

ATTACKING WITHOUT THE BALL: ALTERNATIVES TO THE INDIVIDUAL TACTICAL INTENTION “DEFENDER MOBILISATION”

1. Introduction.
2. Concept of the tactical intentions and cross-referencing structure.
3. Relations global perspective between the tactical intentions of the attacker without the ball.
4. The intended defender mobilisation: objectives and characteristics.
 - 4.1. Mobilisation typology (alternatives of tactical utilisation and assessment parameters).
 - 4.1.1. The static fixation of the defender.
 - 4.1.2. The distraction or doubt between the forward direct or the side movement.
 - 4.1.3. Moving away or widening the gap of the teammate companion.
 - 4.1.4. Causing the defender to move backwards.
 - 4.1.5. The external attraction or causing the retirement from the 6-meter line.
 - 4.2. The perceptive indications, alternative decisions and the executive variables of the action.
5. Comparative Analysis between the different types of mobilisation: A summary.
6. Conclusions.

I. INTRODUCTION

In modern handball, the individual activity of the player during the attack does not exclusively begin once the player gets the ball. Recent generations of handball players have considerably improved in this sense. Many young players already understand that the success of their team cannot be limited to the individual action when having the control of the ball. The handball game shows that approximately half of the time of a match is spent defending and, that during the attacks, a player is for the most part without the ball¹. Consequently, the success of a team depends greatly on the activity of each and every one of the attackers when they do not have the ball, applying the appropriate tactical sense and way in each situation, both to a player's individual benefit and for making the play of one's teammates easier. Based on this, it should be relatively easy to

¹ A personal research has shown that during a match, a player plays with the ball for 4 minutes and 30 seconds at most (less than 10%).

make the players understand the necessity to lose one's marker, to play with some risk and thus receive the ball with advantage. In other words, his action is directly related with the individual possibilities of **being dangerous and participating directly in the play**.

However, it is not so easy to make the players understand that they can also be very helpful to their team through developing techniques that allow them to play their game without a ball. A player's education should focus on two main notions: **playing for me and playing for the others**. This is a dual conception in which helping one's teammates, making it easier for them to throw, penetrate or, in short, enable them a bigger free space to move is even more important than the simple reception of the ball to start the so-called *player with the ball cycle*. The beginner usually plays in a direct and egoistic way and not in an indirect, supportive and collaborating way with their teammates. It is vital to make young players understand the importance of the cooperative play and that helping their team mates means that there will be a benefit for them as well, in other moments of the game with the adequate reversibility, and that through its individual performance the quality of the team's play will consequently, considerably improve.

In this way, any player movement must set up a danger situation to the adversary, either in a direct or indirect way. It is only possible to obtain a high performance of the *direct* play if alternated with the *indirect*². The play without the ball, based only in losing one's marker or moving to a free space, even though we admit is important, it will not cause enough uncertainty to the adversary and, sooner or later, the defender will adapt to it, because he can easily anticipate the possible response of his opponent. A further task of the player without the ball, besides losing his marker, is an individual action based on two other tactical intentions, which should be used alternatively during the game, depending on the progress and strategy of the match. These are *obstruction* and *adversary mobilisation*. There are several documents published on obstruction, however all of them include this tactical intention into the group tactical offensive mean of the block, as it happens in the real game. However, we should not forget that during the game there can be obstructions as individual tactical intention, but without adequate coordination or

² Following the terminology (direct plan and indirect play) initiated by some authors of the French Handball School like Bautellier and Curelli (1990), L'évitement-débordement, Rev. Handball, n° 27, pp. 42-43,

exploitation of the blocking possibilities of the group tactical offensive. There is only very little and inadequate information about the other tactical intention: the *adversary mobilisation*. In this paper we try to explain this intention, to systematise, to structure and establish the theoretical basis which determines its utilisation, learning and improvement.

2. CONCEPT OF THE TACTICAL INTENTION AND RELATED STRUCTURE.

The player's conduct during the play is based on the tactical principles and on one's own capabilities, which determine their further intervention. The physical and technical capabilities facilitate the *executive conduct*, which is simply a mechanical-energy adjustment, not exempt of some difficulty. The theoretical knowledge, the intelligence, the analytical capabilities and the psychological condition of a player facilitate the *decision conducts* or mental solutions in each situation, and the experience acquired facilitate the *recognition conducts* of the most important relevant indications –spaces, teammates, adversaries– in the play. The different individual tactical intentions are generated from the adequate correlation between these conducts and the principles respect, incorporated as such in the methodological French school starting with Claude Bayer at the beginning of the 80s³.

The *tactical intentions* are then **the practical manifestation of the conducts and the individual tactical behaviour of the player** which are in turn determined by the general and specific principles of the play⁴. These intentions have different forms depending on whether the player plays with or without the ball. They represent the permanent conducts the player must develop during the game and are the basis of the individual action and the starting point of the collective tactical behaviour (tactical means, procedures, systems, playing systems, etc). In our particular case, the player without the ball must be able *to lose his marker and move to a free space*, in order to facilitate the play of the teammate with the ball, *moving* the direct opponent, either by attracting him or fixing him in a

³ See Bayer, C., (1982), *Técnica del Balonmano, la formación del jugador*, Hispano Europea, Barcelona, pág. 96. The text insists that the player must "play with intentions".

