

TEAM TACTICAL ELEMENTS

The effectiveness of the defence generally depends on its organisation and unity therefore it is necessary to co-ordinate the players' defence work according to general principles.

Team activity integrates the defence attempts of individuals and of groups, thereby creating the highest organisational unit of handball. It ensures the appropriate environment for the specific strengths of the individuals to emerge, while on the other hand to disguise their weaknesses with the mutual help of team-mates. Within the framework of team activity it becomes possible for each player to take the most appropriate position according to his ability thus by boosting each other's effectiveness within a team formation, they can achieve more than individually.

Nevertheless, while the application of individual and group manoeuvres does not require particular organisation, planning team activity and co-ordinating seven individual players' work is a more complex task. That is:

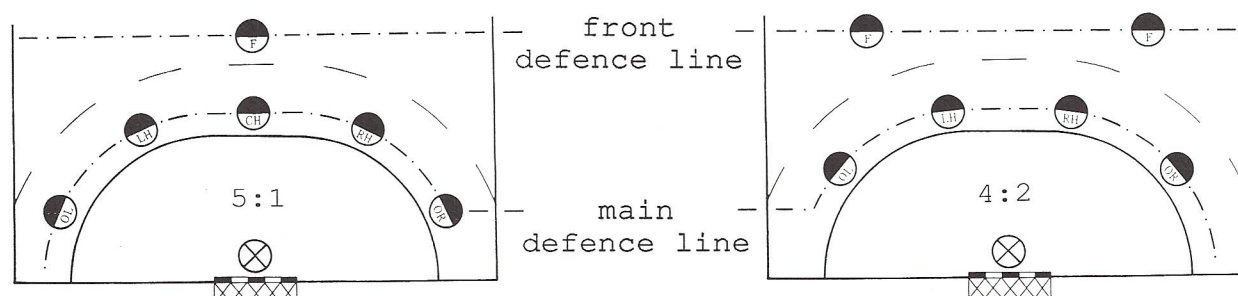
- the optimum **basic formation of the team** should be created,
- the appropriate **defence system** should be chosen and,
- it should be employed well **against different attack systems** and **in different game situations** as well as when there are **special circumstances**.

BASIC FORMATION OF THE TEAM

One of the distinguishing features of an organised defence is the basic formation of the team which is essentially, the conscious position taken by the players in the score dangerous area according to their skills and abilities. This pre-determined order then, is modified, often totally changed throughout the game according to the attackers' movements and is only returned back to its original form after a slight pause in the game.

Thus, the basic formation of the team can be considered as a starting point which although determines the defenders' movement area, does not restrict their freedom of movement. The positions taken by the players, at the same time reflect the duties they have to accomplish and accordingly the basic formation of the team can be divided into a main or front defence line.

- The **main defence line** is made up of the half and outside defenders in the vicinity of the goal-area line. While,
- in the **front defence line**, the forward defenders carry out their activities at the limits of the score dangerous area.



Two basic defence formations of the team

DEFENCE SYSTEMS

The constant scoring attempts of the attackers can be continually frustrated only with a systematic and organised defence. Therefore, it is necessary to create an operational mechanism in which each player accomplishes, to the best of his ability, a part of the duty on the basis of the common system. The responsible accomplishment of these parts of duty then, total up into team activity and secure a unified and effective character for the defence.

The defence system determines the players' duties and their positions taken, ensures their appropriate division on the court thereby making the economical distribution and utilisation of the team's power possible.

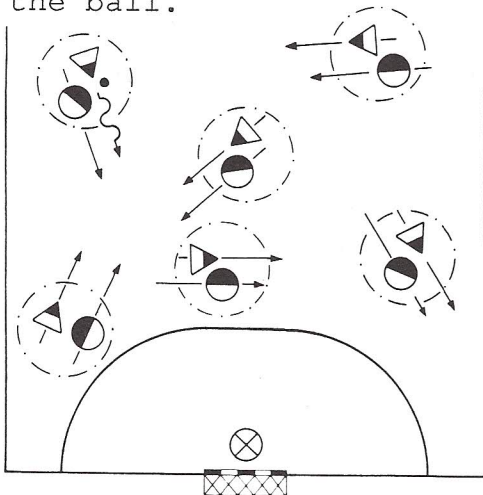
In order to balance the diversified attack organisation, varied defence systems have been developed between which the differences are determined by the process used to obstruct scoring. In defence, the constant readiness and adaptation to the attack precludes the team being able to use only one defence system. On the other hand, however, it is not feasible that the team can carry out all of these systems equally well. Therefore, the team should master well one defence system which is most suitable to its abilities yet be familiar with the other systems at such a level that the defenders will be able to employ them if necessary.

The fundamental defence systems are:

- MAN-TO-MAN DEFENCE
- ZONE DEFENCE
- COMBINED DEFENCE

MAN-TO-MAN DEFENCE

Man-to-man defence is player orientated in which every defender marks a specified attacker, is responsible for him and maintains this for as long as the opposite team has possession of the ball.



- Thus essentially, the team activity distributed narrows down to the local struggle of six pairs and its success depends on the outcome of these duals.

- With this then, the player's responsibility, the significance of the individual skills as well as the effective defence in 1 vs 1 increases. Namely because if just one defender generally succumbs and his opponent continuously gets a chance to score, the whole defence loses its effectiveness.

Therefore, it is practical to take into consideration those principles which each defender has to accomplish individually for the sake of success. That is, the defender should:

