

PRINCIPLES OF OPPONENT ORIENTED 3:2:1 DEFENCE SYSTEM IN HANDBALL



Prof. Dr. Yaşar SEVİM
Lecturer at Gazi University
EHF Lecturer



Overview

Focusing on the junior level, this study shows basic principles of the defense, 3:2:1, which is opponent-oriented.

The basic role distribution of defense players are shown clearly in this defense. Also, it motivates individual defense development in young players. Moreover, the cooperation among defense players is more explicit and the defense transitions are easier, faster, and more flexible, compared to other defense types and variations.



DEFENCE SYSTEMS

ZONE DEFENCE	COMBINED DEFENCES	MAN TO MAN	SPECIAL CASES
6:0 – without frontal block of the attacker - frontal block of the attacker * only to playmaker * only to wing players * to all players	5:0 + 1	✓ Between 6 & 9 meters	✓ In the majority (2. B - 5+0:1) ✓ In the minority (2. B - 4+0+1)
	4:1 + 1		
	4:0 + 2		
5:1 - on the sides - in the middle - away from the ball - ball oriented	3:0 + 3	✓ Half court	
	1 + 0:5	✓ Full court	
4:2	✓ Full court		
3:2:1			
3:1:2			
3:3		1:0 + 5 (5 + 0:1)	



From passive



From active



THREE BASIC PRINCIPLES OF DEFENCE

- ✓ Prevent the opponent to make a score,
- ✓ Disturb the opponents attacks,
- ✓ Get the ball

It
means:



All players should know individual defence technics perfectly, independent of defence systems.



PRIOR CONDITIONS OF SUCCESSFUL DEFENCE

WISH AND DESIRE *(Spirit of the defence)*

- Team spirit
- Desire to make defence
- Motivation
- Discipline in the defence system

KNOWLEDGE ABOUT THE DEFENCE

- Role in the defence system
- Co-operation in the defence system
- Information about the opponent
- Recognize own personal skills
- Rules of the game

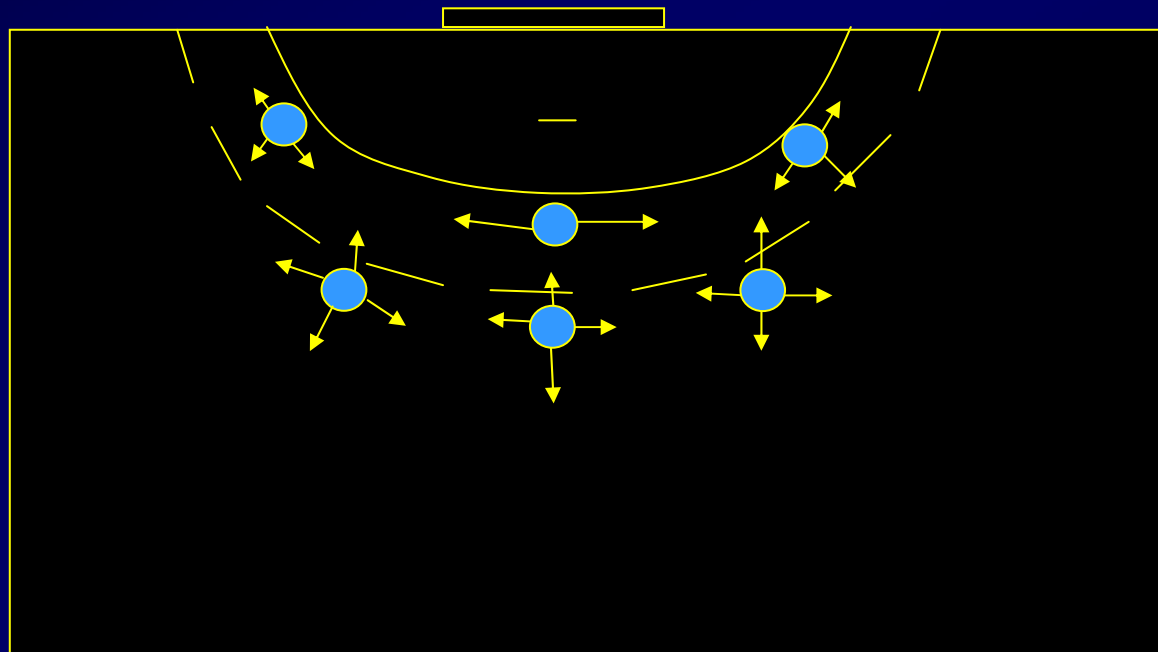
ABILITY TO PRACTICE *(Condition and Techniques)*

- Physical Characteristics
- Psychological Endurance (Motivation)
- Condition
- Defence Techniques
 - 1:1 Defence Techniques
 - Leg work
 - Sliding
 - Blocking etc.



