



**Developmental tendencies**  
**of contemporary handball:**  
**case of zone defence 6:0**



- ◆ 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).

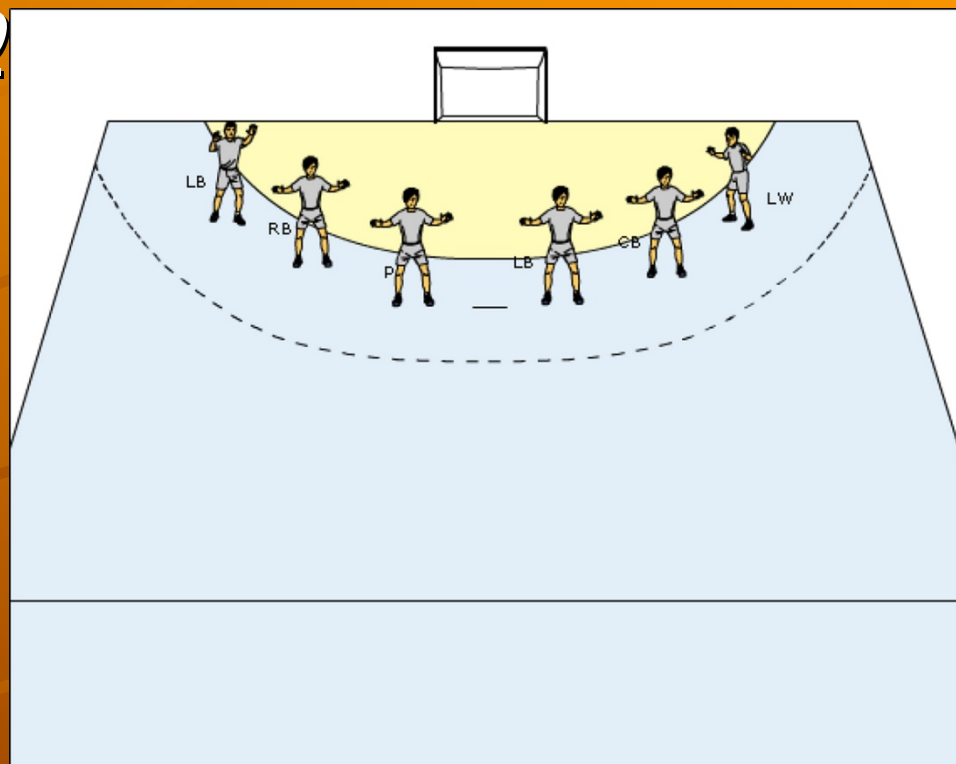


- ◆ All above mentioned facts create a necessity for a modern defender who can act very aggressive and active, independent in which zone defence system he must play.
- ◆ So the basic education of the young players must provide this type of habits and knowledge.
- ◆ That creates also a necessity for the 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.



## ◆ Classic type of zone defence 6:0

◆ Initial formation of defenders in the zone defence 6:0 - players are positioned alongside the goal area line.





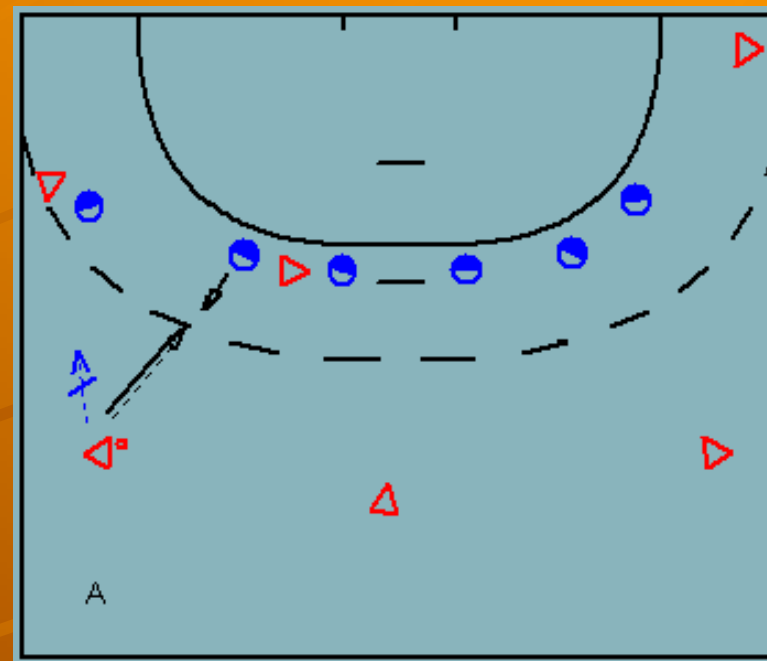


- Their playing positions are named according to the playing side as first, second and third left or right defender.
- First left and right defenders stand in their initial position at an angle of approximately  $45^\circ$ ; this angle is created by the outer goal line and the imaginary line passing from the goal post to the player.
- The remaining four defenders are positioned in equal distance between the first left and right defenders.



