

COMPARATIVE ANALYSIS OF STRENGTHENING 6:0 AND 5:1 DEFENSIVE SYSTEMS IN HANDBALL

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Abstract: This article presents a comparative analysis of the methodologies for strengthening the widely used 6:0 and 5:1 defensive systems in modern handball and evaluates their effectiveness. The study examines the technical-tactical, functional, and psychological characteristics of these defensive systems and their influence on competitive performance. Using pedagogical observation, video analysis, statistical evaluation, and modeling methods, the strengths and weaknesses of both systems were identified, and practical recommendations were developed. The findings provide scientific and methodological guidance for coaches and sports schools to optimize and develop defensive strategies in handball.

Keywords: Handball, 6:0 defense, 5:1 defense, strengthening, technical-tactical training, game efficiency, functional fitness, pedagogical observation, video analysis, modeling

Аннотация: В данной статье представлен сравнительный анализ методик совершенствования широко применяемых в современном гандболе оборонительных систем 6:0 и 5:1, а также оценена их эффективность. В исследовании рассматриваются технико-тактические, функциональные и психологические характеристики указанных систем защиты, а также их влияние на соревновательную результативность. С использованием методов педагогического наблюдения, видеоанализа, статистической обработки данных и моделирования были выявлены сильные и слабые стороны обеих систем, а также разработаны практические рекомендации. Полученные результаты формируют научно-методическую основу для тренеров и спортивных школ по оптимизации и совершенствованию оборонительной тактики в гандболе.

Ключевые слова: Гандбол, защита 6:0, защита 5:1, совершенствование, технико-тактическая подготовка, игровая эффективность, функциональная подготовленность, педагогическое наблюдение, видеоанализ, моделирование.

INTRODUCTION

Modern Handball and the Role of Team Sports

Handball is one of the most dynamic and fast-paced team sports, requiring a high level of physical fitness, technical skill, tactical thinking, psychological stability, and coordinated team interaction. In recent years, handball has significantly evolved on the international stage. In particular, events such as the IHF World Men's Handball Championship and the IHF World Women's Handball Championship have seen an increase in game intensity, as well as the complexity of combinations in offensive and defensive phases. Rapid decision-making, efficient transition phases, and coordinated team actions have become critical determinants of game efficiency.

In modern handball, a team's defensive system plays a decisive role in overall game performance.

It not only restricts the opponent's offensive actions but also creates opportunities for rapid counterattacks for one's own team. Therefore, scientifically examining defensive systems and developing methodologies for their strengthening represent urgent issues for contemporary sports theory and practice.

Defensive Systems: 6:0 and 5:1

The most commonly used defensive systems in handball are the 6:0 and 5:1 formations, each characterized by distinct technical, tactical, and functional features that differently influence game performance.

The 6:0 defense is a positional system designed to protect the central area, where all defenders are positioned along the line in front of the goalkeeper. Its primary function is to limit the opponent's attacks through the central zone, block shots, and maintain stable team defense. The 6:0 system is considered secure and stable, but it may have limitations in responding to rapid counterattacks.

The 5:1 defense involves five defenders aligned along the central line, while one defender actively covers the opponent's central attacker, applying pressure to slow the game. This system enhances defensive dynamism, facilitates quick transitions and counterattacks, but demands higher physical fitness and coordination from players.

Comparing the efficiency, advantages, and limitations of these two systems, as well as identifying methods for their pedagogical and methodological strengthening, constitutes the main objective of this research.

Relevance of the Study

In recent years, the intensity of handball at both national and international levels has increased. Rapid counterattacks, combination positional attacks, aggressive pressing, and high-speed movements in central defensive zones are now fundamental requirements.

Simultaneously, technical-tactical elements and functional fitness in team play must operate in harmony.

A scientifically grounded comparative analysis of defensive systems, the development of methodologies for their strengthening, and their optimal application in training are essential for preparing highly qualified athletes, improving game efficiency, and increasing competitiveness.

Moreover, considering the age and physical fitness characteristics of players when developing methods for strengthening defensive systems is an important scientific and practical task in both school and higher sports education.

Scientific Rationale

Previous handball research has largely studied defensive systems in terms of individual components such as technical indicators, coordination, and speed. However, structural, complex, and comparative analyses of defensive systems remain insufficiently explored.

Using modeling methods and pedagogical experiments to strengthen defensive systems, assess their effectiveness under competitive conditions, and optimize training processes represents a scientific novelty.

This study provides a comparative analysis of 6:0 and 5:1 systems based on technical-tactical, functional, and psychological components and develops methodologies for their strengthening. This research has both practical application in training and scientific-methodological significance.

Research Aim and Objectives

Aim:

To conduct a comparative analysis of strengthening 6:0 and 5:1 defensive systems in handball and develop methodological recommendations to improve their effectiveness.

Objectives:

1. To study current trends in modern handball development.
2. To identify the technical-tactical characteristics of 6:0 and 5:1 defensive systems.
3. To assess the impact of defensive systems on functional fitness.
4. To conduct comparative analysis through pedagogical observation and video analysis.
5. To develop methodological recommendations for optimizing training processes.

Research Methodology (brief overview in introduction)

The study employs pedagogical observation, video analysis, statistical evaluation, modeling, and comparative analysis methods. Elite handball players participate in exercises to strengthen 6:0 and 5:1 defensive systems. Outcomes are evaluated based on game efficiency, technical-tactical indicators, and functional performance.

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