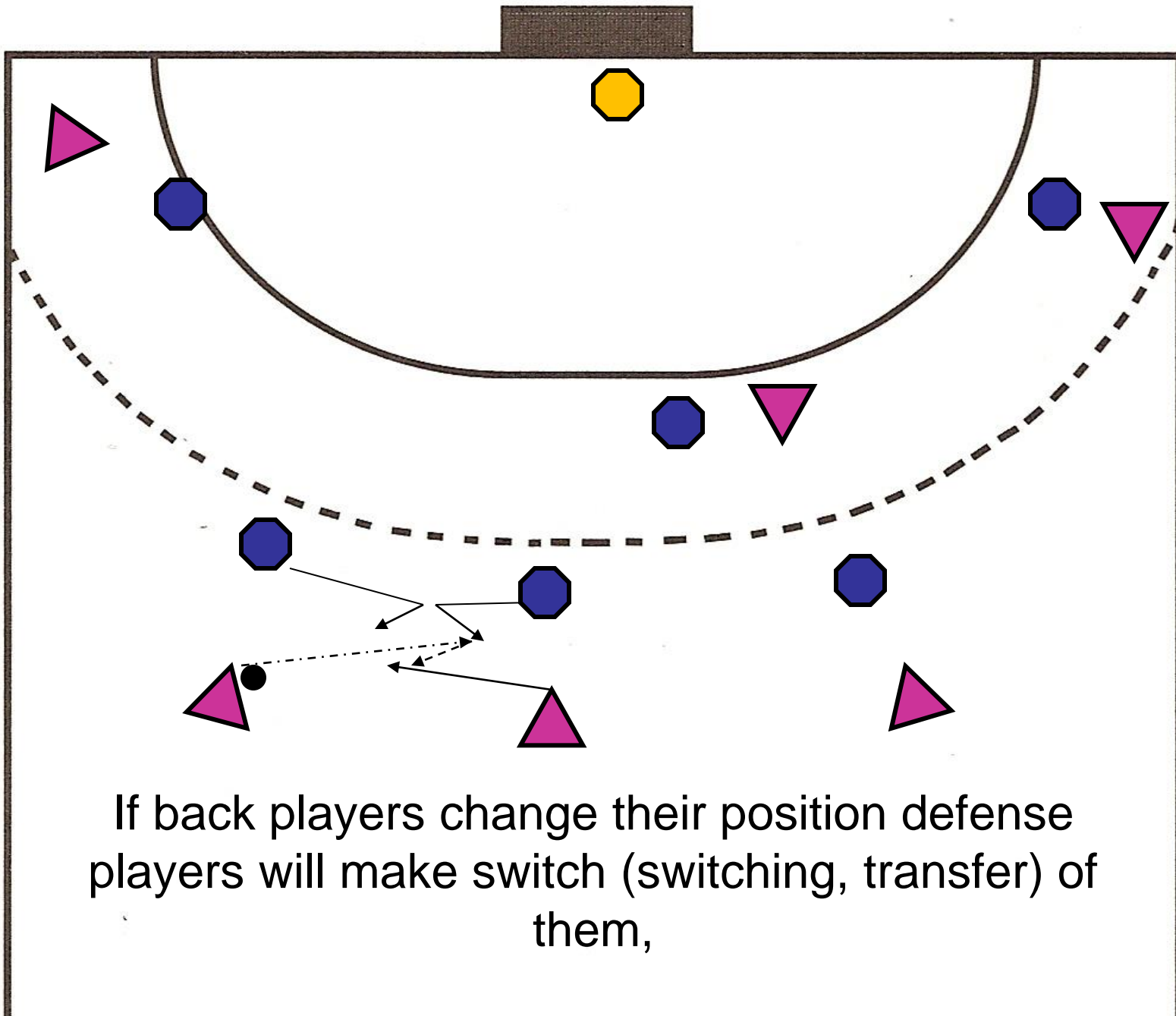
- Be aggressive in the zone of shoot (6 – 11/12 m)
- To keep players in a diagonal defense position, to close his “stronger” side, but not always,





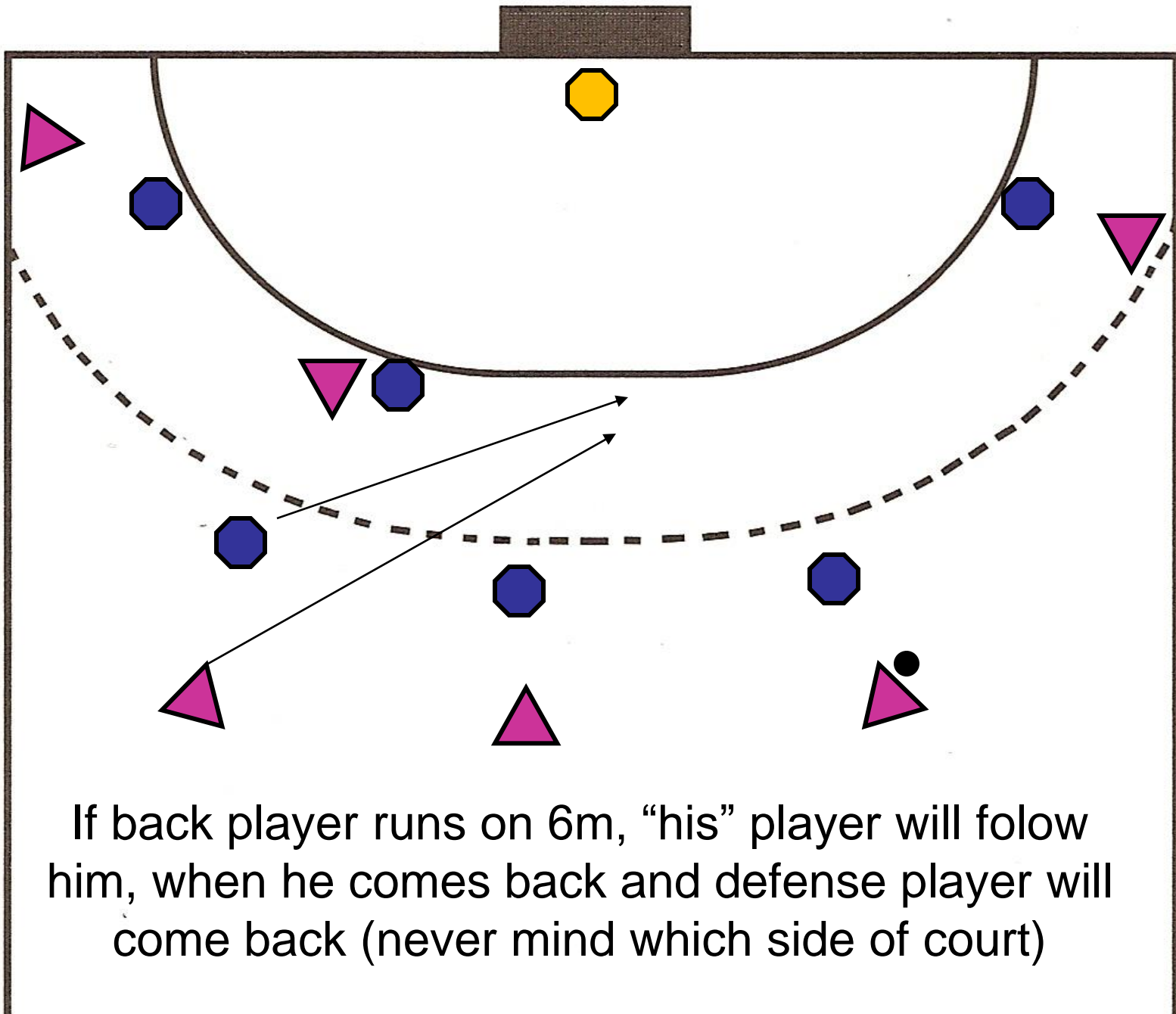
-Larger distance when the ball is farther and shorter when the ball is closer,