◆ There are few basic principles of players' work in such defence formation:

- first left and right defenders mainly assure the width and density along the goal-area line. First defender on each side moves less often deep and even then with an aim of stoping the clear pass to the wing players, as they are his numerical counterparts (»cutting the wing attackers).



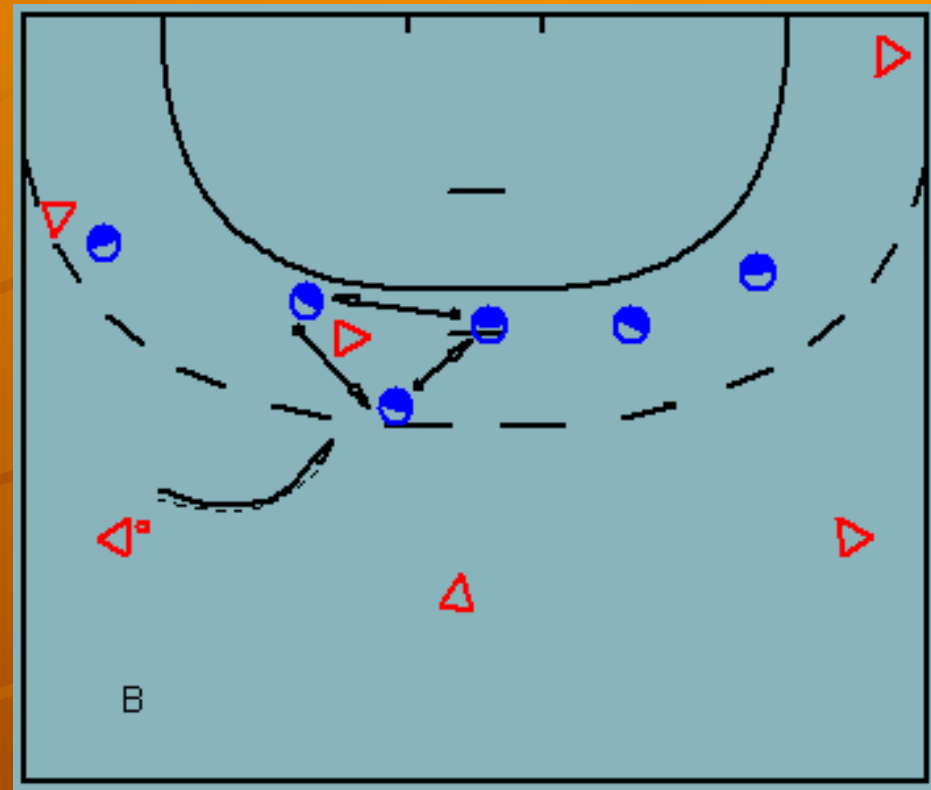




- ◆ The work of second and third defenders depends mainly on the position of the attacking pivot player. If the pivot stands between the second and third defenders on the side of the ball, whilst the ball is in possession of the back player (e.g. LB is in possession of the ball, pivot stands between 2R and 3R 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), 2R defenders moves towards the ball up to the 8-metre distance from the goal.