⁴ The aim of this paper is not to explain the principles of the play, however it is advisable to recall some of them, for example, the *variation and alternation of the individual and group tactical means in similar situations, the mutual help, or the variation of the actions rhythm*, all of them principles which force the intentions here discussed.

given position or place or direction, or by directly facilitating the action of his teammate *hindering or obstructing* his direct opponent's action. The player with the ball must have his own tactical intentions, such as searching a throw, which normally becomes his first tactical intention. But he must also *fix* his opponent – or if possible more than one opponents -, *connect* with his team mates with a pass without previous fixation, try to *throw off balance or overflow* his adversary in the play I against I -through the faking-, or even *block* his adversary. As it is known the space-time adequate adjustment between the intentions of both players generates the different group tactical means, basis for the procedures and systems of the game. The effectiveness of the actions of the player without the ball is closely linked with the space-time synchronisation and the intentions of the player with the ball.

To develop the different tactical intentions, the player uses different technical elements, the so called individual technical-tactical means: the movement, the reception of the ball at different heights or directions, the specific movement: steps cycle, faking of pass, of movement, of bounce or of throw and its variants, the pass with different arms and dominant hand, and finally, the throw in its multiple varieties. Each element, depending on the variants and sub-factors used (orientation, distance, articulated trajectories, dominant hand, direction, etc.) shows different complexity levels, which generates the simple and complex technical procedures and the different modes of technical chains more or less, in their different levels of complexity.⁵

It is essential that both players, with and without the ball, know the different individual tactical intentions that they can use and how to connect them. For the development of the different intentions, the *faking principle* of each situation, both with or without the ball is fundamental: to fake throws, to fake passes or movements, in short, to fake tactical intentions. The above mentioned intentions have to be likewise valued in

⁵ For a better comprehension of the structural conception of the handball technique, see the work of Antón, J., (2003), Structural and conceptual Analysis of the handball technique: differential characteristics between the beginner and the top player. V Seminario Internacional de la Asociación de Entrenadores de Balonmano, "Memorial Domingo Bárcenas", Ciudad Real, 26-27 December.

connection, in order to show the individual fluent play and its connection to the group play⁶.

3. GLOBAL PERSPECTIVE OF THE RELATIONS BETWEEN THE TACTICAL INTENTIONS OF THE ATTACKER WITHOUT THE BALL.

Once we have set out the general concept of the individual tactical intentions of the attacker, and moving from a general point of view to a more specific point of view, it is necessary to unfold those intentions of the player without the ball.

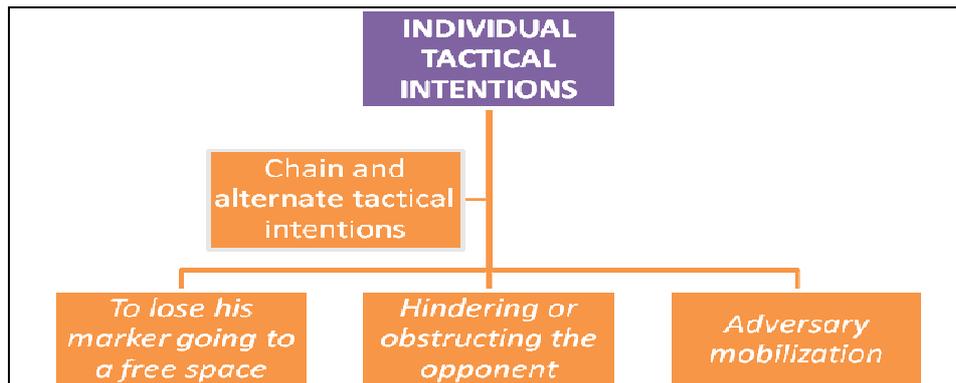


Figure 1.- Systematic Interrelation of the tactical intentions of the player attacking without the ball.

We have previously specified that the activity of the player without the ball has a three-fold intentional tactical dimension, settled in two aspects: *playing for one's own benefit and playing for the others*. There are three tactical intentions that the player develops: **losing one's marker going to a free space, obstruction and defender mobilisation**. The first one serves one's *own purpose*, and the other two work in the *team's benefit*. Our aim is not to expand on the characteristics of losing one's marker or on the obstruction. It is important to remember that using one intention alone without the continuous alternation with the others considerably reduces the efficiency of the play and the possibilities to create problems to the direct opponent and, subsequently, to the opposite

⁶ In the text of Antón, J., (2006), *Táctica Grupal Ofensiva*, 2ª Ed., on the pag. 77, the chain of tactical intentions is presented as a fundamental parameter of the tactical-technical process, both for the player with or without the ball.

team⁷. For this reason, the use of different tactical intentions must be understood in a systematic, interrelated, variable and alternative way - as a continuous chain of intentions in a group context and in a particular situation given by the teams and adversaries actions - and not as individual independent actions with no relation with the context. Sometimes a player has the intention to lose his marker, but in view of the direct adversary, the same action turns into a mobilisation of the direct adversary, or maybe into an obstruction. The handball game in general, and the action of each individual player, is a continuous process and incredibly variable, where depending on the circumstances can be quite unpredictable. In this sense, the execution of the tactical intentions of the player without the ball should be clearly understood. In Figure 1, a schema demonstrates how the player gets involved in these tactical intentions.

4. THE INDIVIDUAL TACTICAL INTENTION “MOBILISATION OF THE DEFENDER”: OBJECTIVES AND CHARACTERISTICS.

Finally we come to the specification of our work, in other words, the tactical intention called **mobilisation**:

“Mobilise the defender means to call his attention, making him concentrate his field of vision, situation, position and, in short, his participation towards the area where the attacking player without the ball moves or is, to create a space to throw or a space for the benefit of the player with the ball or even of a third player, which indirectly benefits from the new free space”.

