

KORFBALL SKILLS SHEET

MOVEMENT

M1 SPACE MOVE



Move around anywhere in a division rectangle without contact. On the whistle, stop.

★**V** On the whistle, see who has got the most space.

★**V** Watch a particular person. On the whistle point to them (and still have lots of space).

★**R** On the whistle, run onto a boundary line and then point to the person.

M2 PAIRS



Form pairs, one being A and the other B. A runs around (without contact) trying to get away from their B partner. B tries to be within touching distance of A when the whistle blows to stop. ★**R** A chasing B.

★**V** On the whistle to stop, the chasing partner gets a point for being in touching distance and a point for being positioned between his/her partner and the korbball post. (Have a rule that no-one is allowed to be within 5m of the korbball post.)

M3 F AND B MOVEMENT

Stand in a circle around the teacher, shoulder to shoulder. On the whistle, move away from the teacher. When the whistle is blown, change direction (moving inwards or outwards). On two quick blows of the whistle stop.



★**R** Try to keep an eye on the teacher all the time by turning your head towards the teacher when running away. (Do not run backwards).



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MOVEMENT

★**V** In pairs, facing each other. On the whistle, pairs move in and out but they keep an eye on each other when moving away or towards the teacher.



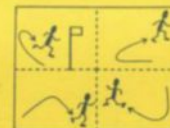
M4 SIDE MOVES



Run between the lines but when coming to pairs of markers make sharp turns to right or left to move around them. ★**R** Move between the lines in pairs facing each other. The one moving *backwards* is trying to keep ahead of the one moving forwards by running with them. (Do not run too fast).



M5 DIVISION MOVES



Form korbball division groups of four (2 boys and two girls) with one in each quarter. Move in and out always making sure you can see some of the other members of the group. Change speed and direction and try to use as much of your quarter as possible. Who will have the greatest variations?

★**V** Have partners, who will be like defenders in a real game, trying to keep within touching distance and between their partner and the post all the time.

M6 DIVISION MOVES PLUS



Form korbball division groups of four (attackers) with partners (defenders). Attackers take a quarter each and move in and out and do side moves to try and get away from defenders. On the whistle, stop and see which defender is close to their attacker and between their attacker and the post. Then change attackers to defenders.

★**R** With attackers allowed to change their quarters but taking care to keep all the quarters occupied.

BALL HANDLING

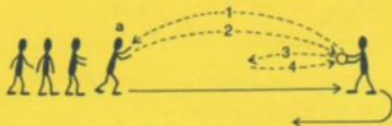
B1 SEMI CIRCLE SPRY



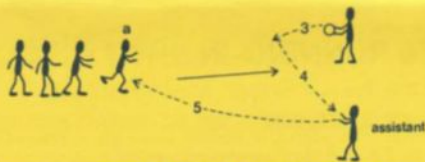
Form lines of about five and stand in a semi circle. The first in line stands in the centre of the semi circle and throws the ball, in turn, to each player. When finished, the player in the centre changes with the next in line. Continue until everyone has been in the centre.

★**V** With players in a semi circle, each moves a little forwards and backwards while waiting their turn but always coming forward when it is their turn to receive the ball.

B2 CATCH AND RETURN

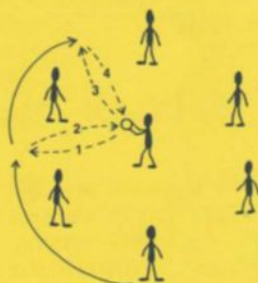


Form lines of about four with a leader. In turn, the leader throws the ball to the first in line (A) who returns the ball to the leader, A runs towards the leader, receives the ball and passes it straight back then continues running on around the leader and back to the end of the line. Repeat until everyone has had a go and then change leaders.



★**V** Add an assistant leader. Repeat movement but A receives the ball from the leader while running then passes to the assistant. The assistant passes the ball to the next in line.

B3 GAP BALL

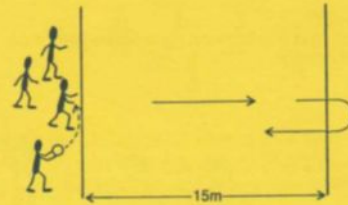


Form groups in circles about 5m radius. The leader stands in the centre. A player in the circle moves around the outside of the circle and the leader throws the ball to the player between each gap in the circle. The moving player passes it straight back. When the player is back at his/her position the next to the right repeats the activity. Continue until all have had a go then change leaders.

