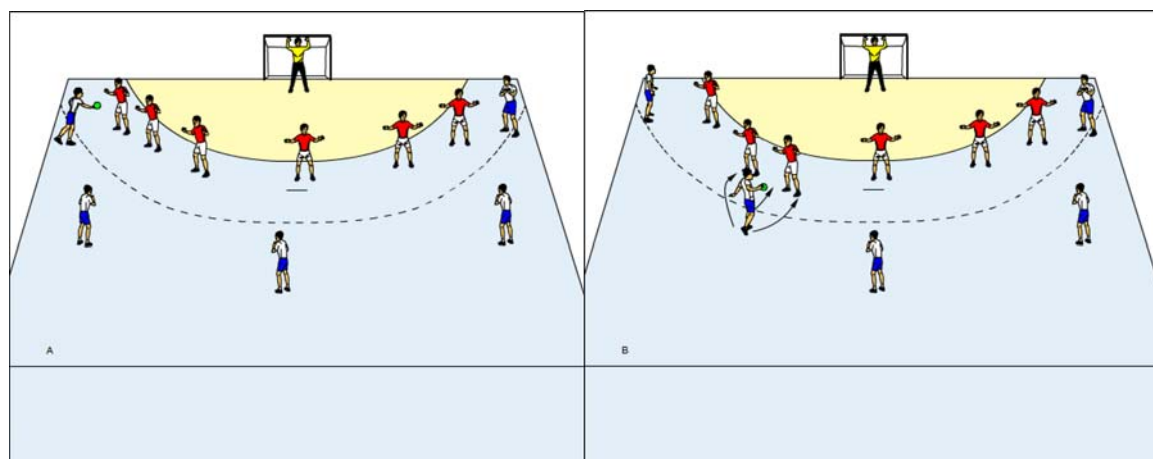


**Author: Marko ŠIBILA**

**Title: Defense play in man advantage: 6-5,6-4 and 5-4**

**Introduction**

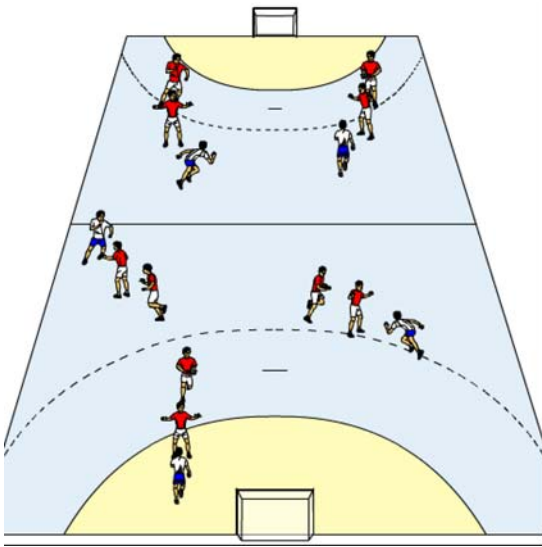
These situations are sometimes called breaking or turning points of the match and are often decisive for the final outcome of the matches. In such situations, it is very important that the defenders do not lessen their defending efforts. Some coaches tend to change the tactic from zone into combined defence when having a player more on the field. In some cases (f.e. Danish National Team on ECh 2008) teams also switch from close to open defence formation or vice versa. In certain circumstances this move can be successful; nevertheless, it is generally better to maintain the system, which teams use usually - zone defence. Whilst defending with a player more, defenders can also use a standard way of blocking the attackers – “doubling” – creating the situation, where two defenders cover one attacker. Pictures show an example of doubling against the left wing (LW) and left back (LB) attackers – outside right and mid- right defenders (OR and MR) together try to stop the wing in his run, with each of them having separate tasks. When LW attacker passes the ball to the LB attacker, the MR defender and centre right defenders (MR and CR) try to work in the similar way; this practice is being used against other attackers as well.