3:2:1 DEFENCE

- ✓ Ball Oriented
- ✓ Opponent Oriented



3:2:1 Defence



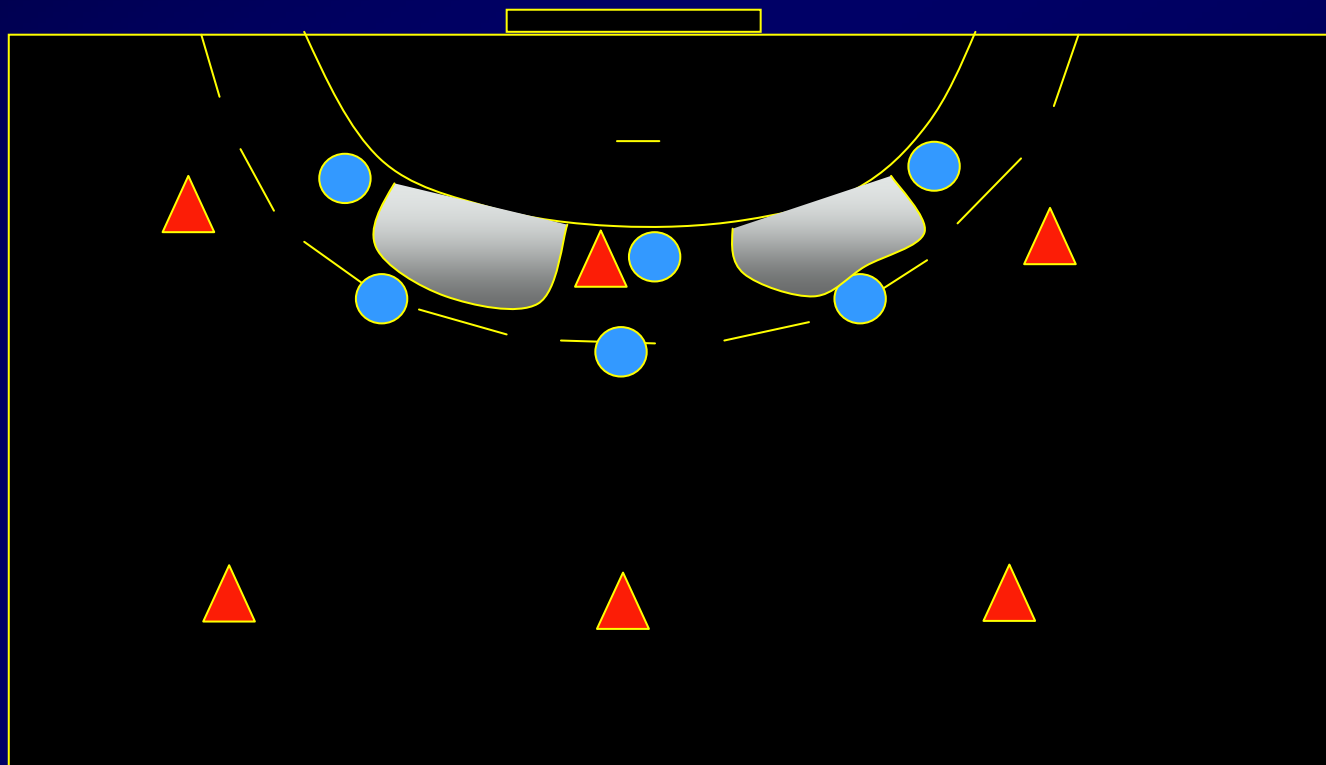
ADVANTAGES

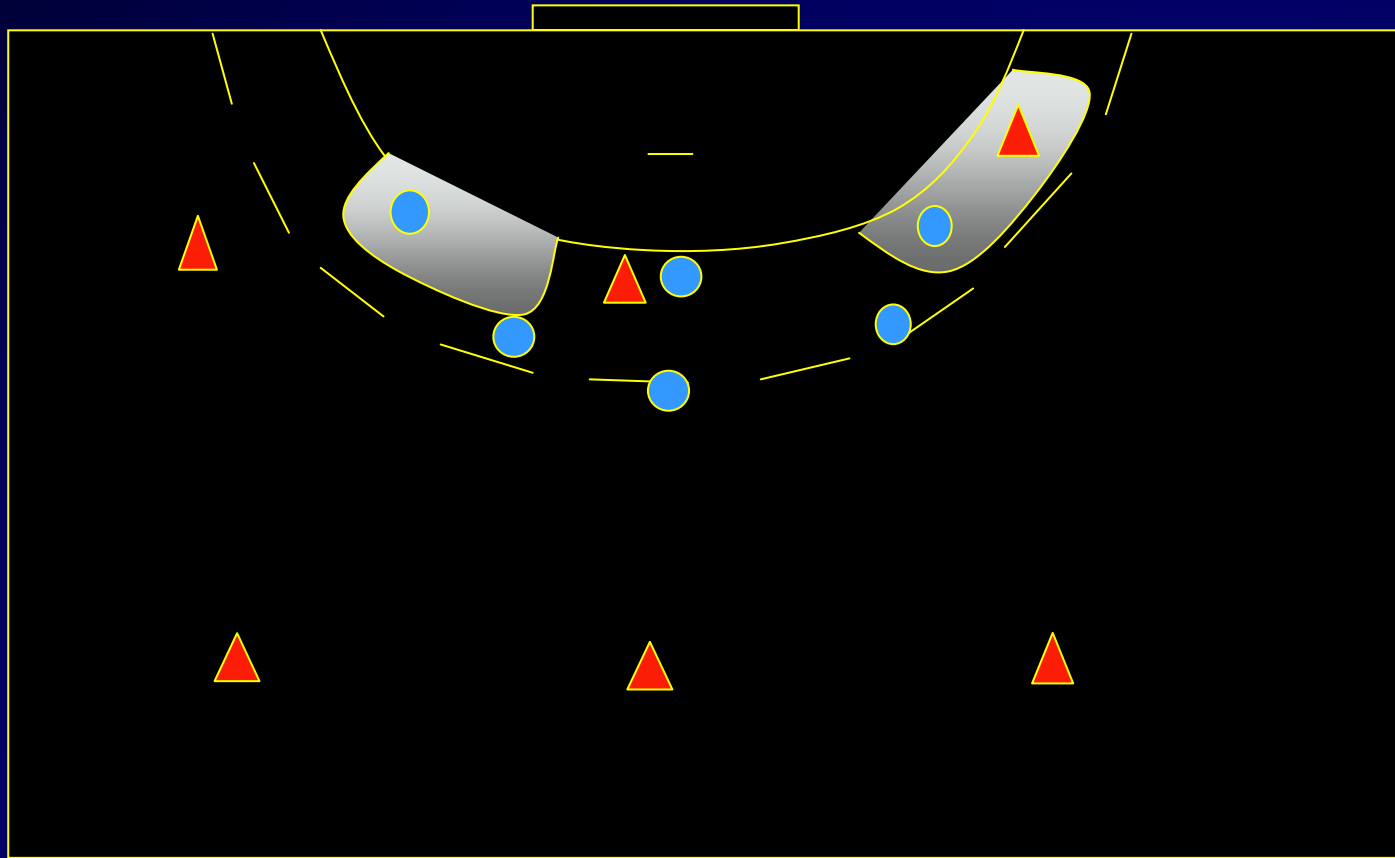
- ✓ The duties of the players are defined clearly in this defence system.
- ✓ Coordination of the players is better than other defence systems.
- ✓ Changing to other defence systems is easy.
- ✓ Fast-Break combinations are more effective.
- ✓ The basic principle of the defence "depth and density" is formed easier in this defence system.
- ✓ The attack players with the ball (except left-right wing players) can control two defence players during breakthrough.