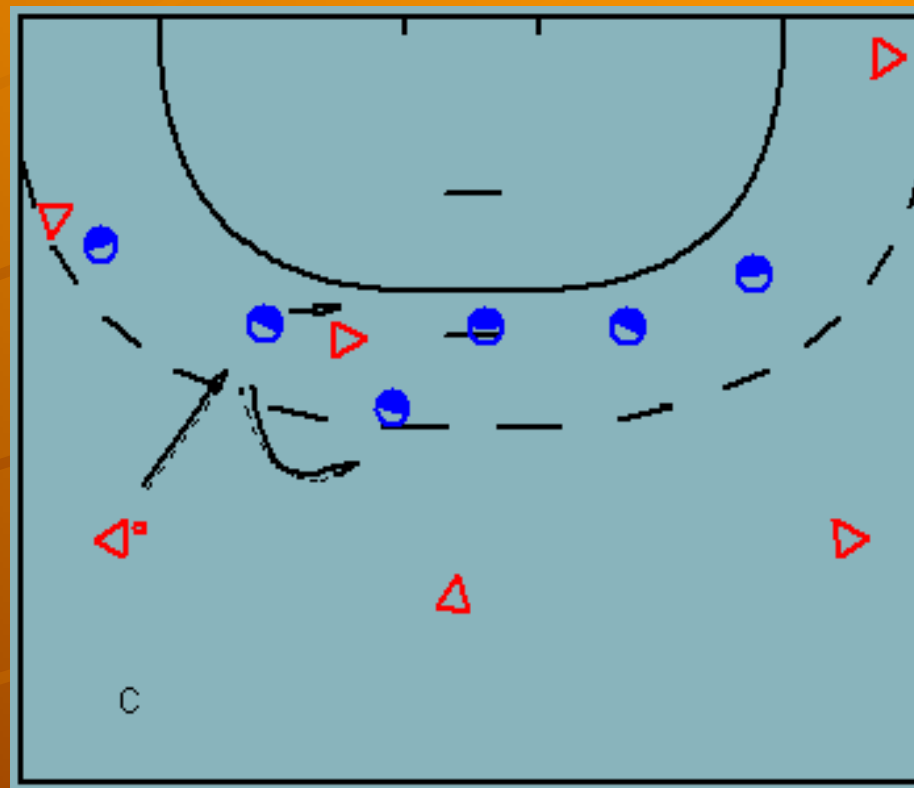


- ◆ When the run of the LB is towards the middle of the field, 3R defender moves towards the ball up to the 9 or 10-metre distance from the goal.



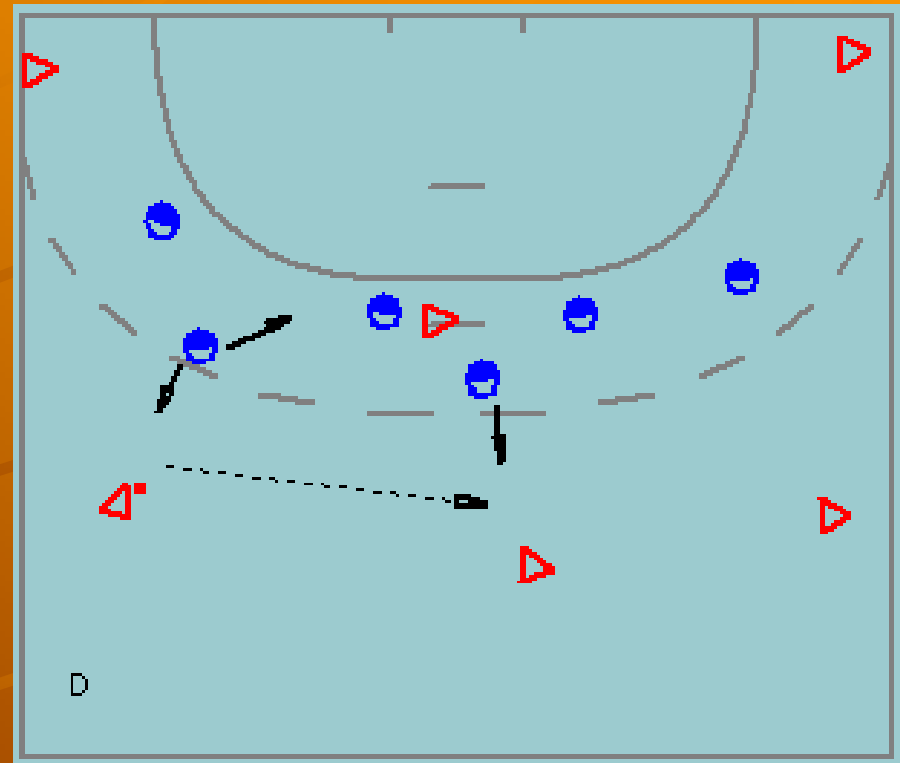


- ◆ Position and reaction of defenders in the defence zone system 6:0, when LB first part of run performs straight and then changes direction to the middle.





- ◆ Position and reaction of defenders in defence zone system 6:0, when LB passes the ball to the CB and the pivot stands between 3L and 3R defenders.