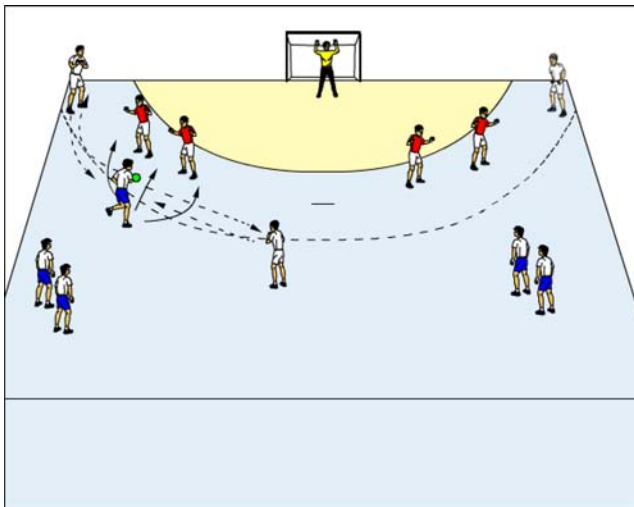
Pictures 1A and B: Doubling of defenders against LW and LB attackers whilst playing with a player more

When preparing the defense tactic with a numerical superiority it should be taken into consideration that the majority of teams begin attack with a player less without Pivot. The player who plays in this position could be in the team but start from another position (wing or back player).

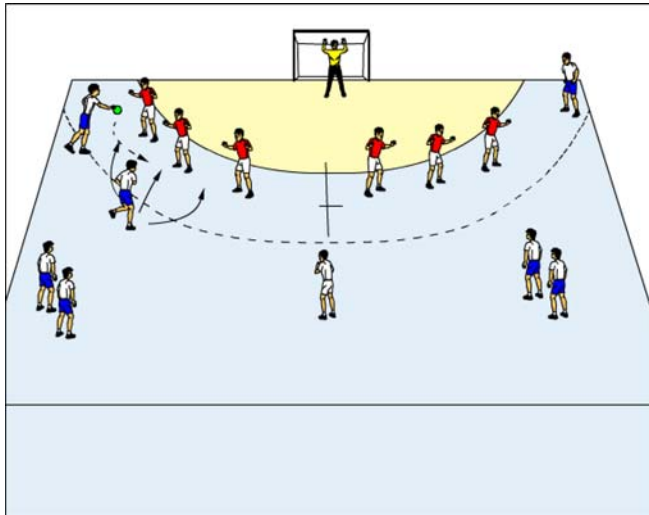
Warming-up exercises



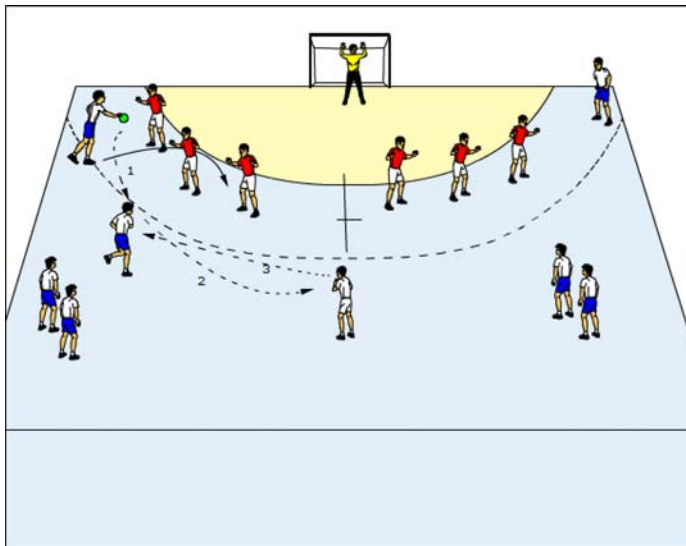
Exercise Nr. 1: Catching in groups of three. Attacker try to catch the player who's team mate try to prevent this action using body and hands.