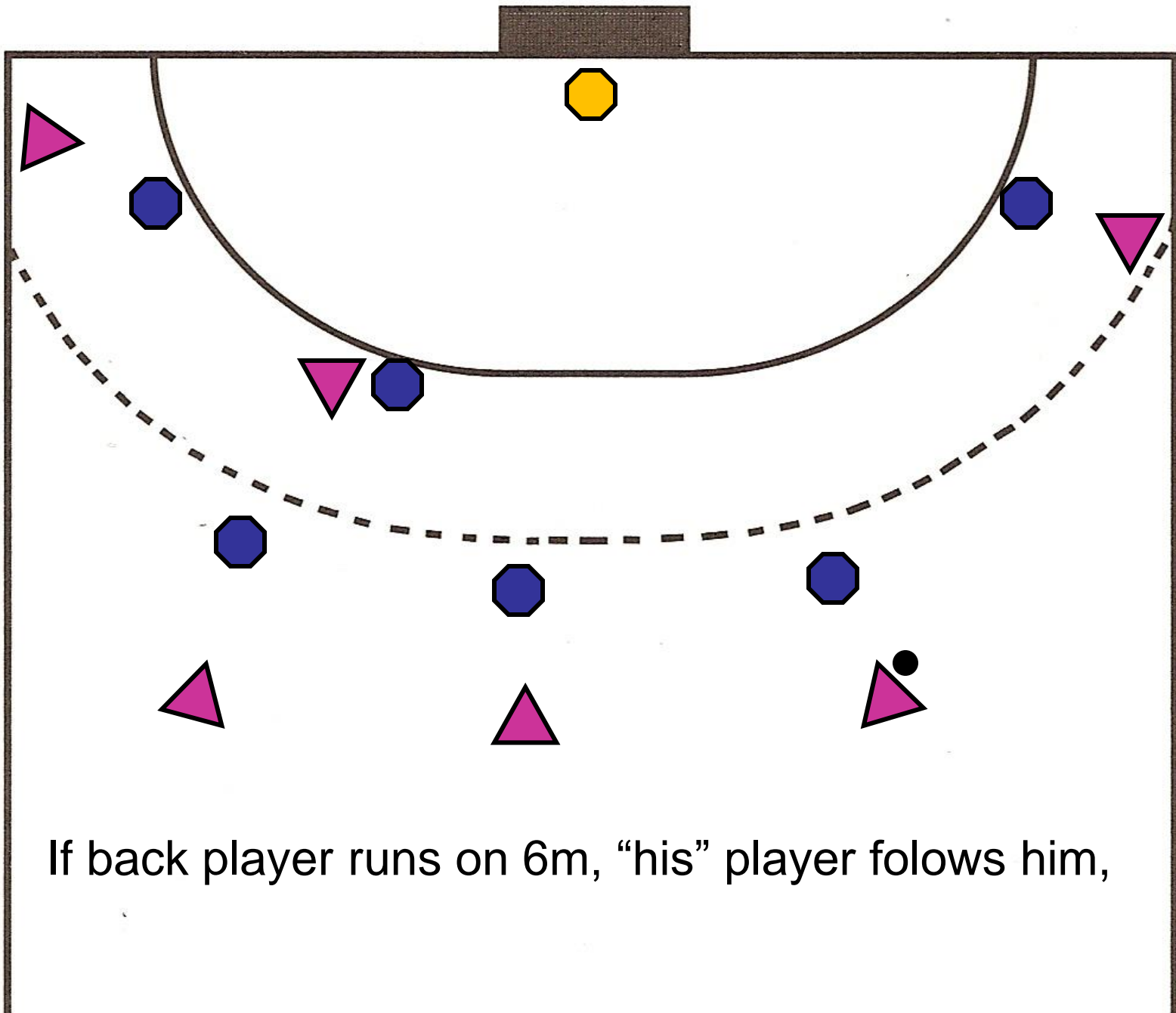
If back players change their position defense players will make switch (switching, transfer) of them,