- ✦ This type of zone defense 6:0 followed the rules of *act – react* defense philosophy (attackers *act* and defenders try to find the solution how to *react* properly).
- ✦ As a consequence in recent years an aggressive type of defense zone system 6:0 is becoming more popular.
- ✦ In this way defenders attempt to neutralize some of the disadvantages of this type of zone system:



- insufficient depth of defence,
  - shooting from distance,
  - and too much manouevring space for various attacking combinations.
- ✦ Consequently, defenders use aggressive, sudden and predatory 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.



- ◆ Therefore, attackers need to improvise more and they perform more technical and tactical errors and attempt shots from unclear positions.
- ◆ First and second defenders often find themselves numerically inferior – 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, while they must be able to assess the chances of the opposite players for the progression of the attack.

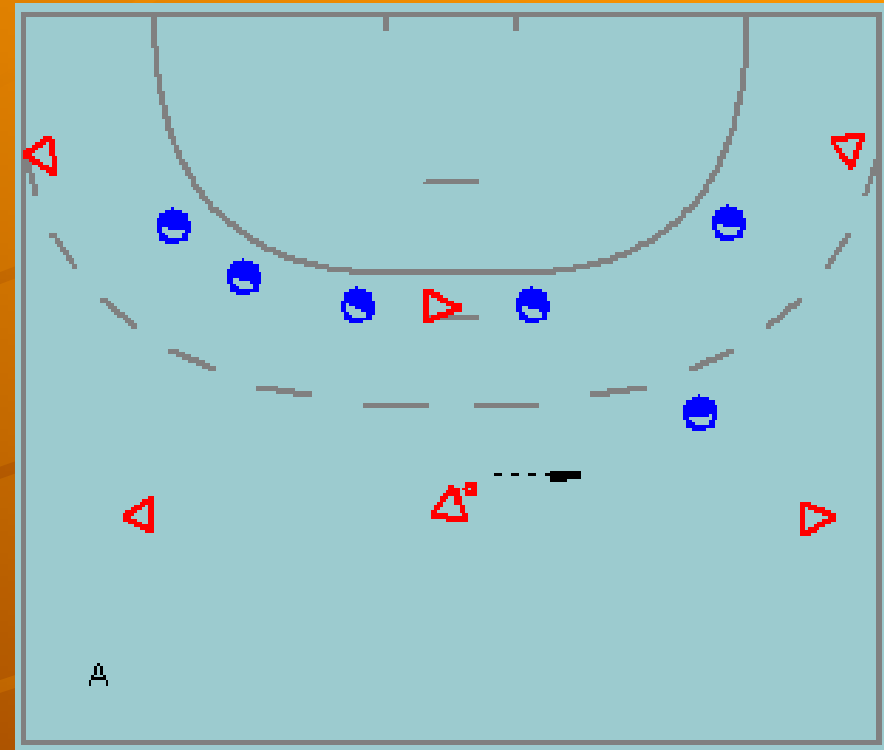


✦ *Some of the most characteristical situations found in the game of the elite handball teams.*



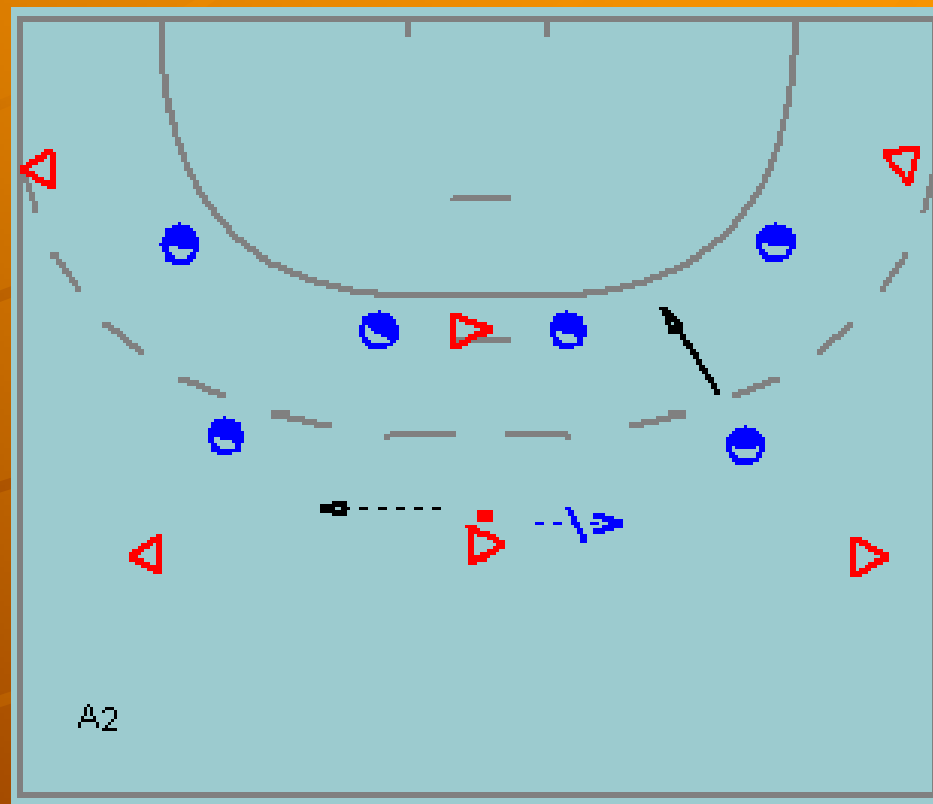


- ✦ The position of the second defender which limits the possibilities of CB, who wished to continue the attack with a pass to the RB attacker. Movement needs to be fast, defender is in the position where he can observe and follow both CB and RB. His arms are wide apart, which makes it even more difficult visually to perform a pass.



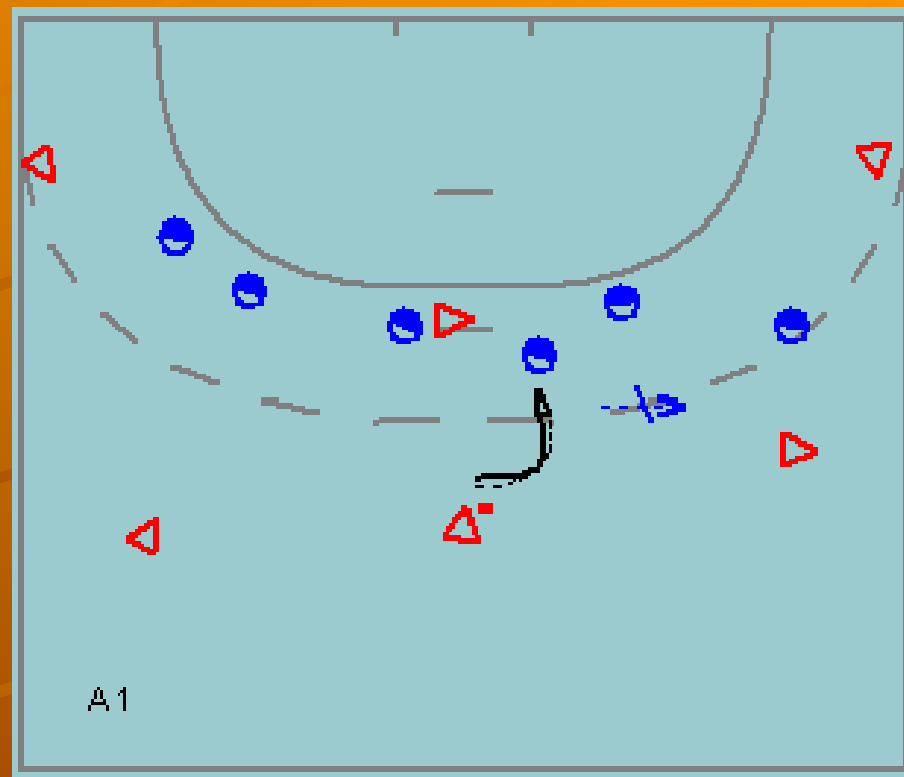


- ◆ If the CB continues the game on the other side by passing the ball to LB, second defender on the other side has to recognise the intention and repeat the already presented action.





- ◆ If the CB changes direction towards the goal, second defender returns to the goal-area line in order to increase the density of defenders in the zone. At the same time first defender moves slightly forward, again making it harder for the CB and RB attackers to cooperate.