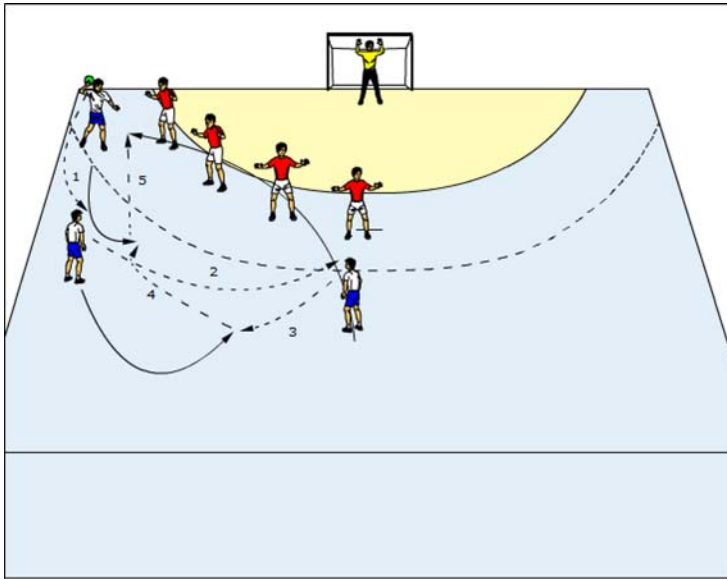
Exercise Nr. 2: Play 2 vs 1 with two players which only pass the ball – wing and CB. Action is carried out alternately on the left and right side.



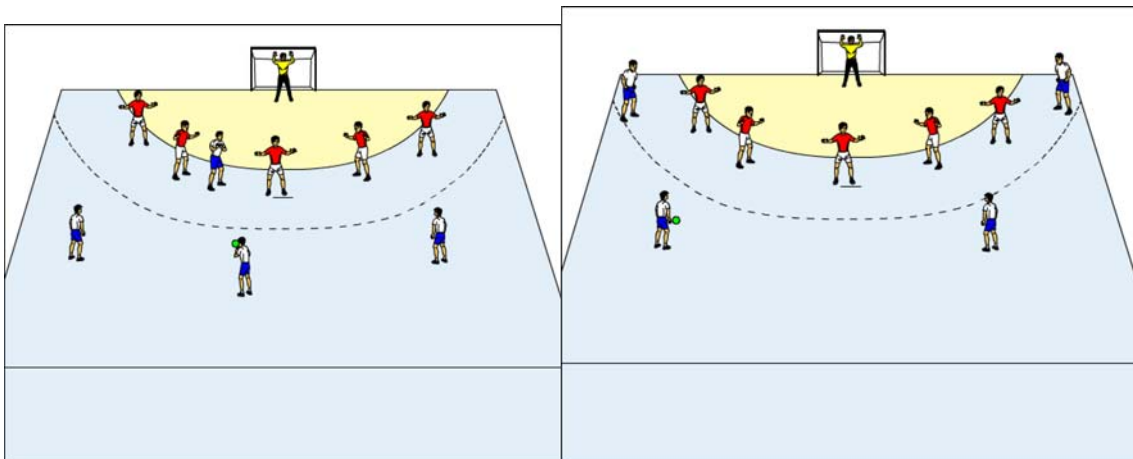
Exercise Nr. 3: Play 3 vs 2 – wing and back player in attack. CB helps only with passing the ball. Action is carried out alternately on the left and right side.



Exercise Nr. 4: Play 3 vs 2 – wing constantly try to run-in alongside the goalkeeper’s area line, thus provoking confusion in defense.



Exercise Nr. 5: Play 4 vs 3 on one side of the court. Players constantly move and make transitions in different ways. CB after the return pass to LB run-in to the line and enter again on the LW position, LW switch to LB and LB to CB.