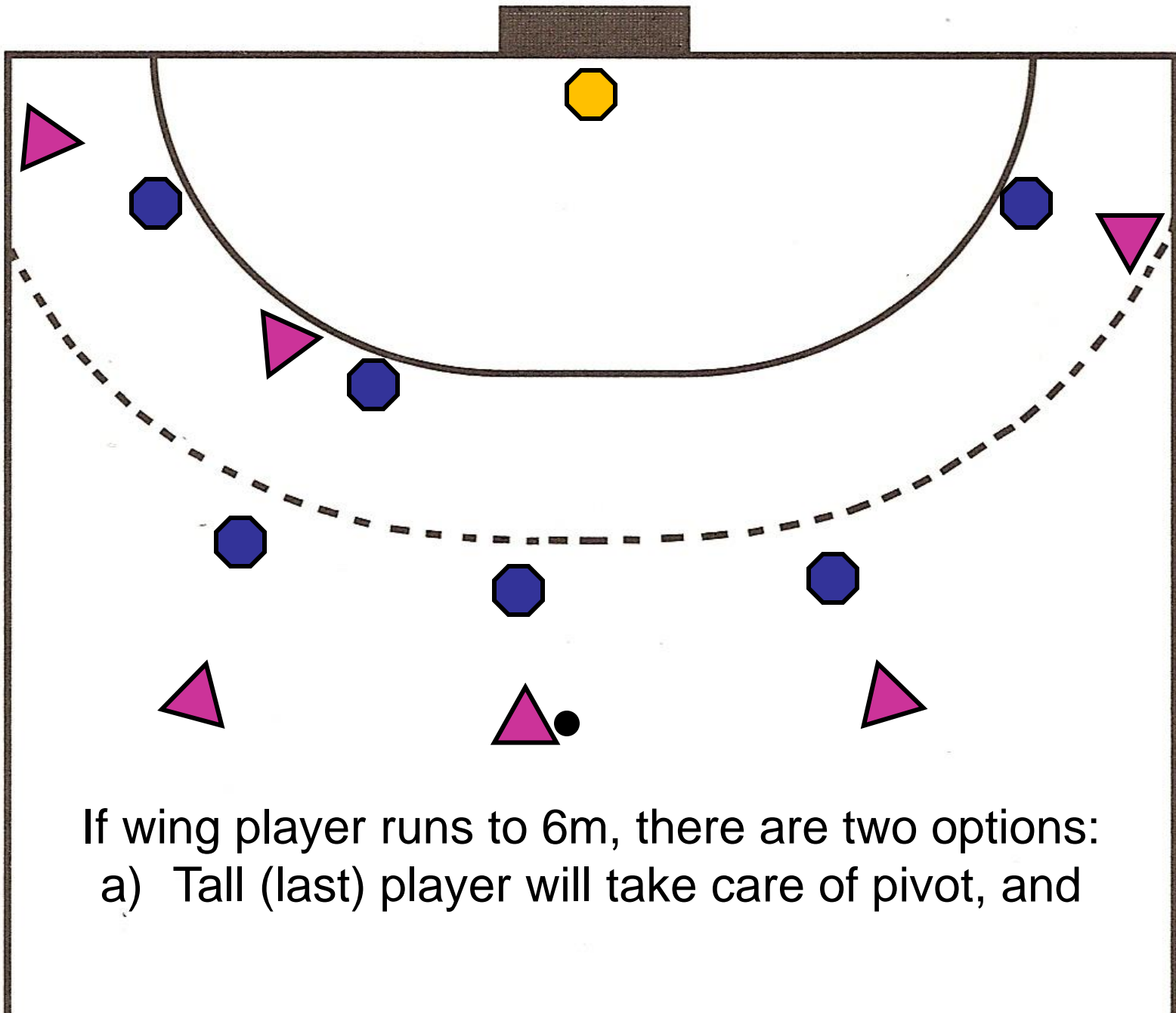
If back player runs on 6m, “his” player will follow him, when he comes back and defense player will come back (never mind which side of court)





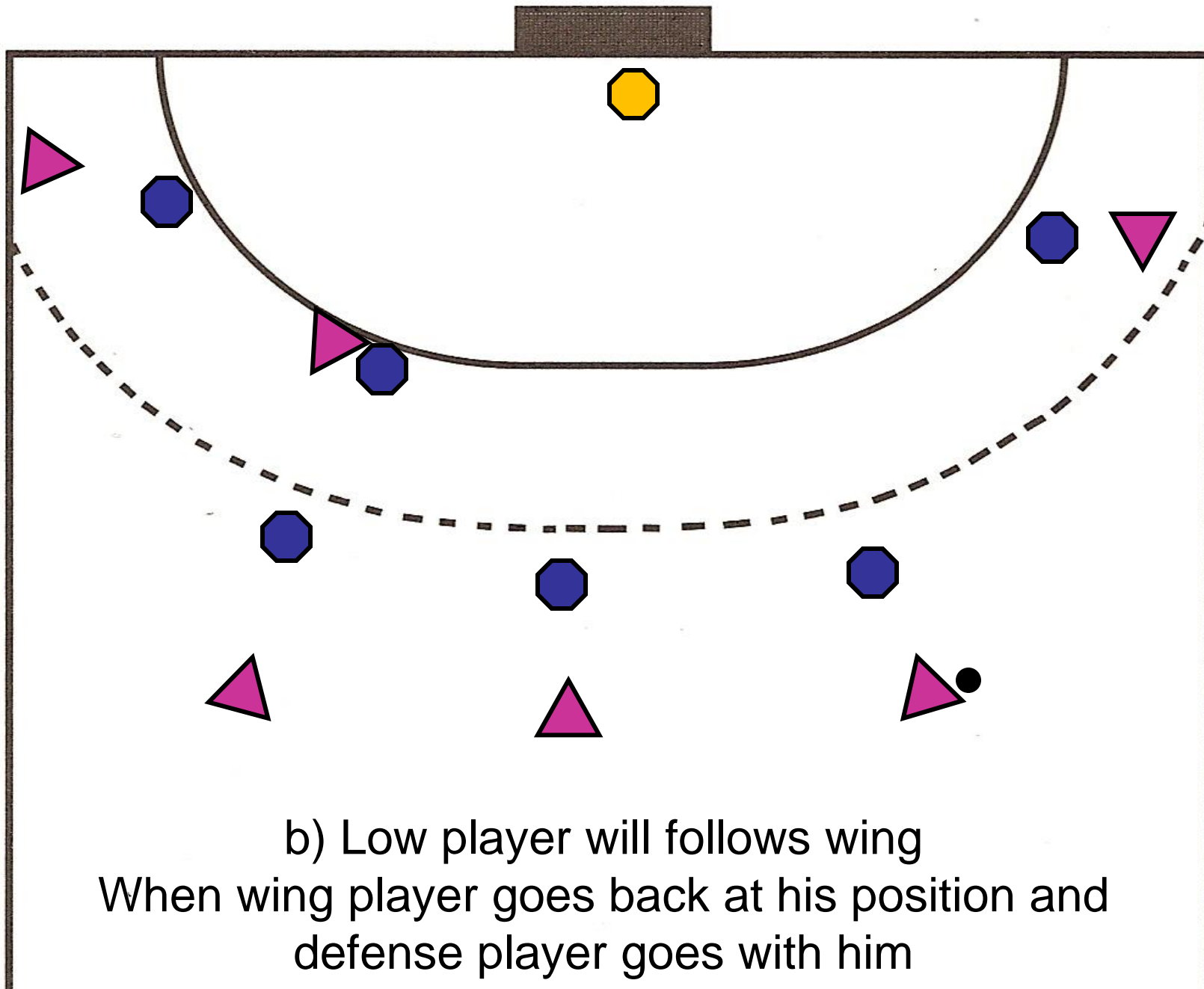
If back player runs on 6m, “his” player follows him,