It represents, therefore, an action that originally corresponds to the principle of mutual help and it is included in the game for the benefit of the entire team, an integral part of the play *for the others and with the others*. As we already said, this is a fundamental difference of the tactical intention with regard to losing one's marker: the player plays initially for himself and in the *mobilisation* he *plays for the teammate*. This objective means that, among other things, when a player has the intention to **mobilise**, he has to “show up” and announce his intervention, while at the same time

⁷ Which underlines the importance of the game principles, and in this case, the alternation and variability of the individual tactical means.

keeping an adequate rhythm (not so explosive). When a player intends to lose his marker, he “hides” from the opponent’s view in order to surprise him with a rhythm change and get rid of him. The general objective splits up into several specific objectives depending on the typology used, which in turn depends on the playing times, the space used, the defensive intervention characteristics, and on the parameters that need to be considered. These objectives are the following:

1. To hold back the defender while in his place, preventing or delaying his direct movement towards the player with the ball to facilitate the away throw.
2. To make the odd defender doubt whether to change the opponent and to delay his direct movement towards the teammate with the ball to facilitate the away throw.
3. To create a penetration space for a good faker team mate, thus momentarily “breaking” the defense.
4. To cause a back movement of a second line defender –of an advanced player or another defender who moves ahead of the 9 meters line-, thus releasing the defense to facilitate a throw in the distance.
5. “Pull out” a first line defender towards the free throw line, making him leave the 6-meters line, to free an inside space thus facilitating a teammate without the ball in losing his marker towards that space.

The specific characteristics of the mobilisation depend on the expected objective and, in short, on the type of mobilisation required by the characteristics of the play. From a general point of view we can say that the **characteristics** which define the mobilisation contain the following parameters:

- a) *The situation of the player who tries to mobilise:* close to the 6-meters line, in the first line, in the winger side, etc.
- b) *The situation of the defender in that moment -even or odd-:* on proximity coverage, on defensive block or on the throw line, moving forward on the centre of the court, etc.

- c) The *type and the direction of the recommended movement in each case*: a rectilinear movement, a curved movement, outside or inside the defence, moving closer or away from the ball, etc.
- d) The *best moment to do it* -initiate or finalise an action- adjusting the time and the space to the holder of the ball -although the best moment usually is when the ball is as close as possible to the mobilisation area- adjacent, in depth or in width.
- e) The *strategic situation advisable for each type*: with open or close defences, with many movements towards the throw line, etc.
- f) The *most adequate group tactical mean to coordinate with*. We should not forget that every tactical intention of the player without the ball duly connected with the holder of the ball make the group tactical mean easier (give and go, distracting run, blocking, etc.),
- g) The *subsequent most suitable chained intervention of the player who mobilises in each case*, either acting losing one's marker or with obstruction.
- h) The *potential characteristics of the possible holder of the same team for whom you work*: good thrower in the distance, good faker, good in penetrating, excellent in passing, etc. The mobilisation should be adjusted to his individual characteristics.
- i) The *defensive system used and the playing characteristics in the game* are where the mobilisation is intended (higher or lower defence, defensive in a block or with tendency to stay in the direct line opponent-goal –reducing the mutual help-, etc.

4.1. Mobilisation typology as tactical intention (using alternative and assessment parameters)

As we previously explained, the alternatives of the defender mobilisation depend on different parameters, whose combination originates in the different types of mobilisation. The player without the ball must acknowledge them in order to apply them in each case accordingly. Among these types are the following:

- 4.1.1. The static fixation of the defender.
- 4.1.2. The *distraction* or doubt when changing the opponent.
- 4.1.3. The mobilisation by *separating or pulling the defender to the side*.
- 4.1.4. The “*level or beat the defender down*” or inducing the defender to move back.

4.1.5. The *external attraction of the defender*, or “taking him out of the 6-meter line”.

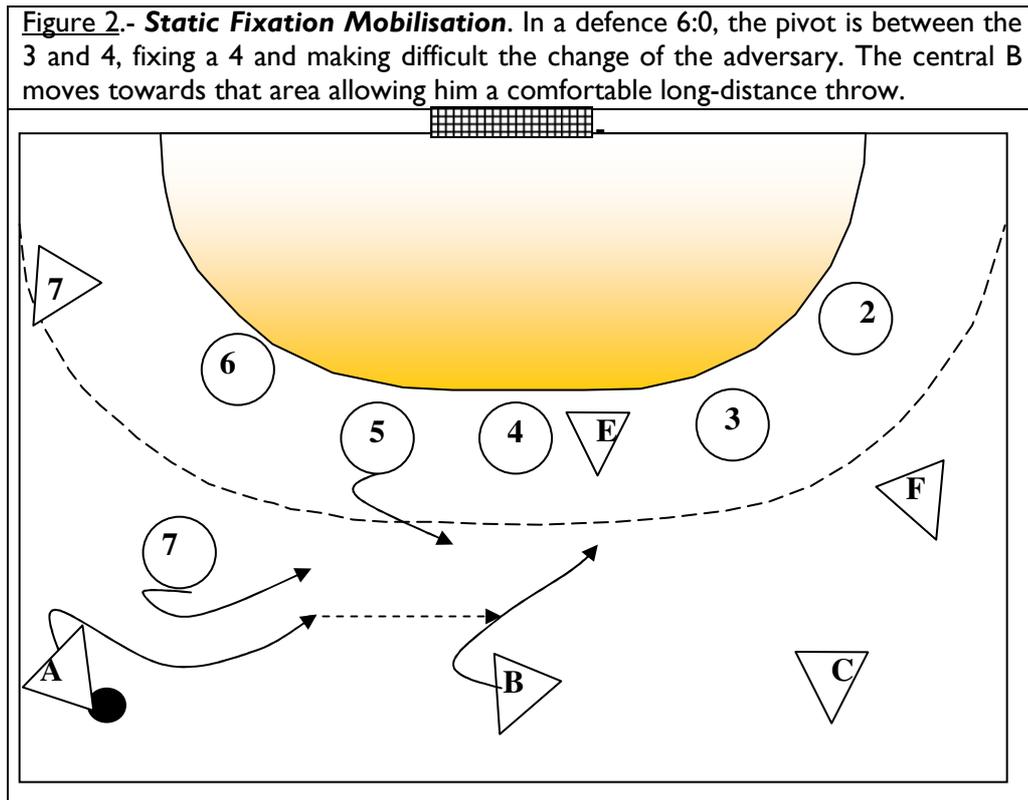
Let's examine them individually, exposing the strategic conditions in each case.