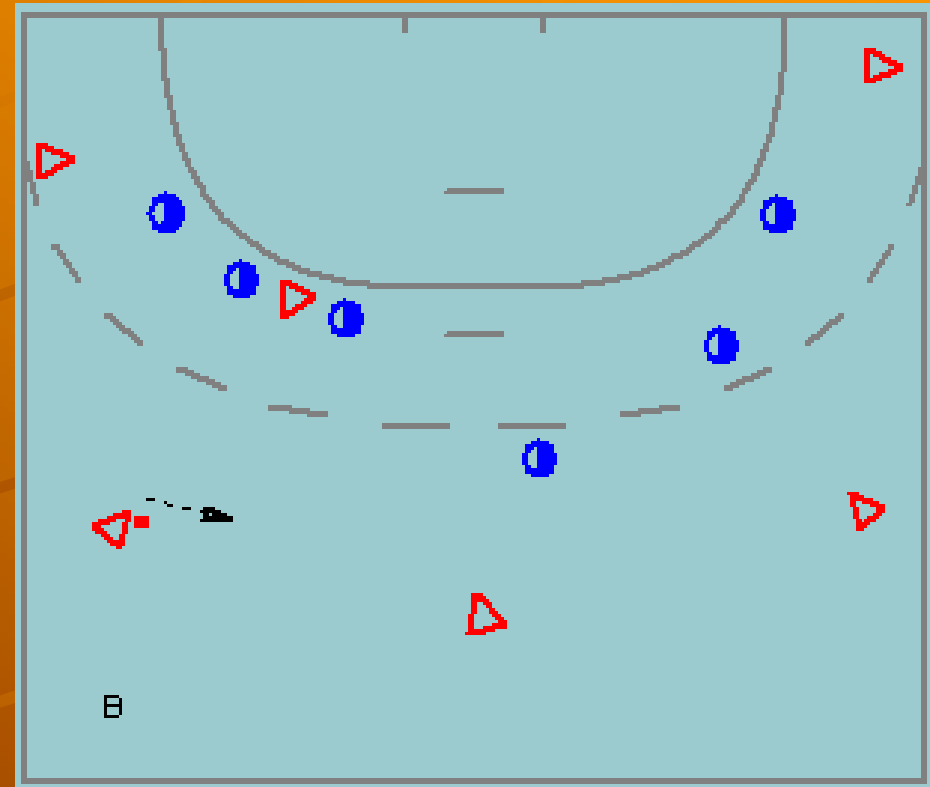




- ✦ At this point first defender needs to act very aggressively and cautiously at the same time, as he works against two attackers – trying to obstruct the RB attacker in receiving the ball and marking the RW, for whom he is responsible in first place.
- ✦ It is clear from the first situation how important it is for defenders to be initiative, creative and to have a good reciprocal cooperation.