If wing player runs to 6m, there are two options:  
a) Tall (last) player will take care of pivot, and





b) Low player will follows wing  
When wing player goes back at his position and  
defense player goes with him

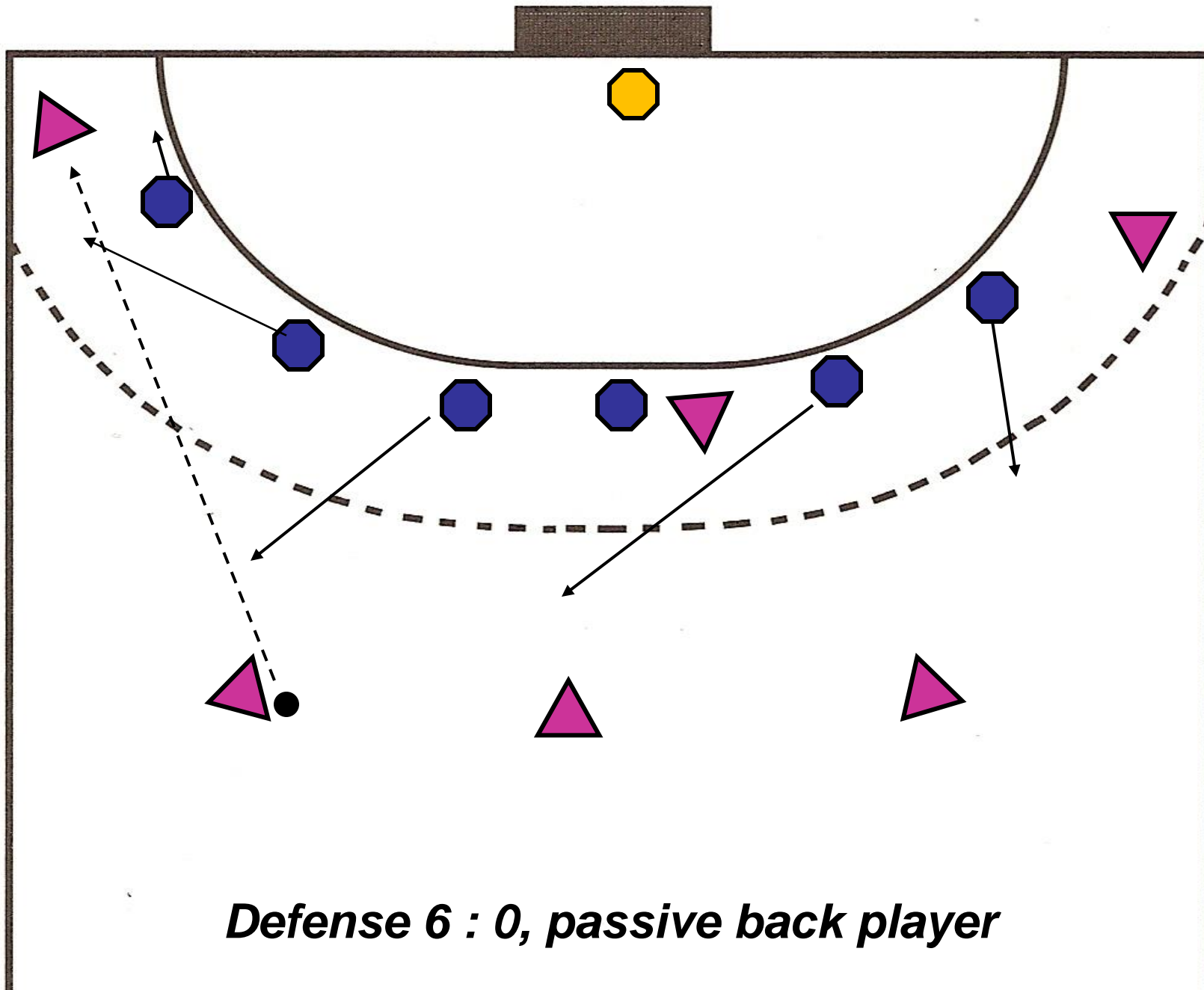


# *“Doubling” of players in defense*



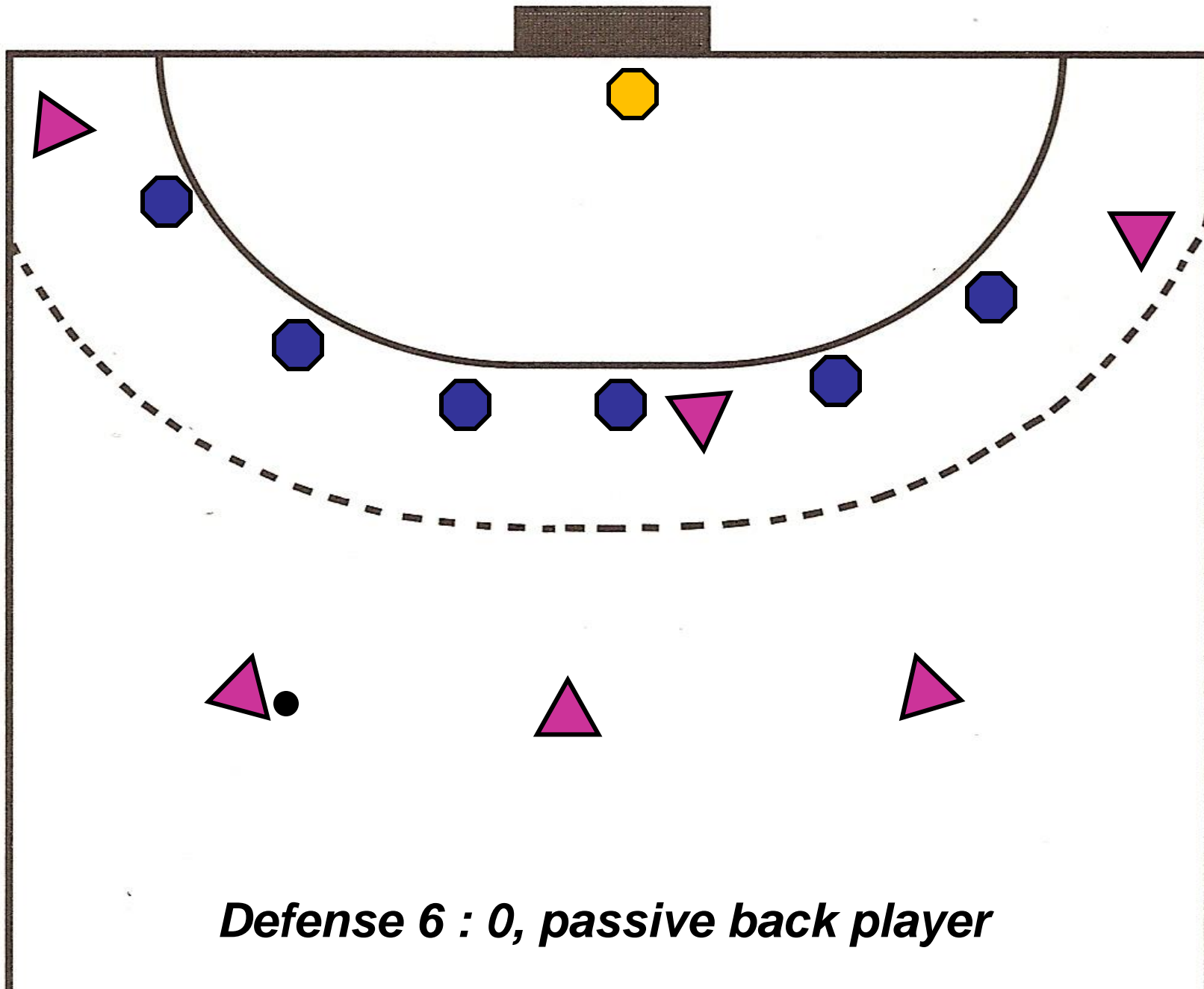
- “Doubling” is not defense, it’s tactical idea what is possible to use playing any defense system, but defense 6 : 0 is the most practical.