4.1.1. The *static fixation of the defender*.

It constitutes the simplest form of defender mobilisation and takes place when the attacker without the ball takes up a given space close to the 6-meter line, which is an efficient space for the player with the ball. The corresponding defender will mark into this dangerous area, fix himself delay or make the intervention of the player with the ball or any change of the opponent difficult. This type of tactical intervention often connects with the obstruction intention of the contrary, we must not confuse them, simply with a slight modification of the contrary's location and orientation, who fixes the defender (putting himself behind him), creating frontal blocks, or depending on the holder of the ball trajectory, allowing a side block and sometimes losing one's marker in short movements or simply asking for the ball with the hands up or to the side (figure 2).

The intervention space usually takes place close to the goal area, by holding the defender in this area and making him doubt when going towards the contrary, usually a good long-distance thrower. It can be done in a static way, while occupying a space, or in a dynamic way, while slightly moving to one or the other side depending on the area we want to free for the thrower. It is more interesting when the defence tends to be closed, standing on the line of the goal area; however it could also be considered avoiding or slowing down the systematic movement against the specialist attacker.

Once the defender has been fixed, and when checking the theoretical movement of the thrower, either the player moves and immediately loses his marker in short spaces - or if his intention was an obstruction – he could also move to inside spaces, losing his marker.

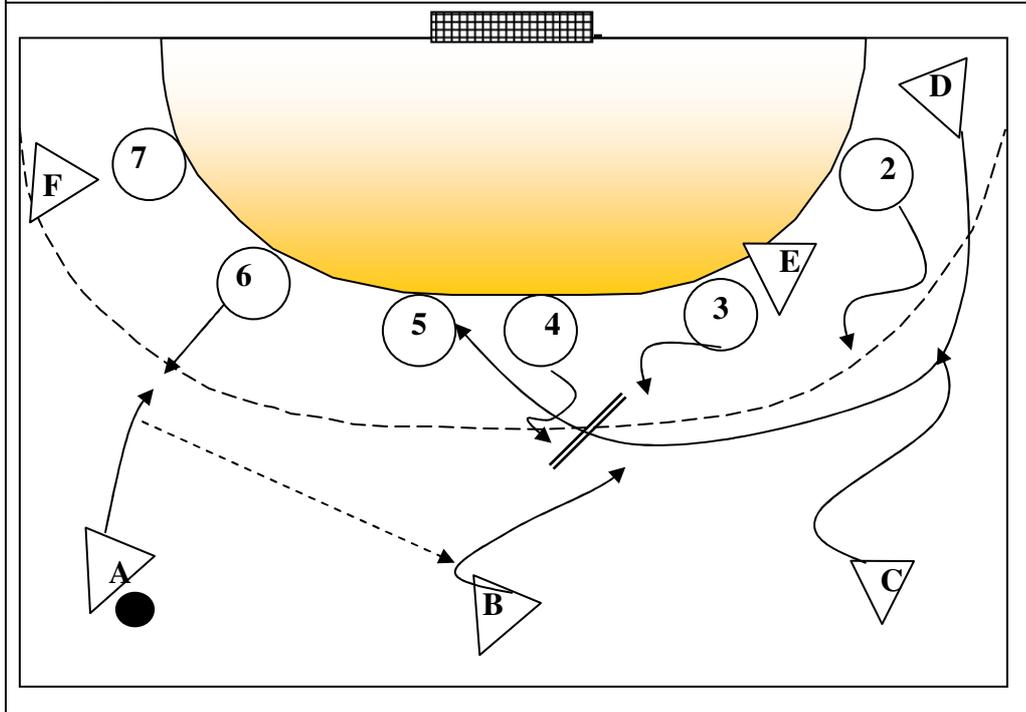


4.1.2. The distraction or doubt when changing the opponent and, with it, between the direct and side movement of the defender.

It represents another type of defender mobilisation and takes place when the attacker without the ball tries to move him for a moment to the other side of the court than that where the player with the ball will play, thereby making him doubt about the change of contrary defender and delaying his action against the holder of the ball. The player without the ball that intends to mobilise the defender takes advantage and starts from a situation out of the sight of the defender – always an odd defender, not the direct-, thereby surprising and realising a movement running forward, to the side or parallel *in front of the defender* and in the opposite direction to the ball. It turns into an immediate support to the wide space of the ball holder, and also to the goal. It is what the Danish Handball school calls

sometimes *distraction run*, because this is the intention of the player without the ball: distract the defender making him move to the side and making him doubt and delay his frontal intervention towards the holder of the ball (figure 3).

Figure 3.- Distraction Mobilisation. The right wing D starts to move before the left back A catches the ball, in such a way that synchronises the movement so that when he moves in front of the defender 4 the player B gets the ball, thereby creating doubt and a change of contrary.