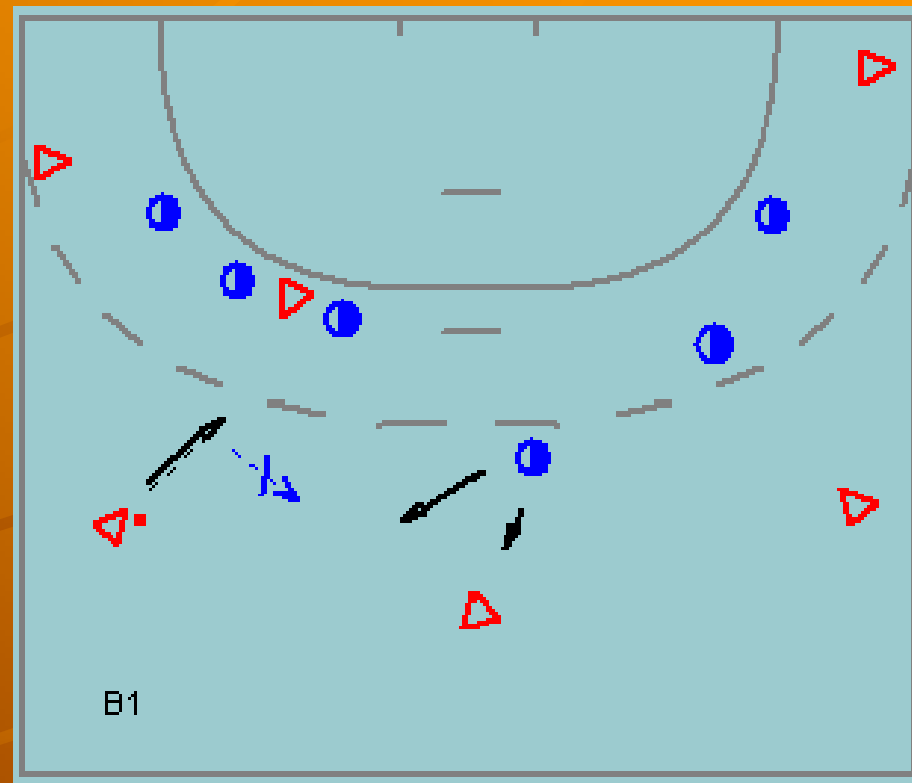


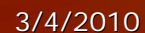
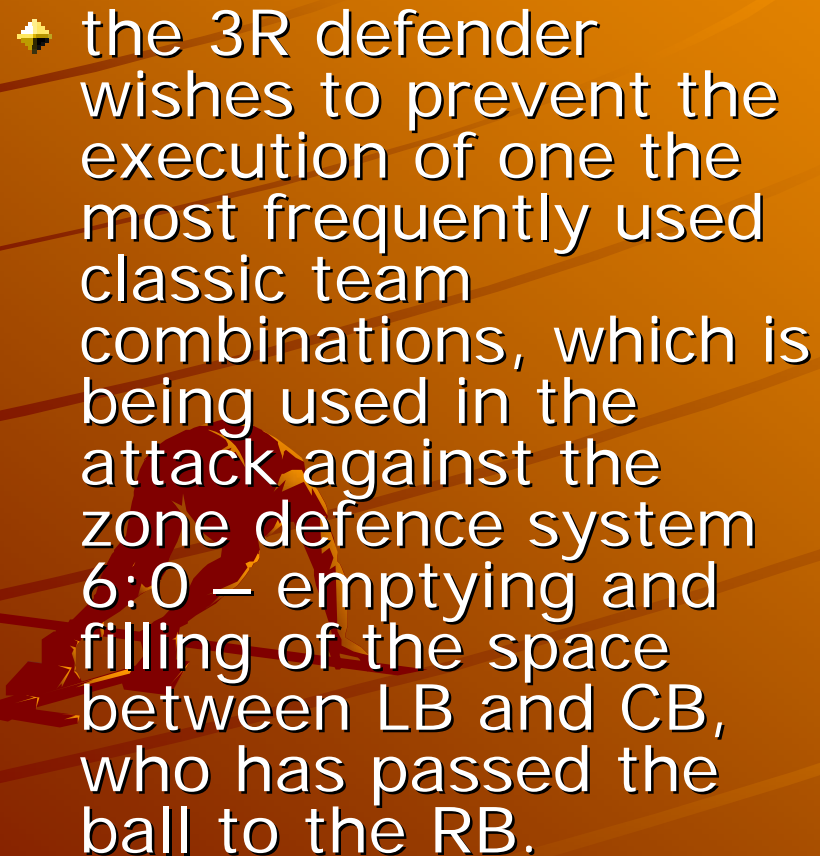
- ◆ In the moment when LB attacker wishes to pass the ball in the run to CB, the third defender from the opposite side runs deep to stop the intended pass.





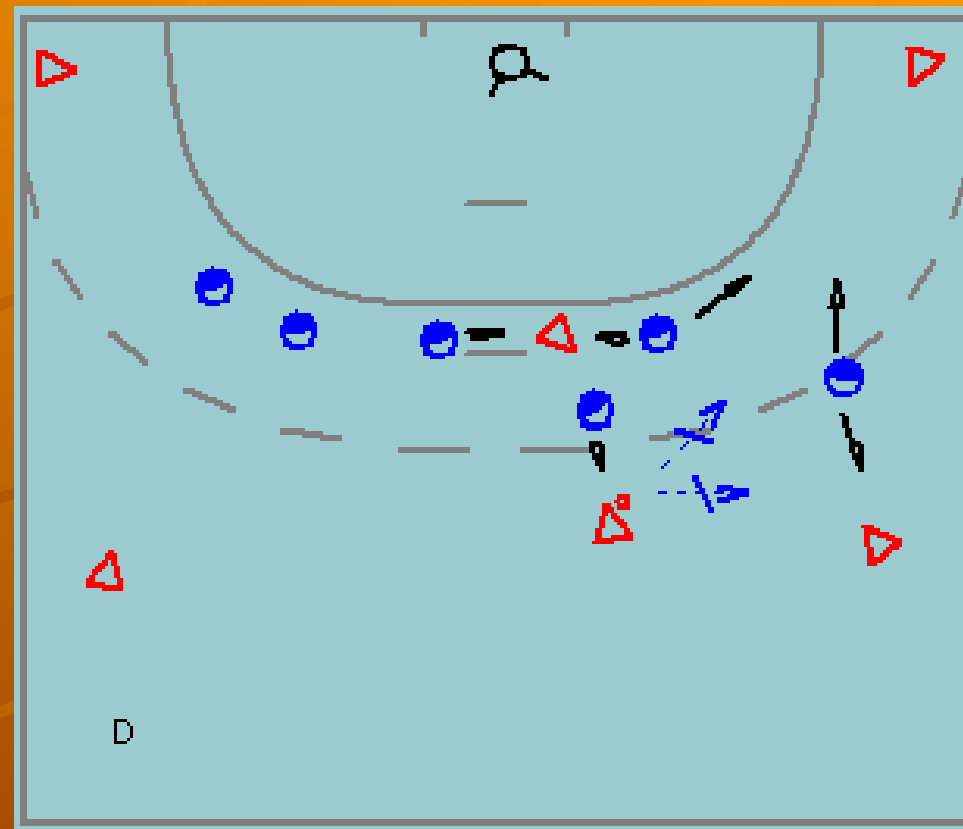
- ◆ Third defender can choose the level of his aggressivity according to the position of attackers and evaluation of his chances to intercept the ball or commit a foul in order to stop the intended activities of attackers.