- The basic idea is preventing wing player to pass the ball within three seconds.
- Usually defense plays “doubling” at opposite side of pivot man position.
- It is best to use “doubling” suddenly and not all time.
- After “doubling” if (when) attack team continue attack defense team will continue “normal” defense.





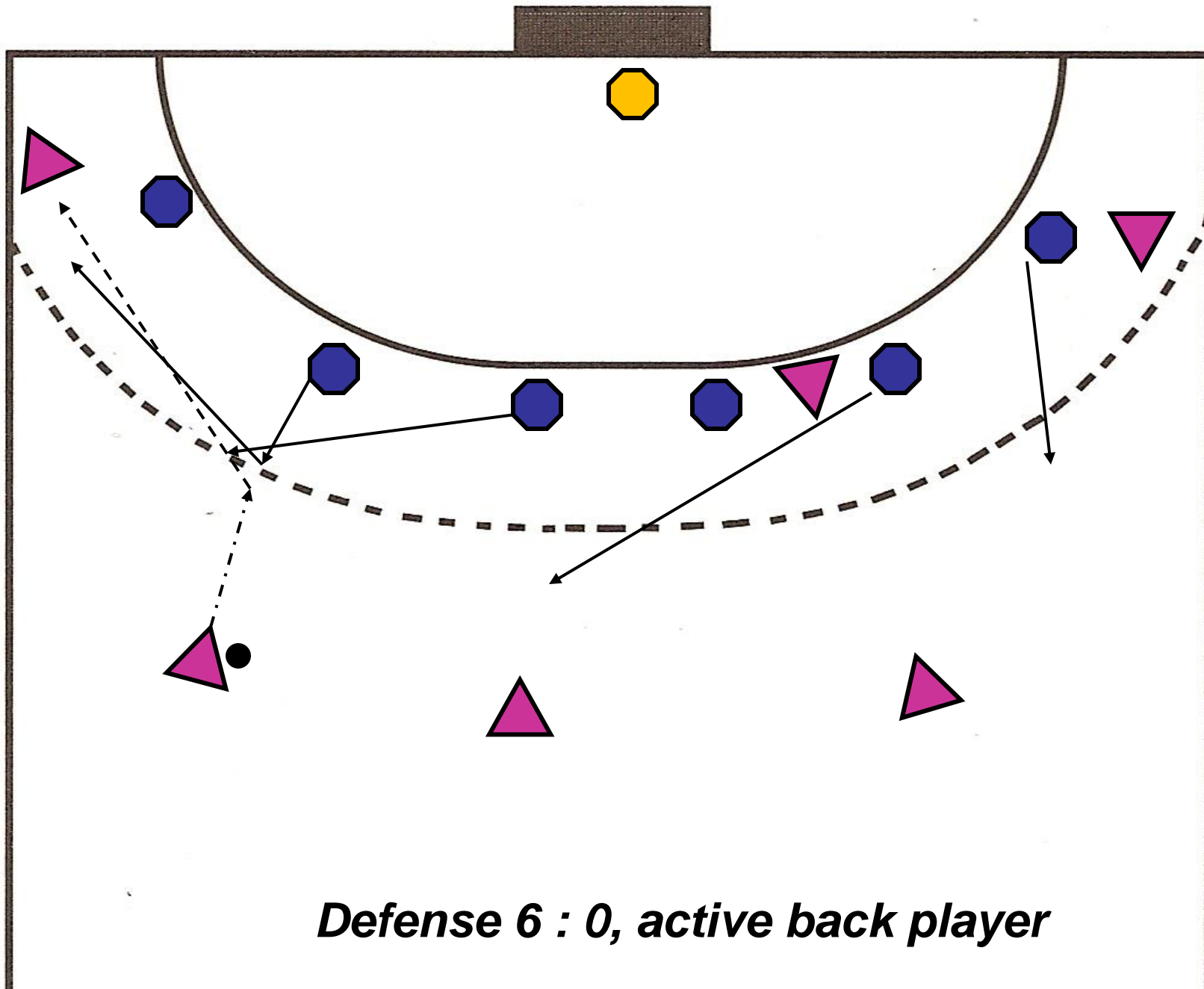
***Defense 6 : 0, passive back player***