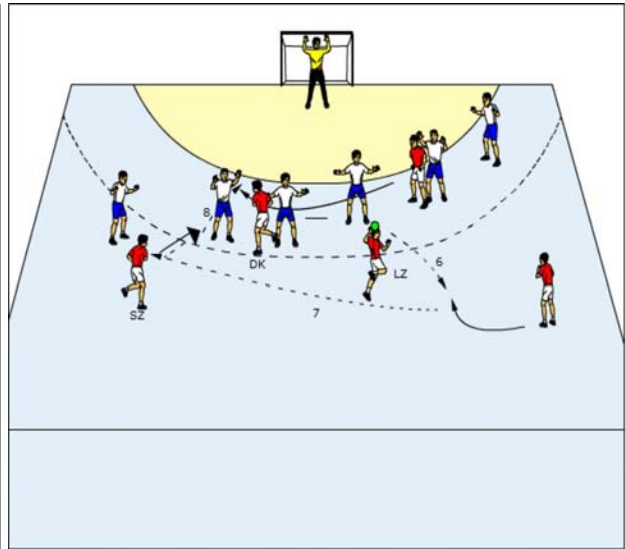
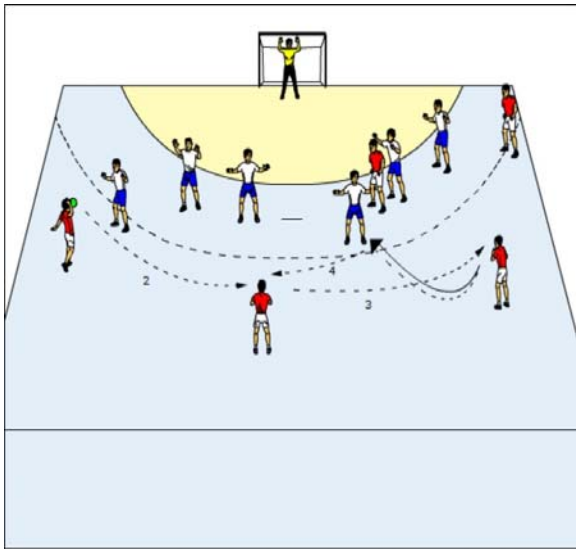
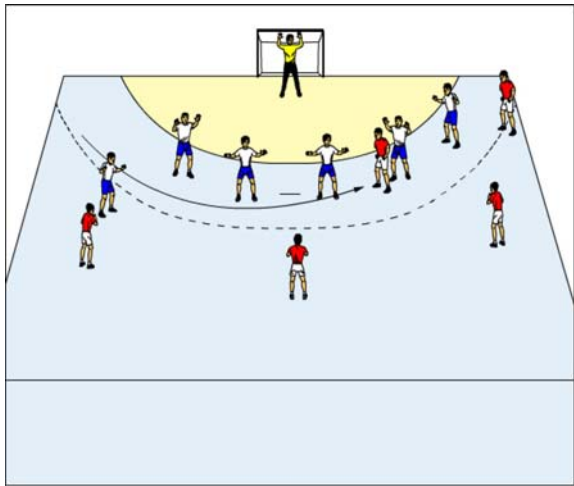
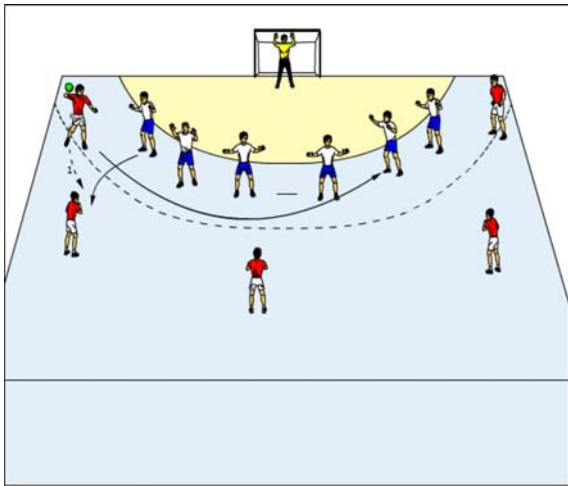


Exercise Nr. 6: Play 5 vs 4 – attackers begin in two different initial positions:

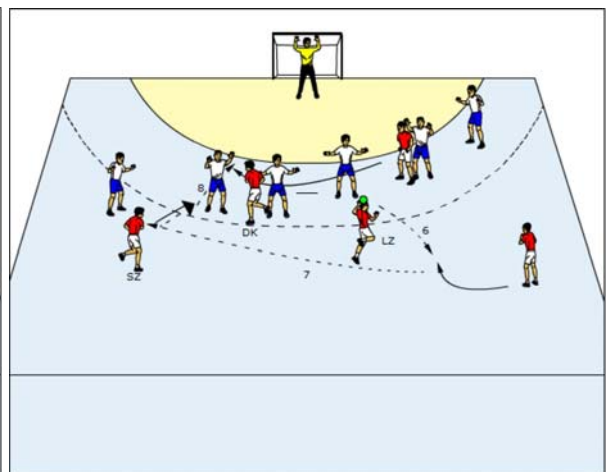
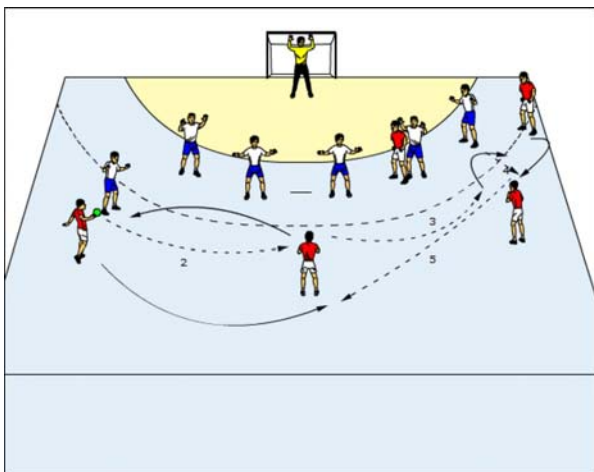
- Three back players and pivot;
- Two back players and two wings.

**Some commonly employed tactical solutions used by attacking teams with numerical inferiority. Defenders should find a correct answer.**

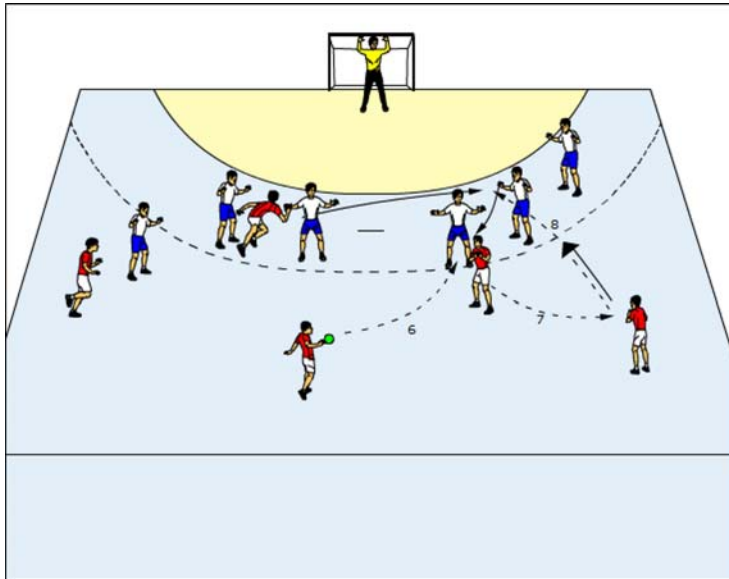
1. Wing run-in alongside the goalkeeper’s area line and act like a P between ML and CL defender.



Wing run forward along the goalkeeper area line between mid- and center defender on the opposite side of the court.