DISADVANTAGES

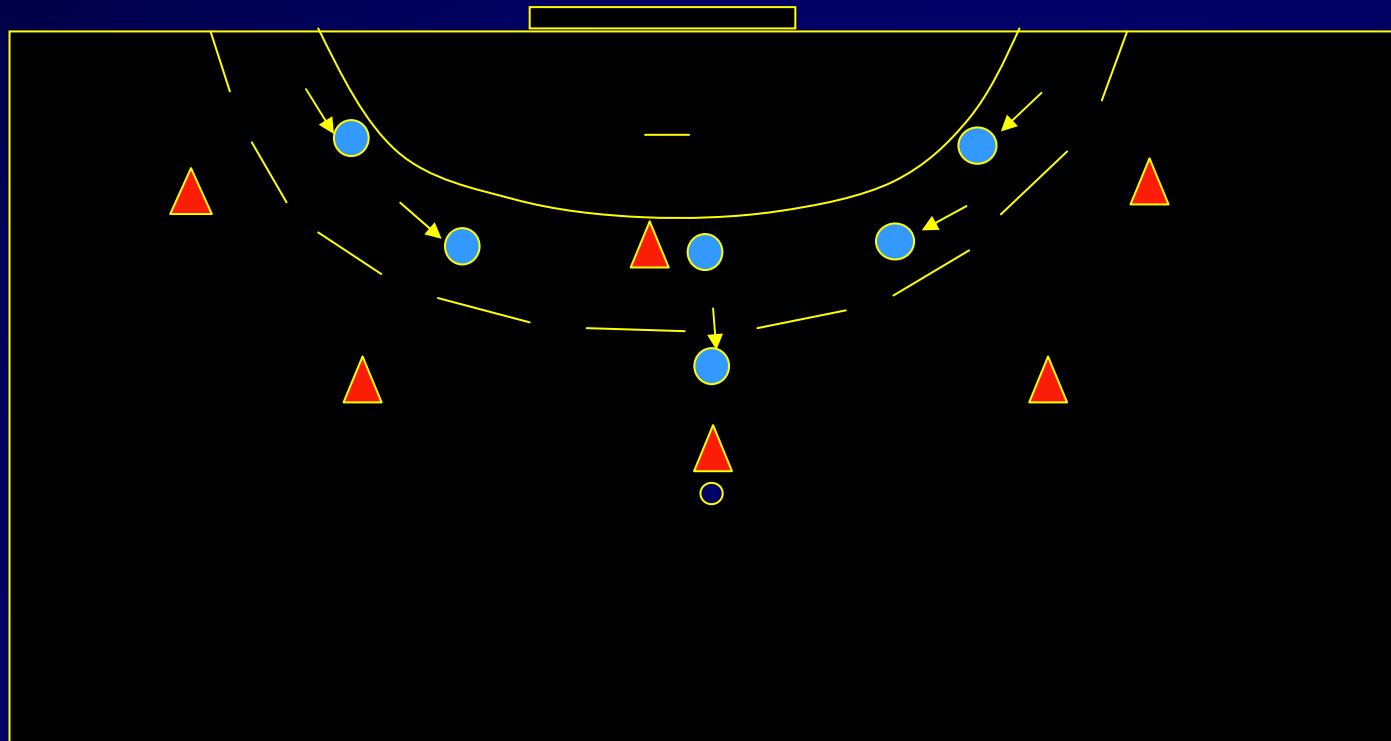
- ✓ To form "depth and density", players remain under an intense setting. (condition)
- ✓ The wings are left open for offensive players. (wideness problem)