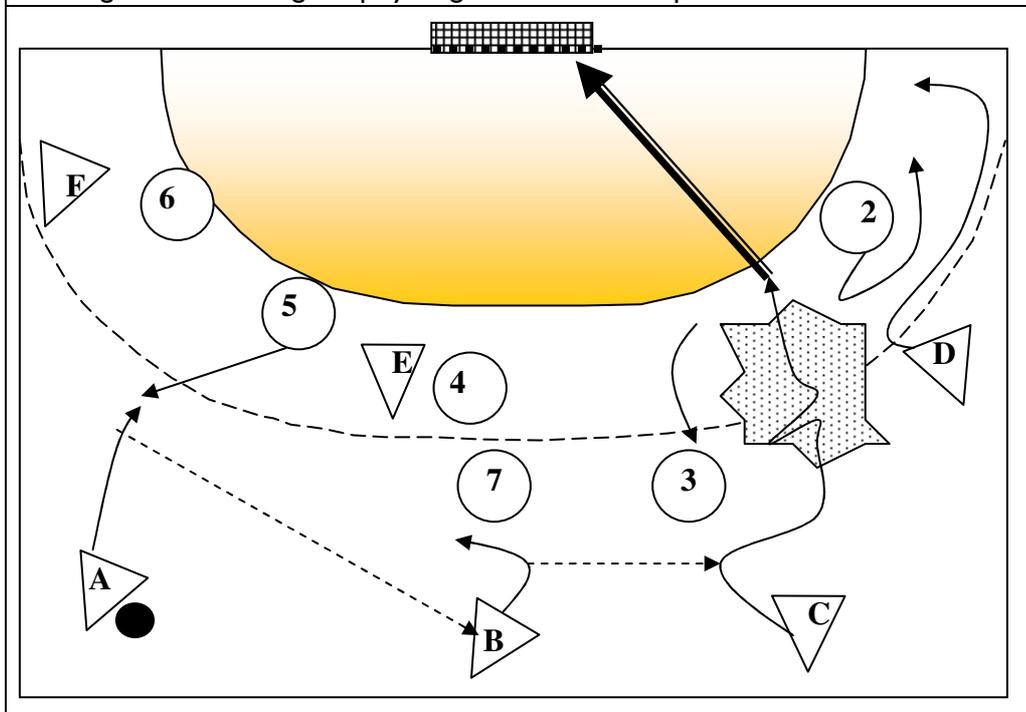


From a group tactical point of view, and thanks to the distraction mobilisation of the player without the ball, both players will coordinate a “curtain” in front of the defender without the ball, whose objective is to facilitate a quicker long-distance throw than the classic jump throw. This action will not prevent the defensive action and will only delay it, so the throw has to be fast, even a standing shoot (classical shoot, underarm shoot, classical shoot with reversed foot position), the defender will have enough time to balance again and attack the player with the ball.

The right moment to start this action depends on the distance to the place where we intend to facilitate the throw, but, in any case, it has to be at the same time, as when the player catches the ball and starts his way passing in front of the defender, than when the receiving player arrives at the right place. It is an especially useful action before defensive blocks in the conflict area.

4.1.3. Moving away or lateral pulling of the defender, and thus widening the gap of the teammate or benefit the play of a third player.

Figure 4.- Moving away. Against defence 5:1, the right wing D starts his action right before the right back C catches the ball, showing himself before 2 as if he tried to progress between 2 and 3, to immediately change his way and move outside, with the intention to move his pair 2 away from 3 thus breaking the coverage and facilitating the play 1 against 1 of his companion C.



With this alternative we try to move the defender away from the player that moves and from his teammate -direct opponent of the attacker

with the ball-, thus breaking the defensive block and making the defensive support more difficult since there is no adequate defence or double defence because the attacker with the ball eventually leaves the opponent to the side. Right at the same time when our adjoining teammate is going to catch the ball we move outside, thus widening the gap between our direct opponent and his teammate, calling his attention and breaking the coverage and creating a bigger space for the player with the ball to penetrate. The player with the ball with his adversary to the side fakes and penetrates until the 6-metre line.⁸ (Figure 4).

From a strategic point of view, this method represents a very useful mobilisation when our adjoining companion is a good faker and takes advantage of the created free space to penetrate, especially when the opponent of the player without the ball plays close to the throwing line. The player can later cut to an open space while, in the last moment, the defender tries to rectify and close the empty space in time. The player with the ball will finally enter in a consecutive way. Wing players often use this mobilisation but it can also be very useful for the pivot.

4.1.4. “Level or beat the defender down” mobilisation (causing the defender moving backwards).

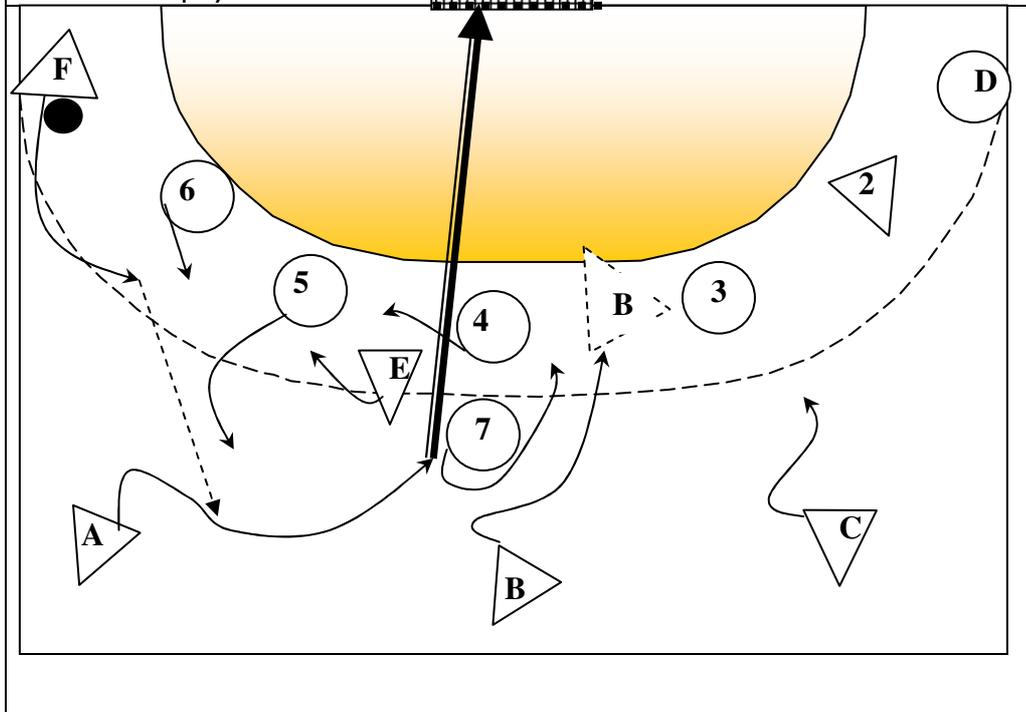
The back court players basically use this alternative when they are being tightly guarded by their corresponding pair and especially when the adversary defensive system is 5:1, with dissuasion of the central back court attacker, thereby systematically making it more difficult to catch the ball in effective distances.

