

## **Indoor**

This year EHF edits two indoor clips dealing with set defense. The basis for all set defense formations will always be the 1-5 basic set defense system. From this set defense we move into two separated directions. One of the clips focuses on 6-0 as a closed interpretation of defense formations as the other one deals with open systems.

### **6-0 "Fake"**

The concept of this system is that it should look like a 6-0 when in contrary the distribution of the tasks of the players does represent a very flat 5-1 in fact. As you can see in the "centre drill" scene, one player will always stay at 6m, fighting the LP as the other one will move with the ball, ready to fight all attempts of penetration.

This core idea makes it easy for the players to move on from their previous 1-5 or 5-1 to a more closed and flat set defense.

On the other hand it gives a perfect tool to prepare the central players to understand the basics of the Swedish 6-0 defense.

So this concept is something like the "missing link" that is necessary to train defense players how to shift between open and closed defense systems.

### **6-0 "Swedish"**

The crucial difference is that the two central players will shift their tasks of covering the line and going deep according to the position of the ball and the development of the move of the offense team.

This is demonstrated in the "centre drill" scene like mentioned before.

This system is more difficult to play in terms of communication and cooperation but on the other hand it is more effective because of the more flexible approach of the defense.