PROCESS OF 3:2:1 DEFENCE SYSTEM

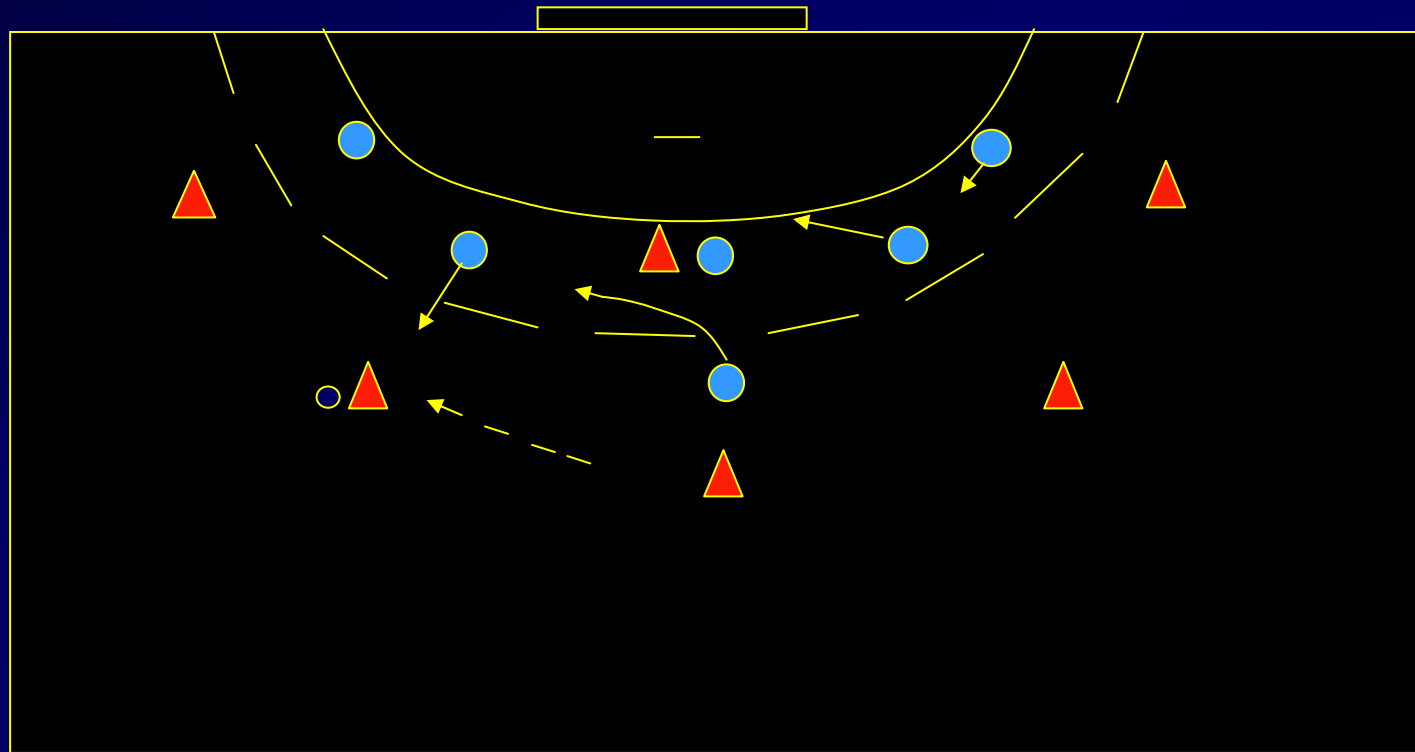
Pivot Player is in the middle



-A-



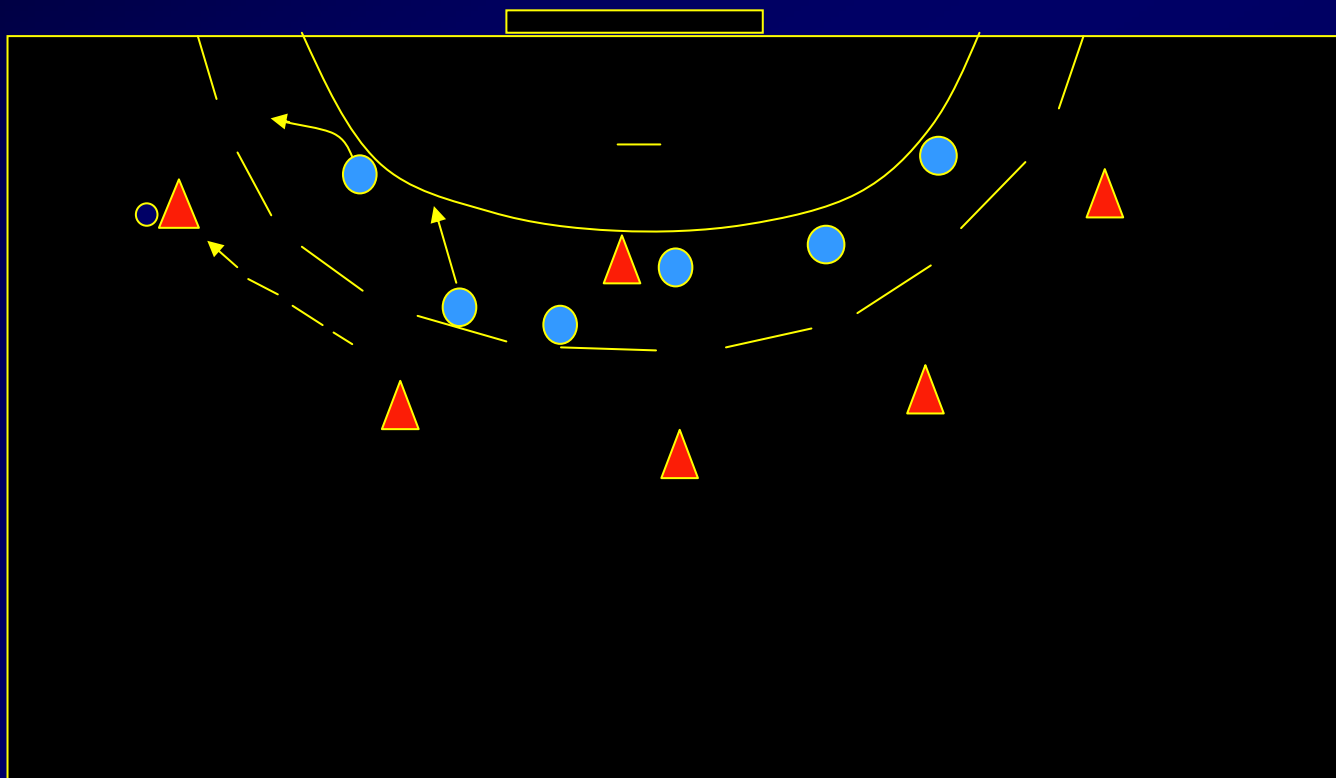
Pivot Player is in the middle



-B-



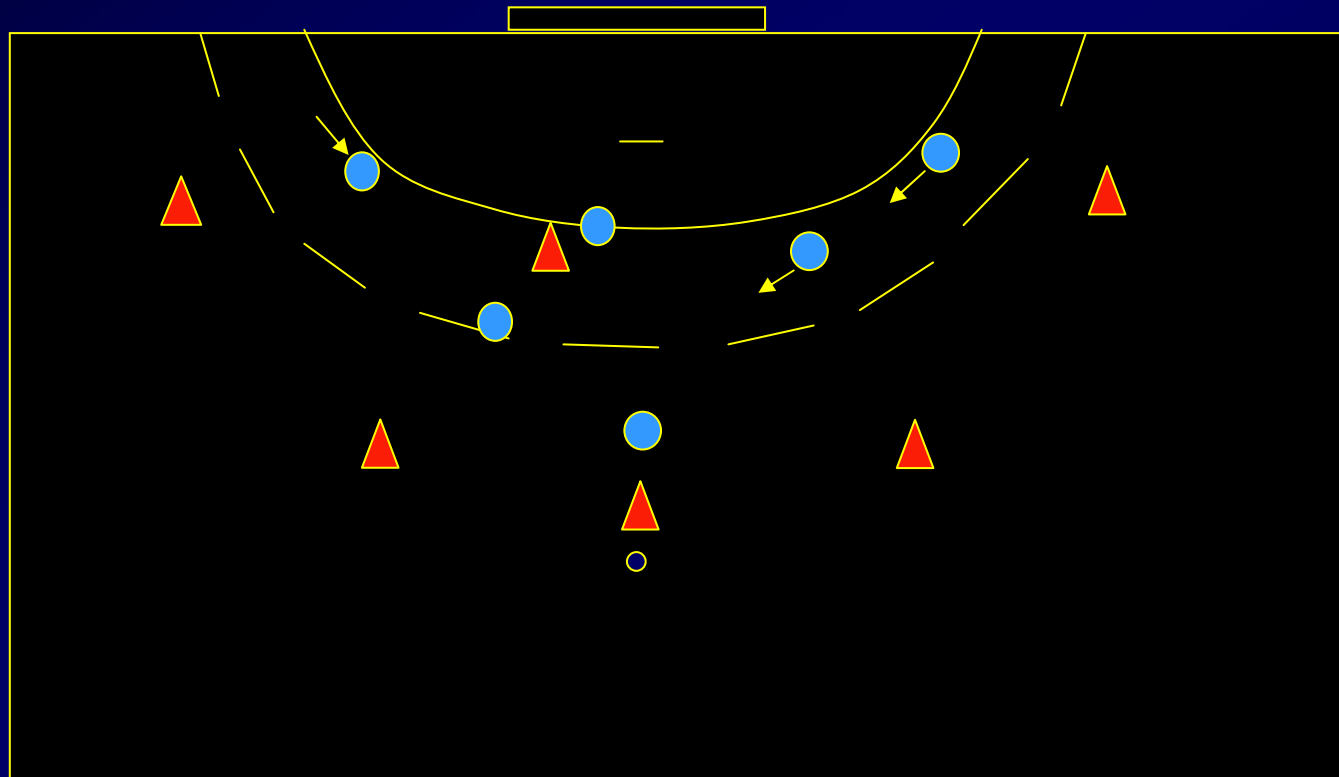
Pivot Player is in the middle



-C-



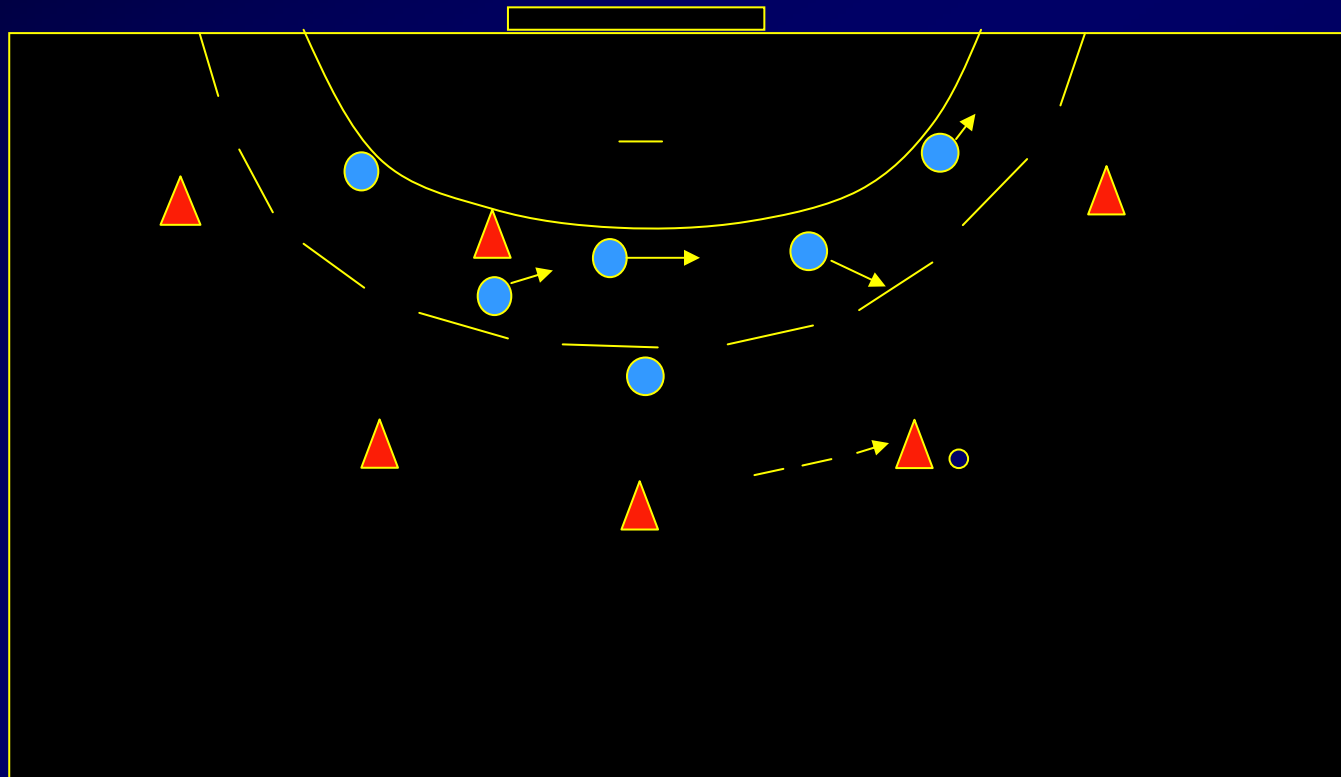
Pivot Player is in the inside position