- ◆ An example how to solve the situations in the moment, when there is a possibility to create so-called »numerical superiority«. CB has passed the 3L defender to the outside and wishes to play the ball to RB, who is in the wide run.



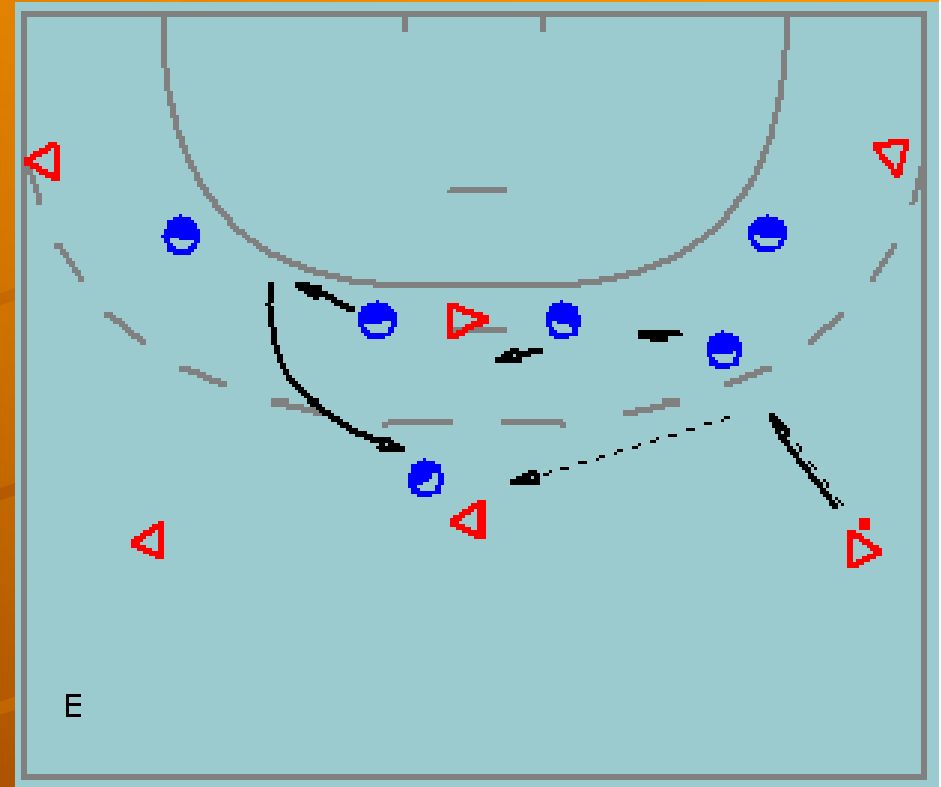


- ❖ If the pass between the CF and RB is still performed, the other defending players need to act appropriately, particularly the 2L defender, who needs to move into the position of first defender and mark the wing and prevent the creation of intended »superiority«.





- ◆ Risky, yet very efficient move by the 2R defender, who attempts to confuse the CB, whilst he is receiving the ball from the RB. 2R defender is outside of the field of vision of CB, who is receiving the ball from the opposite side and cannot react in time or can make a mistake.





- ✦ 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.**



🏆 Thank you very much for your attention.