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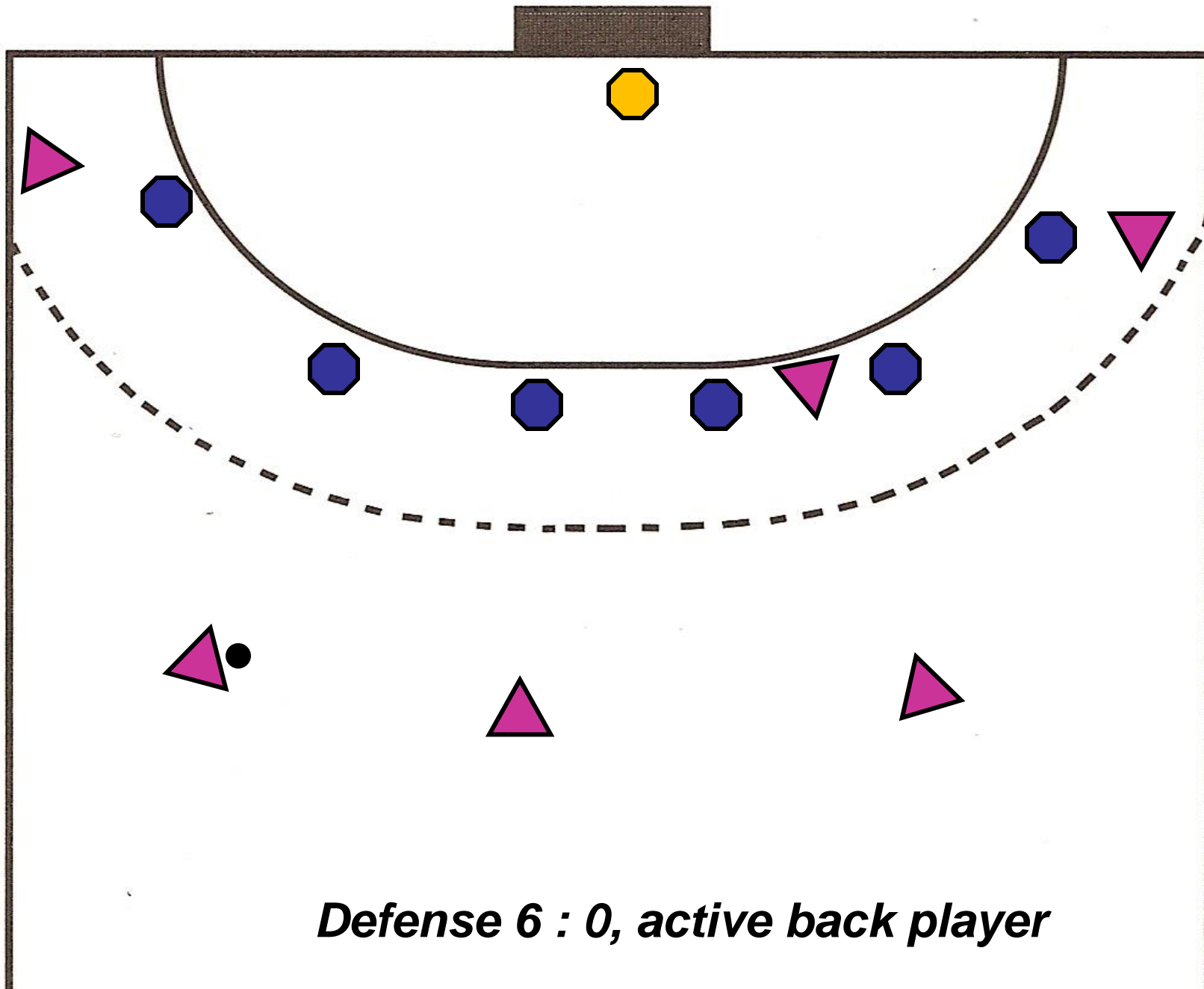