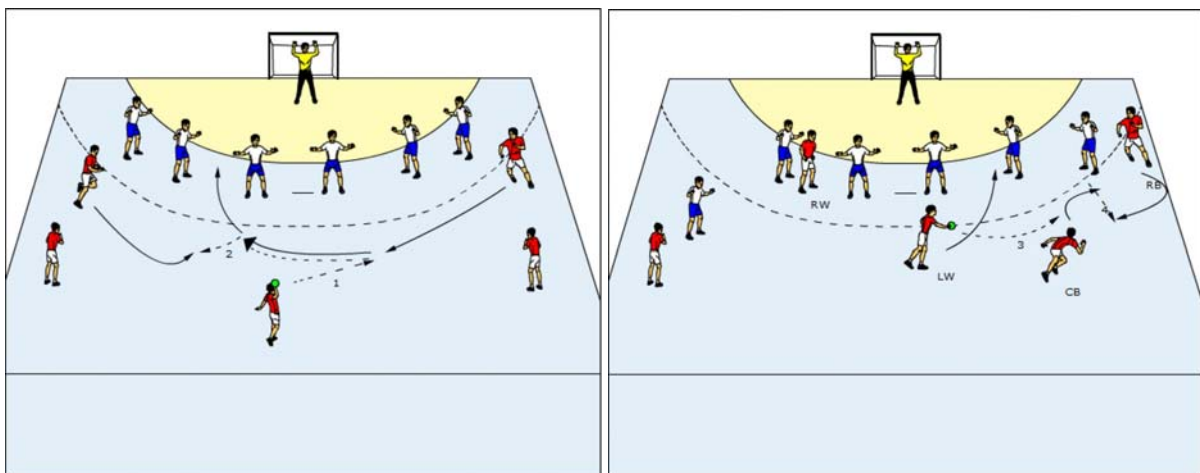


Variation of previous action - RW perform run forward along the goalkeepers area in front of the defenders.



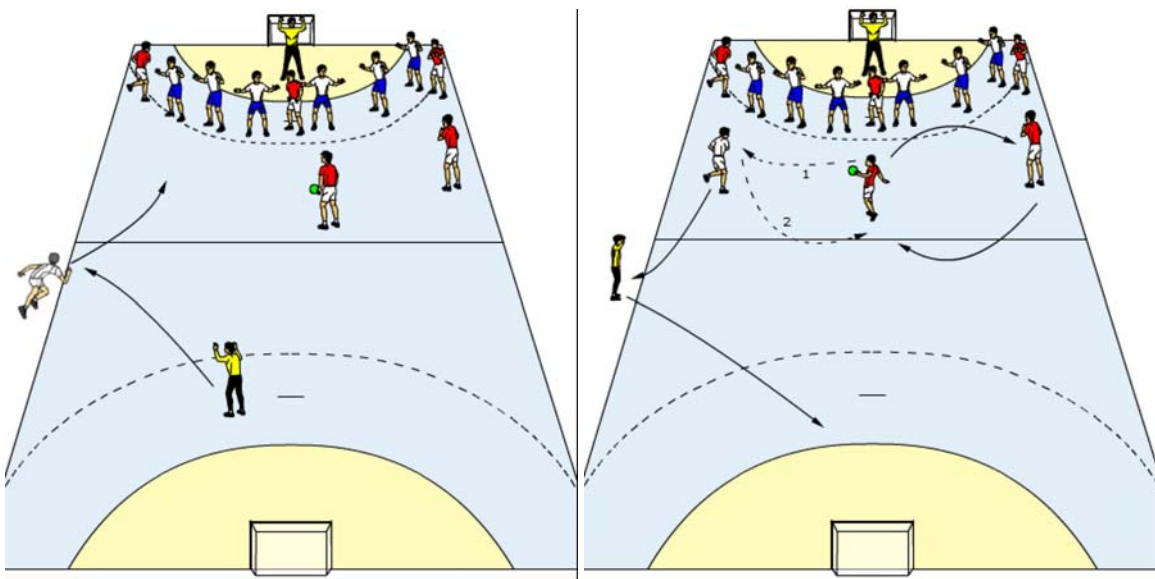
Variation of previous action - RW try to run behind the defenders backs – LW as pivot go out to deliberate space and to perform a pass.

2. Crossing between both wings (RW and LW) in the middle of the court. In this way they create the possibility for situations, where there will be a balance in the number of players on certain part of the field.



Crossing between both wings (RW and LW) in the middle of the court. In this way they create the possibility for situations, where there will be a balance in the number of players on certain part of the field.

3. Attack with additional player who substitute a goalkeeper.



**Conclusion:**

It is necessary to include more exercises, teaching the players how to solve the situations of numerical superiority in the defence, into the methodology of learning and training. The methodology is extremely important as it gradually introduces the players to correct tactics. Work with young age categories of players is very important as it enables them to upgrade their knowledge in senior age category.