In such circumstances, the player which is being tightly guarded, finds it difficult to play for him (player with the ball cycle) and must work for others through the so called “level” mobilisation, causing the back movement of the pair defender and creating, thus, a long distance space for the benefit of another back court player that moves towards the free space to throw, if necessary.

⁸ In Basketball terminology it is common to call this intervention “Clear-Out”, that is, to leave an open space without defenders. Actually in every mobilisation there is a certain open space for the benefit of the ball handler or a third player.

It is important that the player, who tries to “*aplanar*” the defender starts to move inside the defender’s field of vision and slightly towards the area where the potential beneficiary of this action is and when the beneficiary catches the ball, to immediately change the direction and move towards the opposite side, thus moving the defender away from the possible path of the beneficiary, close to the centre of the defensive system. This occurs when the “mobiliser” is the central player, but also a back player could use this intention for the benefit of the central player (figure 5).

Figure 5.- “Level” mobilisation. Against defence 5:1 with frequent dissuasion of the advanced player towards the central player. The central player moves into the defence right before the left back player catches the ball. At the same time the advanced player tries to arrive early with dissuasion and avoid that the player B catches the ball in an effective distance. His path or trajectory is slightly curved from left to right to push the advanced player backwards and to the other side where the player A presumably will move, thus making easier the long distance throw of the player A or C.



The player that moves to the defence and takes up the pivot player place, must be ready to catch the ball or cut to an open area, or depending on the defence reaction, provoke an obstruction. On the other hand, the beneficiary of this action, the long throw player, must constantly notice if the central player, who initially forced the advanced player to move back, cuts an open area, because as a last resort he will try to recover the initial place as an advanced player.

4.1.5. The external attraction or causing the retirement from the 6-meter line

The last type of mobilisation also attempts to free a space, but in this case the space is inside the defence and close to the 6-meter line. This must immediately be filled by a third player without the ball and who surprisingly cut to that free space. A second line defender - usually a pivot or another player that moved to that place – is the player who does this type of mobilisation (figure 6).

It is about faking a cut to a free space between the lines. In the initial situation, the player involved is being tightly guarded close to the goal area. This player then offers support to a back-court player, who is in possession of the ball, in case of a theoretical give and go or double pass towards the goal. If the action is not fast enough and the throw is not straight, then the defender guarding the attacker without the ball will reply immediately, moving towards the 9-meter line or even before it, in his effort to keep the straight guard to the pivot and prohibit him from catching the ball. As a result, he will free the space close to the 6-meter line. This space can become immediately occupied by a third player – the other pivot or, more usual, the wing player close to the area – who will receive the ball from the player currently in possession of the ball. This alternative is advisable, not only when the pivot is being tightly guarded, but also before defences with advanced players, and generally, before two-line defences or defences with a trend to anticipate that the inside spaces of the defence will be free more easily. In any case, it is important to underline that a space-time synchronisation is required, which will entail a given difficulty since there needs to be a coordination among three players: the player with the ball and two players without the ball: the one who will mobilise and the other, who will cut to the free space.

first phase of the tactical action, the player responds to the indications, which correspond to the ball situation, his opponents (direct and indirect), and his teammates (especially the one who wants to help, his characteristics and strong points, etc). The decision depends on the previous analysis of the indications, the possible connections, etc. We consider it convenient to analyse all these aspects independently, even if we have already pointed out some of these indications and intervention forms:

4.2.1. The perceptive indications and the resulting alternative decisions constitute the reference point to which the player without the ball must concentrate his attention to, so as to select the response most suitable in the given situation. Among them, as previously mentioned, are the ball situation, the situation of the opponents and teammates, and the resulting intermediate spaces, each of them with slight differences. The gestures, attitudes or movements can also be expressed through variables such as the direction or movement, the execution speed, the whole body position or that of each body part. All of them are variables that give rise to the different gestures, which have to be correctly interpreted. Let's analyse the most important ones:

a) The ball situation: If we pretend to provoke positive reactions with our intervention, it is clear that the ball situation is the most important indication, since the longer or shorter distance from our place to the ball will determine the moment to initiate or finalise the action. As a general rule, the intervention will start with enough time to allow us to reach the place where we intend to mobilise, right before the teammate catches the ball (the teammate who is in the closest area, either in the adjacent place of the mobilised defender, moving towards the goal or the side, or even in the same place of the defender that we intend to mobilise). If we are far from the conflict area, we must start moving in advance, so that we reach the area in time. As we saw in the section about typologies, depending on our objective, we can slightly alter our speed or the time when we start moving.

b) The teammate situation that we pretend to help and his characteristics: Another sub-factor that we need to consider is the distance to the beneficiary and thus, when to start our intervention.