***Defense 6 : 0, active back player***

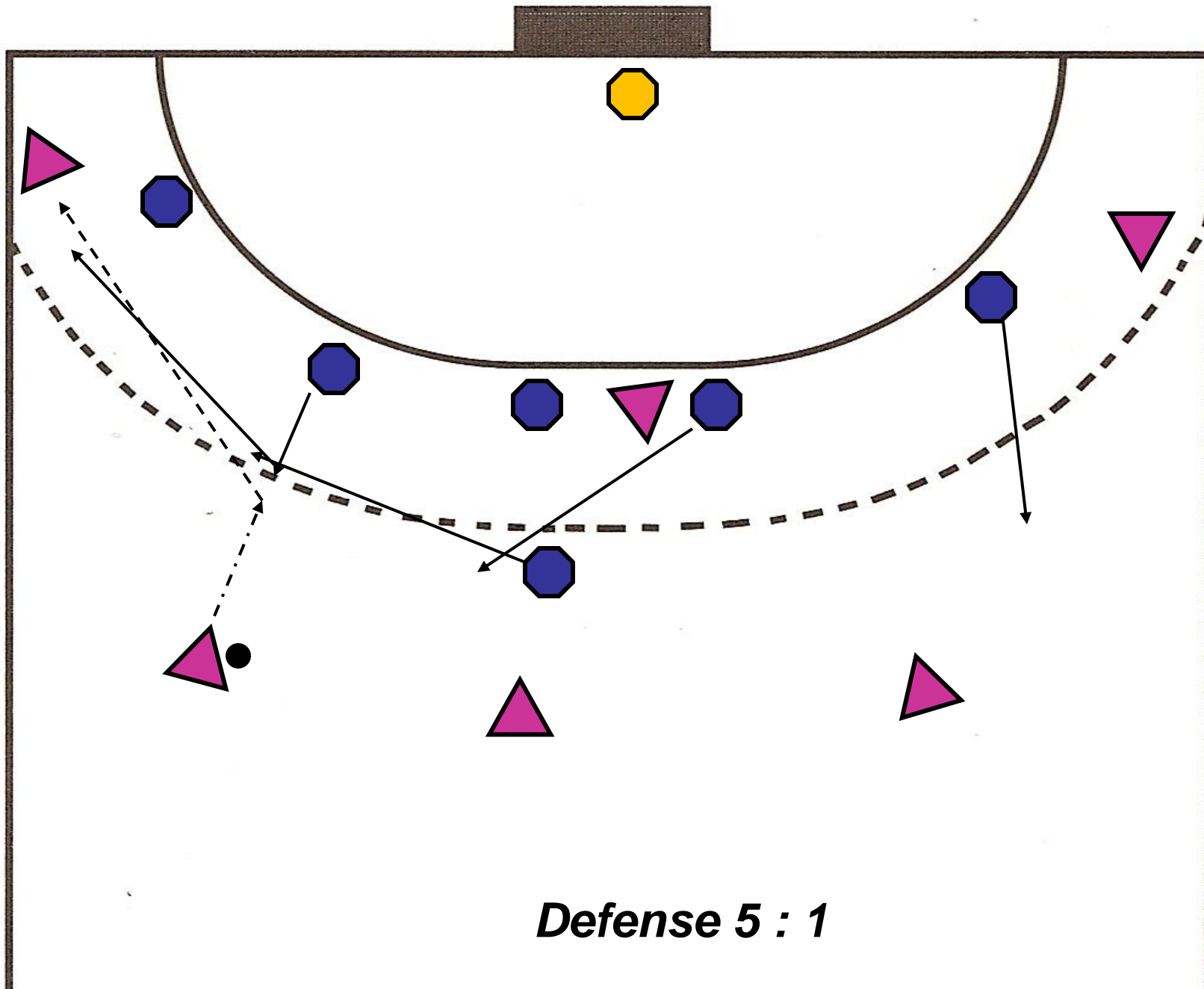




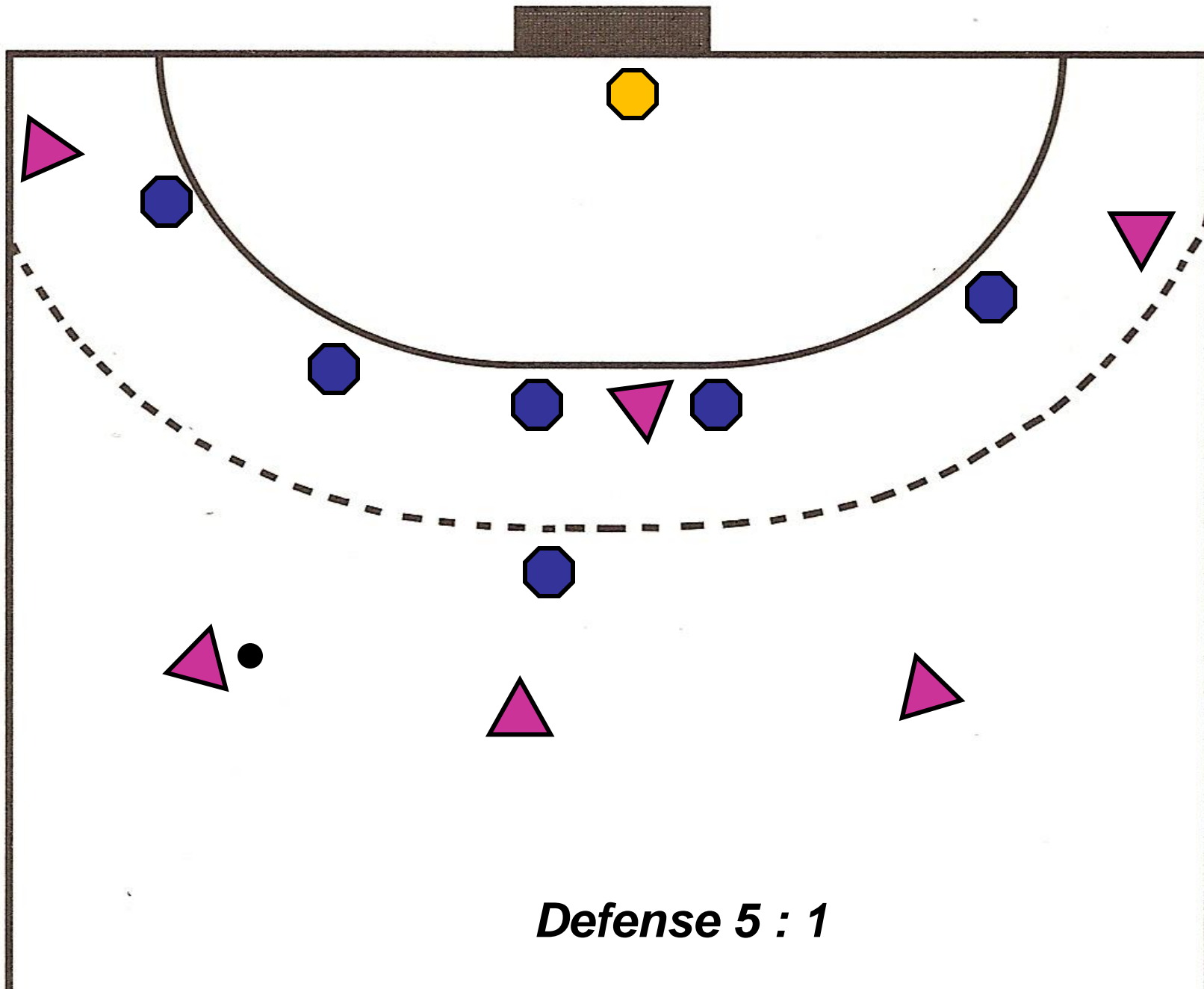


***Defense 6 : 0, active back player***



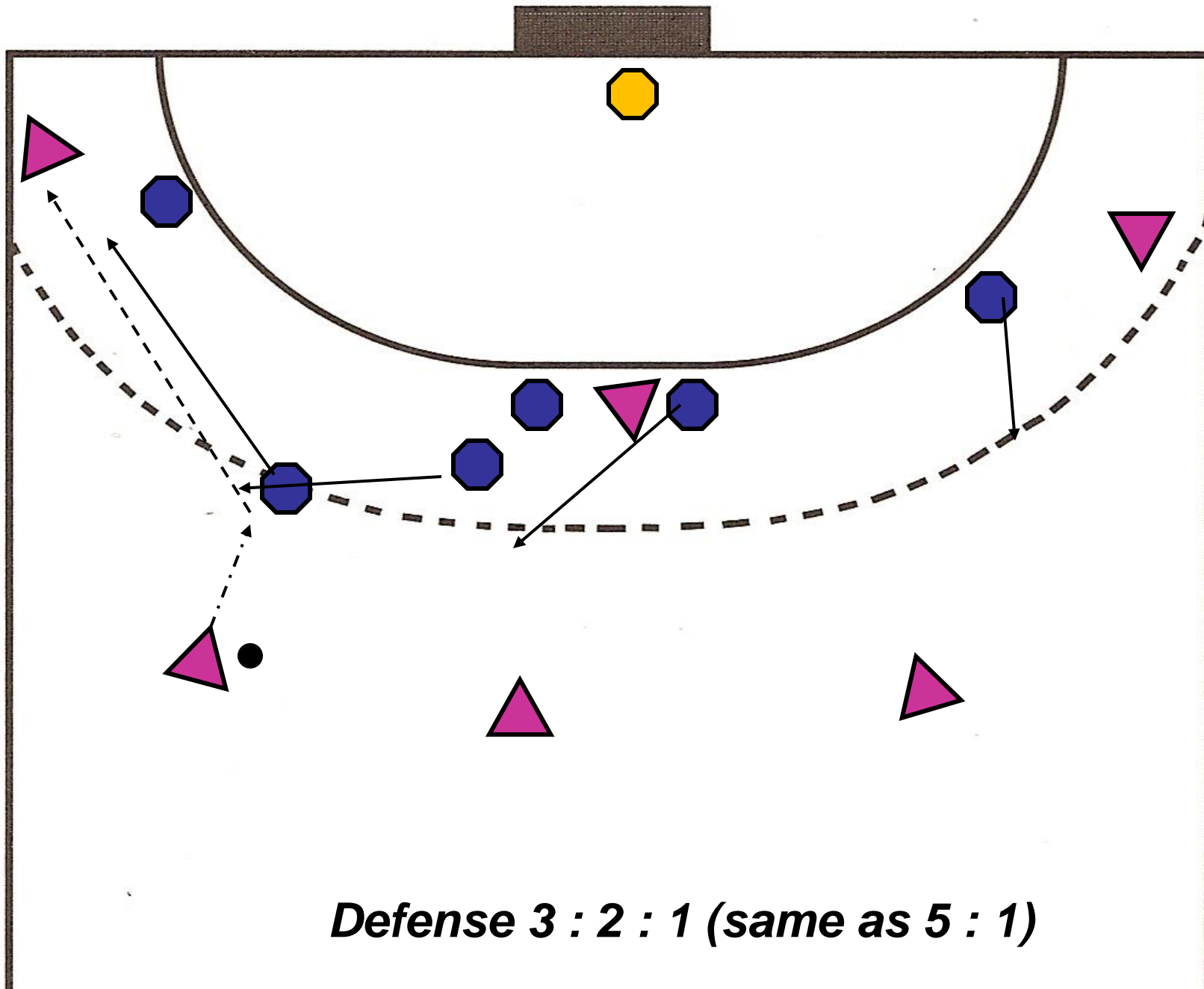


