**SYNOPSIS 5 MAN BUILD UP ROBERT HAANTJES**

Introduction:

“ Since the WC in Monchen Gladbach in 2006 when Bernard Peters used a build up tactic in the semi-final against Spain a lot of teams sometimes change the shape of the build up into a 5 man build up to avoid a high press or blind side press of the opponent. The blind angle press of Spain was a deadly weapon fors pain in those days.”

Importance:

The blind side press and the frontal press are very commonly used press systems. These pressing methods can be disturbed by the 5 man build up. It also can create new outlet possibilities for a team and reinforce the dynamics of your build up.

Key Points:

* positioning possibilities of the back four
* timing drop back midfielder options
* positioning of the rest of the midfield options
* positioning and leading of the strikers
* how to press a 5 men build up
* individual qualities needed to play this system effectively:

/passingskills/receivingskills/running out of pressure/

* difference between men and women.

Case Study:

WC 2006 Germany semi final Spain-Germany

EC 2009 Holland ¾ place Spain-Holland

WC 2010 Holland group match Germany-Holland

I’ve chosen this topic because of the added value it can bring to the build up of a team and confusion it can create with the opponent. Another reason is that we do not have a lot of information on it as yet.

Supporting information:

Video feeds of the matches in 2009 and 2010. If there is someone who still has the match of 2006 Ger against Spain then I would be much obliged…

Related Information:

Pivotplayer system Australia

V-hockey

http://www.knhb.nl/trainerscoaches/vakblad+hockey/hockey/DU11335\_V-hockey.aspx

Personal belief:   
I am a strong believer in dynamic play. In my opinion this is an excellent way of changing the shape of the build up and opening various options of outletting. Especially when in non possession the opponent has the philosophy to drop their attacking wingers with the high wing defenders, the back three now have 1 player who puts pressure on them.

(the defending midfielders have the tendency to stay in the midfield)   
When the defending team stays higher on the pitch aerials can be thrown to the high wing defenders or inside midfielders look for quick passing options to the side of the pitch, the backwingers.

Practical Aspects for training:

3/4 pitch/ previsualisation by showing it on video and in a smaller context first./ patience/

20 balls 7/8 players later on 12 players up to 16 players.

Conclusion:

The 5 men build up will be a commonly used way of outletting in the future of mens hockey and even womens hockey in the future because of all the new options it provides and pressing it effectively is a difficult thing to do.