Generally the mobilisation is more efficient and also easier to synchronise and execute correctly when the theoretical beneficiary is in the adjoining place but could also be in the further places, where a timely movement is presupposed, in order to adjust the distance. This sub-factor is inseparable from the acknowledgement of the basic characteristics of the player, especially his strong points (a long distance thrower particularly efficient in a given path, extraordinary passer to the pivot or to the inside with many resources, or maybe an efficient and explosive faker towards the weak side). Only through knowing the full potentials of our teammates, can we choose the best way to mobilise the defender and free the right space, which will allow our teammate to exploit his capabilities.

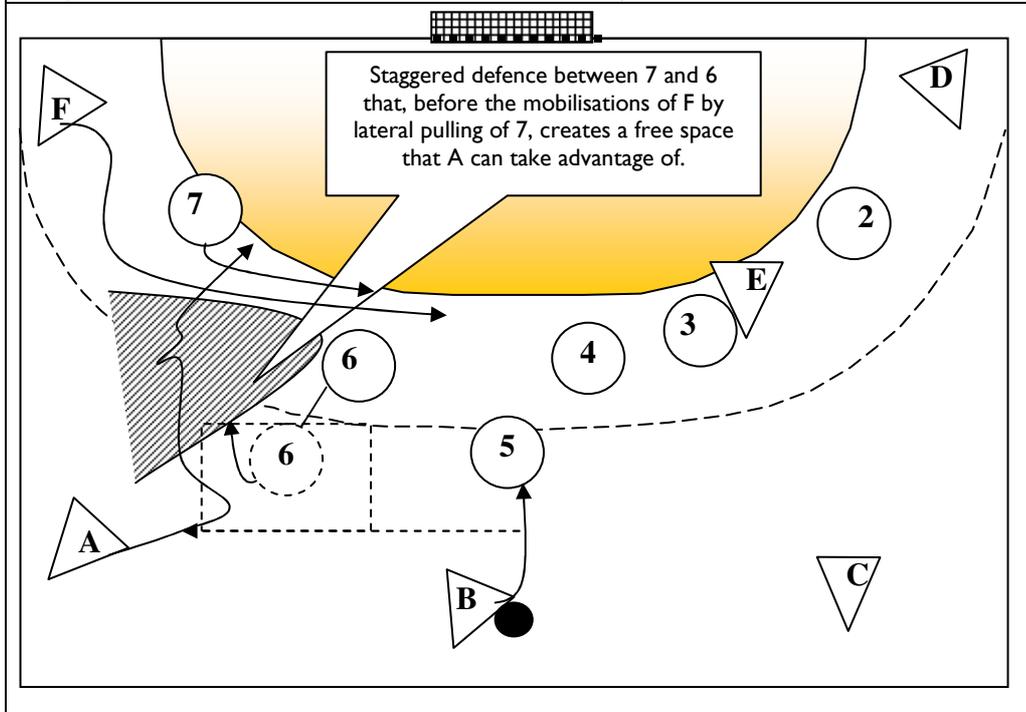
c) *The situation and the defenders intervention tendencies, both pair and odd (direct or no direct opponent):* Each mobilisation type is also depends on the opponent's movement. The mobilisation can be more useful if the attacking player mobilises in the least predictable way, so that the defender will not anticipate the move. The defender might play close to his pair, attempting to prohibit him from coming in possession of the ball (pulling mobilisation, moving away or attraction). The defender could also play close the throwing line (moving away, fixation, pulling, attraction); or in defensive blocks. The less he anticipates a move, the more difficult it will be for him to switch opponents (distraction). The defender will attempt to prohibit his pair from catching the ball. Consequently, a player needs to work for the benefit of his teammate by playing without the ball and acting on the defender's anticipation. So, it turns into some kind of "self-coverage", where the defender is directed to the space that the attacking player chooses, pulling him away from other space where presumably our teammate with the ball can find good conditions to throw or penetrate, or where a third player without the ball surprisingly cuts to that open space. On the other hand, if the pair defender guarding the player that mobilises also moves towards the goal against his opponent and the beneficiary is a good faker, it might be useful to use the moving away mobilisation to create a space for penetration.

d) *The defenders' tendency to staggered situations in the conflict area, especially in exterior areas:*

If the defence acts like a compact defensive block, but leaving towards the side attackers, there are often staggered situations between the two

last defenders of the system (anticipation by lateral defender harassment by lateral defender towards his pair when he catches the ball from the central player, and staggered coverage of the exterior keeping a situation close to the 6-meter line). This circumstance allows to the wing player of that area to act without the ball and momentarily pull his pair towards the axel of the defensive block by moving behind the side defender and making the change of opponent difficult. By doing so, he opens an exterior space to allow an eventual penetration of the player with the ball in that space, provided that this one controls the movements towards his weak points (figure 7), or if the right back is right-handed.

Figure 7.- Inside lateral pulling Mobilisation. Before staggered situations of the defenders that often occur between the inside and exterior defenders when moving towards the goal over the side attacker, the wing player can mobilise his pair through lateral pulling and move behind the second defender when he moves towards his pair, when A catches the ball. This staggered situation makes the change of the opponent more difficult, especially because F moves from outside the field of vision of 6. If the side attacker is a good faker he can find effective solutions on the expense of the weak side.