-A-



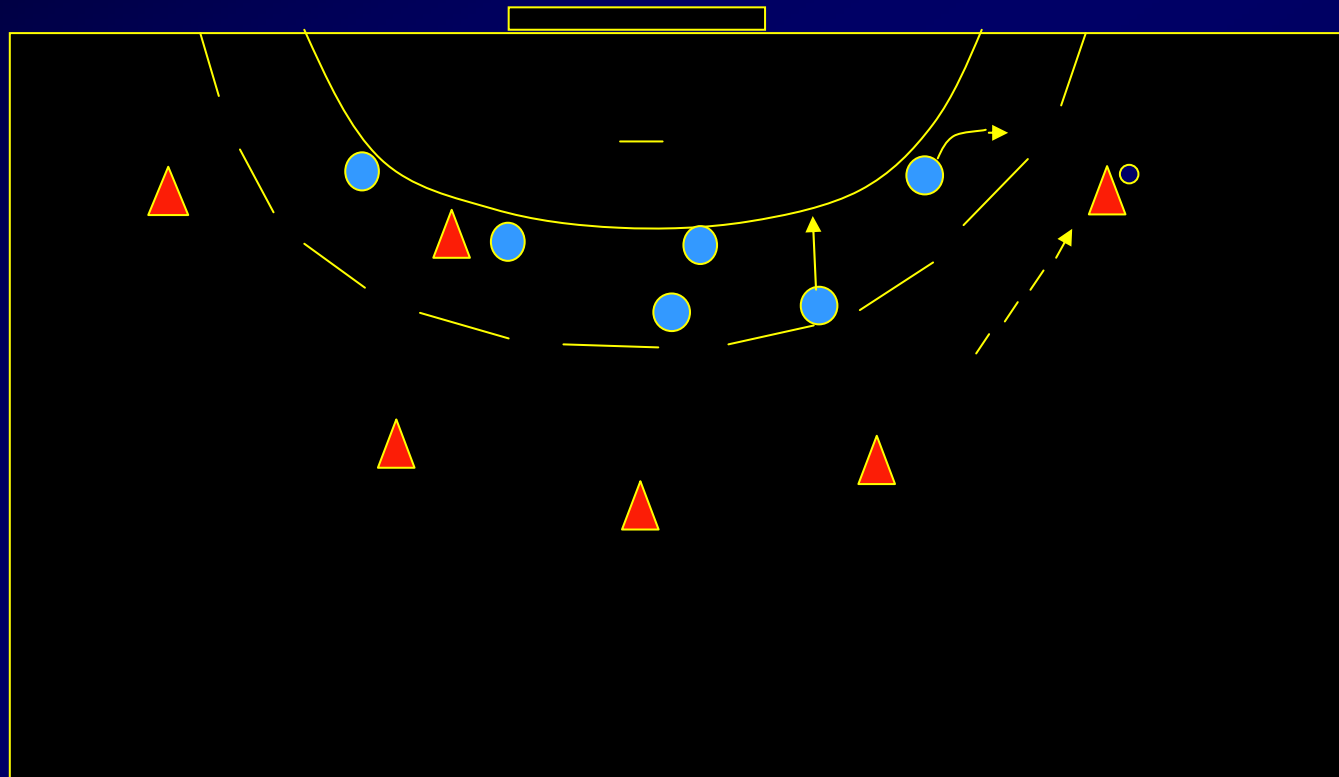
Pivot Player is in the inside position



-B-



Pivot Player is in the inside position

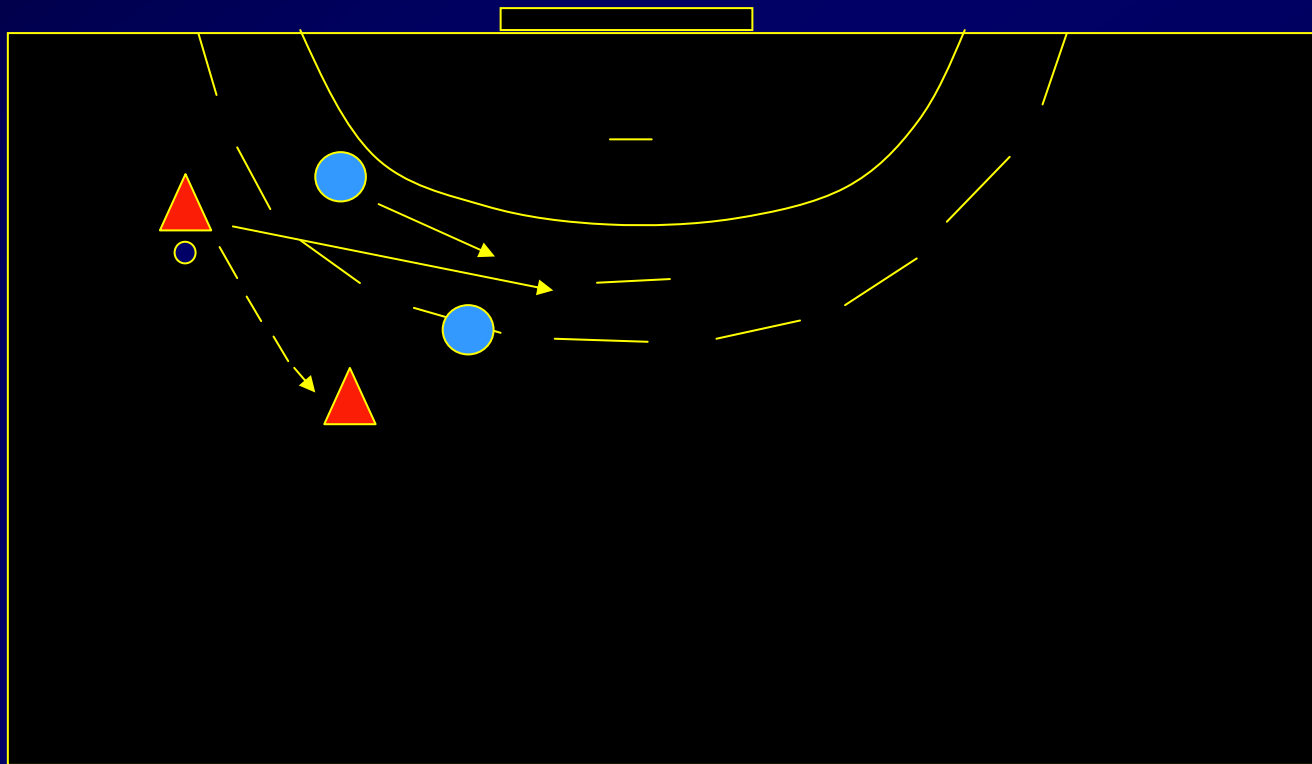


-C-

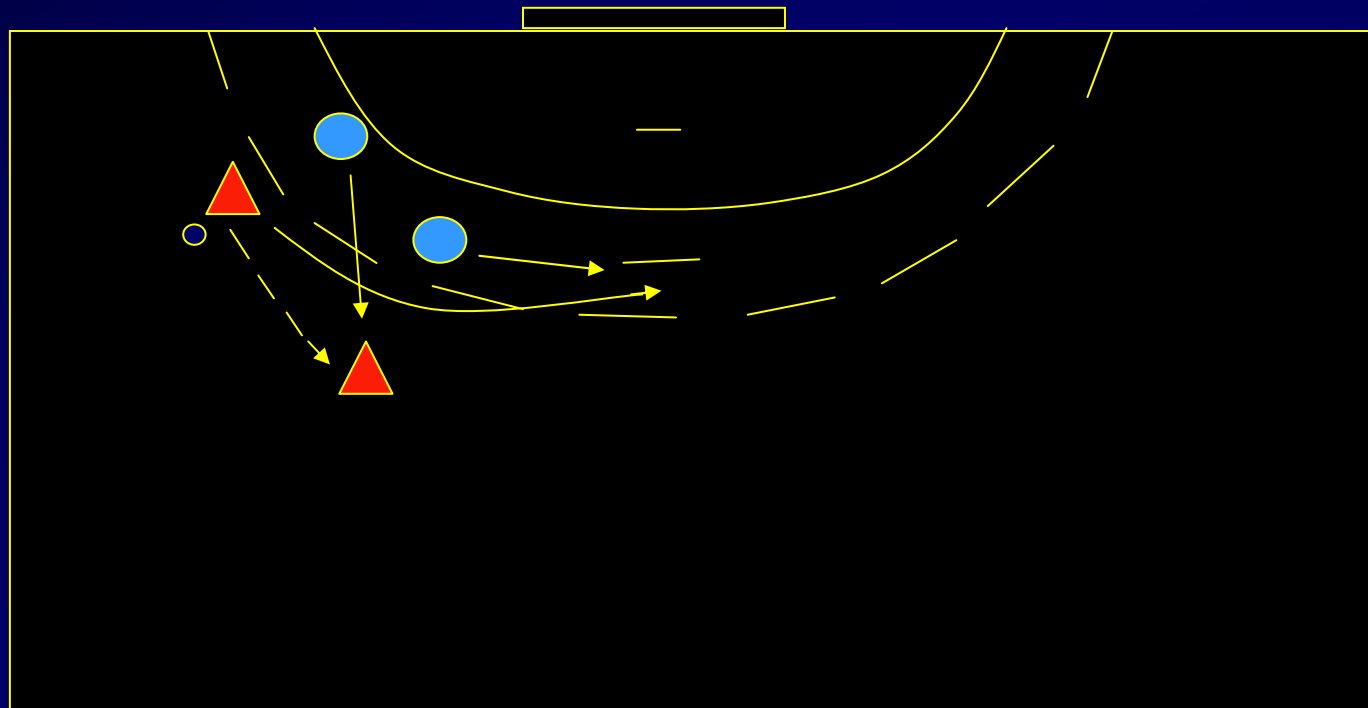


PROCESS OF 3:2:1 DEFENCE SYSTEM

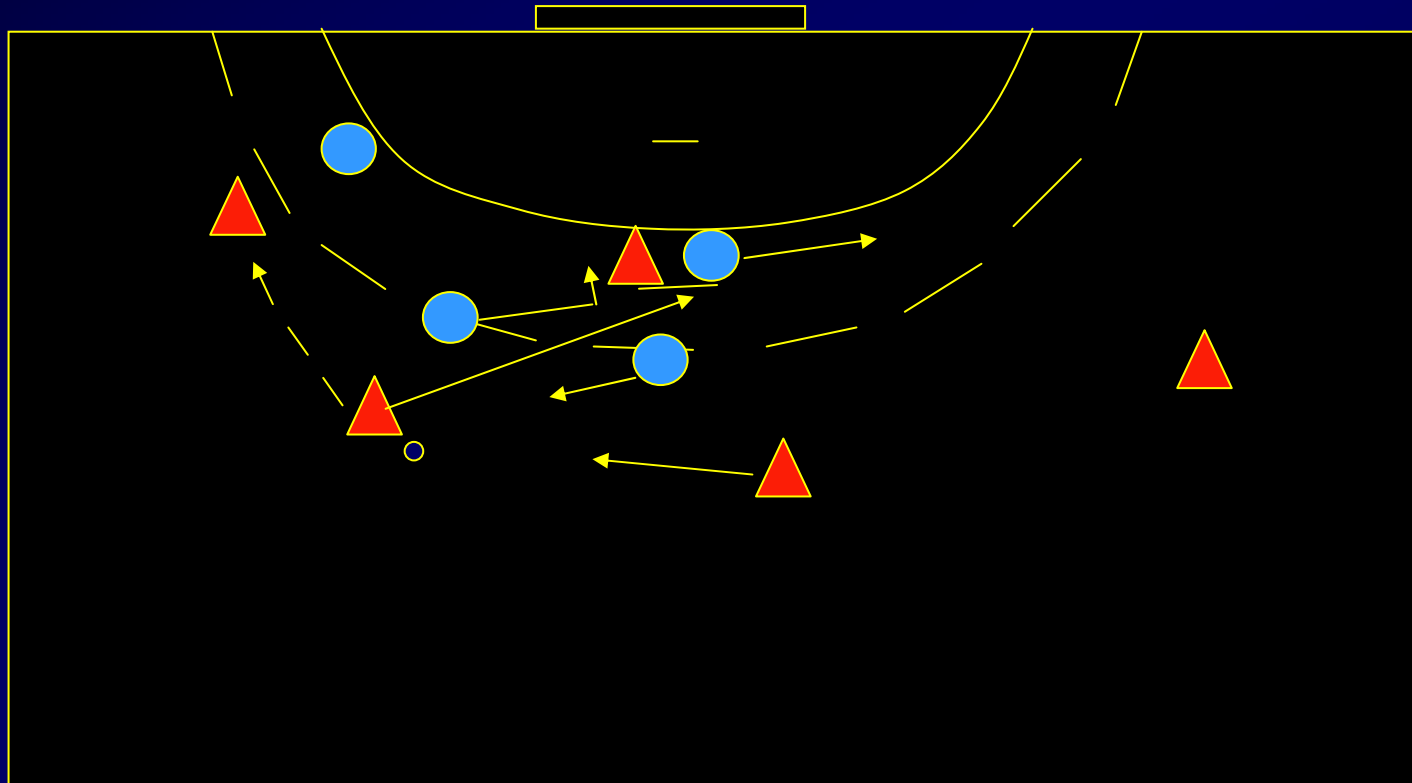
1. Position: Crossing of the wing player from the inside



2. Position: Crossing of the wing player from the outside



3. Position: Crossing of the playmaker from the inside



TRAINING

1. Individual Defence Exercises

- ✓ Wing defences
- ✓ Inside defences
- ✓ Front defences
- ✓ Back-middle defences

Training

- Frontal blocking - staying on
- Sliding
- 1:1 Defence principles

2. Group Defence Exercises

- ✓ Co-operation between all defence positions

3. Team Defence Exercises

(Against one or two pivot players)

- ✓ Similar to 7:6 defence



CONCLUSION

- 1) The prior and basic conditions for successful defence is to inspire players' wishes and desires to make defence. (motivation)
- 2) 3:2:1 defence system should be formed and applied according to the
 - 1) quality of the players of the team
 - 2) attack strategy of the opponent team
 - 3) specific characteristics of the opponent players
- 3) Remember: Good defence is the first phase of successful and effective attacks.



THANK YOU!

Prof. Dr. Yaşar SEVİM
Lecturer at the Gazi University
EHF Lecturer