***Defense 5 : 1***



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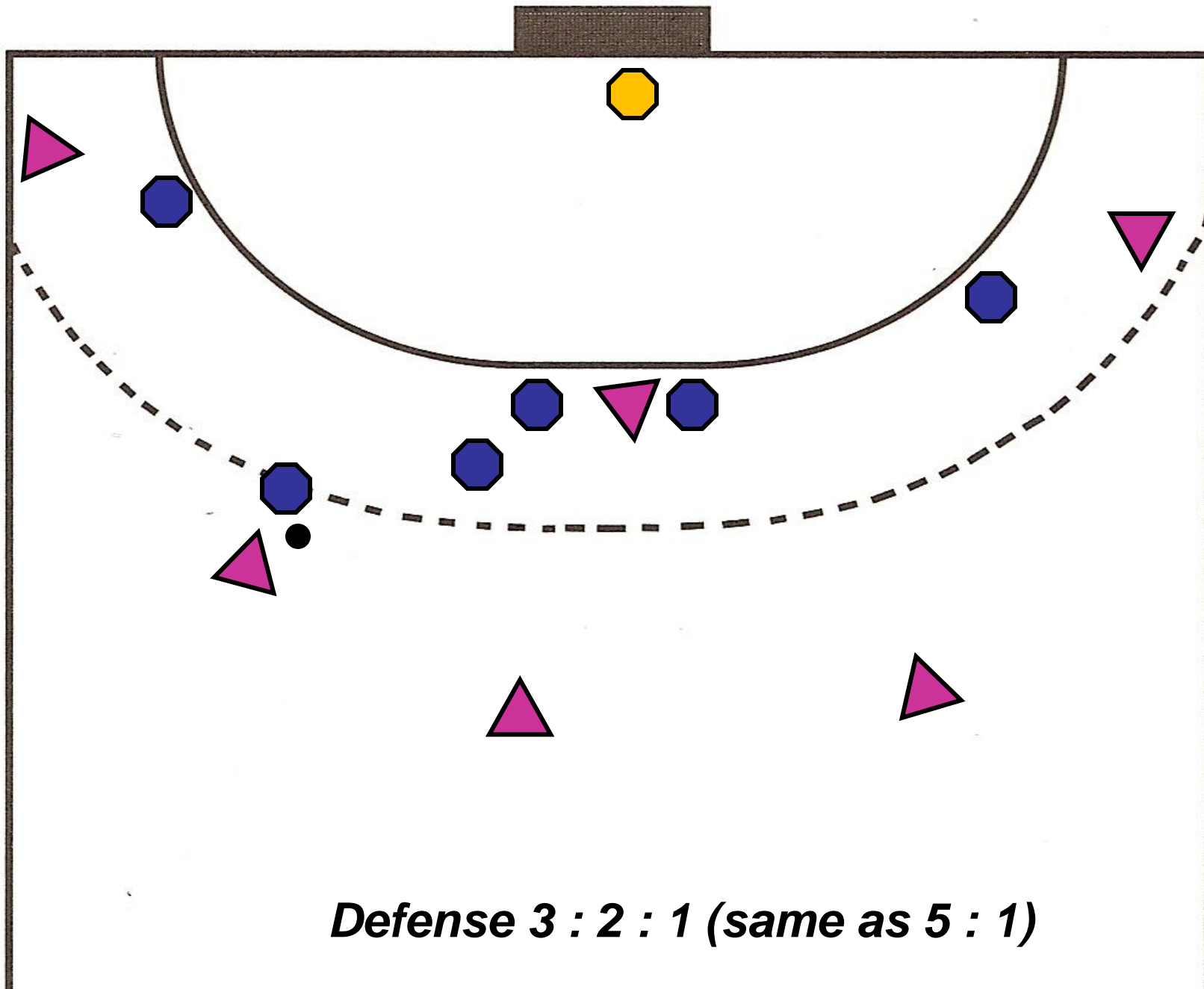




***Defense 3 : 2 : 1 (same as 5 : 1)***







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