The same circumstance could occur when a pivot initially situated as far as the penultimate defender (before a defensive system 6:0 with movements towards back players) starts the mobilisation of his pair pulling him towards the axle and frees a space to the weak point of the back player with the ball that he could take advantage of, and the back player catches the ball, initially moving towards the centre, when at a distance of 9 metres the third defender appears.

4.2.2. The executive variables of the action. It is obvious that the fundamental technical element that is used in the mobilisation is the **movement** without the ball. But this element must be used with different variables to allow a richer intervention and assure a higher efficiency degree. Among this variables the *type and direction of the movement adequate for each case* are essential: a rectilinear path, curvilinear, forwards, backwards, towards the sides, combined, towards the inside or outside- before- the defence, moving away from the ball or approaching it, etc., the *direction changes* when necessary- no more that one. We must not forget that the initial intention is not to cut to an open area, the *rhythm and intervention speed* (sometimes uniform, fast and then slow, intermediate speed, never explosive), the movement *orientation* (frequently towards the side or diagonally in almost every mobilisation, frontal when pulling the defenders backwards, or with his back to the goal when attracting), the movement *form* –running but with different step sequence and range-, the movement *length* (depending on the distance to the mobilisation place and theoretical beneficiary); and, of course, depending on the opponent reaction, the *later combined application to the mobilisation*, where cutting to an open space will be more used by the mobilisator, but it must be alternated with the obstruction.

5. COMPARATIVE ANALYSIS BETWEEN THE DIFFERENT TYPES OF MOBILISATION: A SUMMARY.

Table I shows a summary of every mobilisation type, aiming to provide a comparative analysis among the different parameters that influence, in some way, the execution and efficiency of the tactical intention.

MOBILISATION TYPE/ CHARACTERISTICS	By fixation	By distraction	By moving away or lateral pulling	By “level” or causing the defender moving backwards	By attraction or causing the defender to move outside
Specific objective	To hold back the defender to facilitate the throw in the distance of a teammate	Make the odd defender doubt the change of opponent and move forwards to facilitate the long distance throw of a teammate	Create a space to penetrate for a teammate breaking the defence.	Cause the movement backwards of the front defender and free a space to throw from the distance.	Cause the first line defender to move outside to free an inside space
For the benefit of	Long distance thrower in his specific place	Fast long distance thrower	Make more easy the play 1x1 of a good faker, or to penetrate to 6 meters	Long distance thrower that moves from his specific place	To circulate from the second line (the winger) to the free space.
Based in	The creation of doubt in the defence movement	To make better use of the confusion of the defensive field of vision	To momentary break the defence block in a space	To make better use of tight guarding in the back court line	To create and make better use of the inside spaces
Situation and first performance of the player involved	Static in 6 meters or slight side movement	Side movement from outside the defence field of vision	Side movement moving away from the ball or running behind the odd in a combined situation	Side or front movement or change the pathway to the front	Movement from the 6 meters to the 9 meters.
More adequate execution moment	Always when a thrower with the ball moves to the area	At the same time when the long distance thrower catches the ball	Right before when the next player catches the ball	At the same time when the next thrower catches the ball, better if a third player	When a back court player catches the ball, specially a central player
Best strategic situation for its execution	Against closed defences in the pivot area	Against block defences which make the throwing more difficult	Against first line defences or in the conflict area, or when there are good fakers in that area	Against defence 5:1 or with advanced player (or mixed) that make the play with the ball more difficult or the ball movement in the middle of the attack	Against open defences or when the pivot is being individually or tight guarded
Movement types and direction	No movement or short curvilinear of the pair and to the side	Frontal and slight to the side or parallel in the free throw line in front of the odd	Outside of the playing court and to the sides with the back or to the side behind the opponent of the beneficiary with the ball	To the front forwards with path changes and normally in front of the defender (inside his field of vision)	To the front forwards or with curvilinear path to the outside
Tactical mean to develop	Frontal blocking	“Curtain” “distracting runs” or its variants	If needed consecutive penetration	Player circulation and give and go (double pass) to the sides	2 nd line player circulation and ball circulation

Most appropriate combined intervention of the mobilisator	Internal movement to a free space	Inside movement or moving to the sides to a free space	Offer one's self from the sides to the player with the ball and if necessary penetration	Internal movement to a free space with a path change	Moving to a free space on the other side from where the player running inside is
Expected action of the defender involved	That he keeps static and does not move	That he makes a mistake when changing the opponent and delay his movement forwards	Separate him of the area where the ball is and prevent or make his coverage more difficult	That he moves backwards to the 6 meter line and leave the 2 nd line defence central line	That he leaves the 6 meter and frees a internal space

Table 1.- Typology of the mobilisation intention, characteristics and more adequate strategic circumstances to use.

6. CONCLUSIONS.

In the introduction, we underlined the importance of improving the quality of the basic movement without the ball through proper player education and improvement. The mobilisation intention that we have tried to structure and develop here is an integral part of this education and must be included in the education process without further delay. The suggestions made should be considered in different evolutionary phases of the global education process, starting with the youngest age categories (8-9 and 10-11 years old). During the 13-14 and 15-16) stages the second part of our proposal (specific training) must be gradually introduced, so that at the end of the cadet stage (15-16) the player has the possibility to deal with the advanced courses. At the end of the young category, the player must finish his training and education, thus having the possibility to develop his best performance during his senior stage because he has understood and assimilated all the characteristics of the different tactical intentions. It is easier to progress to the top level and reach the highest potential performance of each player if you understand these intentions. Without this knowledge and without the strategic use of it, we will have incomplete players of limited quality. We should never forget that the consistency and effectiveness of a team is tightly related to the quality of the relationship among the different players that comprise it. This depends on the learning of the individual tactical intentions, both to overcome the direct opponent and to create free spaces to benefit from.

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