★**V** The moving player weaves in and out between other players in the circle.

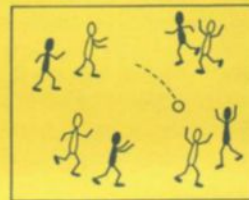
BALL HANDLING

B4 GROUP PASS



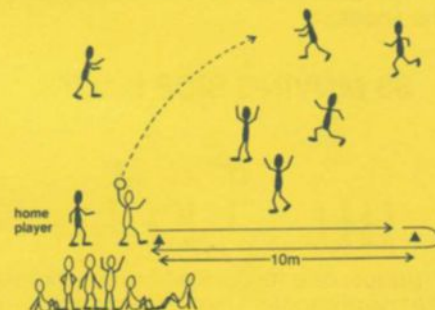
Form groups of 4 who stand behind a line. Together, they move towards another line about 15m away and as they move they must make sure everyone in the group receives and passes the ball at least once. When they have all gone over the line they make their way back to the start and again with everyone involved. ★**V** This could be made competitive with a race between groups. However, they must not run with the ball but must pass it immediately they receive it while running.

B5 TEN BALL



In a korfbal division, have 2 teams of 4 (2 girls and 2 boys in each team). Staying in the division area, one team has the ball and tries to make 10 passes without the ball being intercepted by the other team. If the ball is intercepted or if they make 10 passes then the other team has the ball and tries to make 10 passes. (Remember, no contact or knocking the ball out of hands.)

B6 THROW BALL



Form 2 teams. One team is fielding and has a home player. The first in the throwing team stands near marker 1 and throws the ball then tries to run around marker 2 and back to 1 before the ball is caught and passed back to the home player. There must be at least two passes to other players before it is received by the home player. If the home player gets the ball before the thrower has got back to the marker 1, he/she is out. When three players are out the teams change over.

SHOOTING SKILLS

S1 STANDING SHOT

Introduce the shooting technique.

OVERHAND SHOT

In korfbal, shooting is a skill everyone must be able to do. The overhand shot is the most popular.



Stand with your feet slightly apart and legs slightly bent. Bend forward a little. Hold the ball with both hands, your thumbs behind/under the ball and fingers spread over the sides of the ball. Bend your arms.



Bring the ball down until you are holding it in front of your chest and bend your legs. Bring the ball upward past your face.



Release the ball from above your head when your arms are almost completely stretched. Jump as you shoot for goal, stretch your arms and make your fingers point after the ball.

Form pairs about 5m apart, with a ball. Practise the shooting technique using your partner as the post (the ball should come down above your partner's head).

★V Stand in a circle around a post, starting at about 3m from the post. Practise shooting from a standing position using the korfbal technique. When a goal has been scored, take a step back and shoot from there.

★V Have someone under the post collecting and passing the ball out to players. Players shoot as soon as they get the ball.

S2 LONG SHOT



Stand in circles around posts, starting at about 5m distance. Practise shooting and trying from greater distances from the post. You will need to spring up in the air as you shoot to get a greater distance.

★V Take it in turns to get rebounds and pass the ball out to the shooters.

S3 MOVING SIDE SHOTS



Form 2 groups, one feeders and one shooters. The first in the line of shooters moves forward then makes an 'L' movement to the side, collects the ball, lines up with the post and shoots. Next in the feeder line collects the ball, with the shooter going to the back of the feeder line and the feeder to the back of the shooter's line. Repeat until all have had a turn at feeding and shooting.

★V Have a passive defender standing in front of the shooter so the shooter has to move to the side to collect the ball and shoot. The passive defender can be the last feeder who will then move on to the back of the shooter's line.

SHOOTING SKILLS

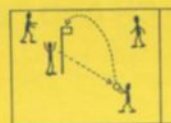
S4 SHOOTING 4-0



Form division groups of 4 (2 girls and 2 boys). Pass the ball around the division, moving inwards and outwards in your own quarters. In turn, take a shot with the nearest player to the post collecting the ball and then passing the ball out. Make at least 3 passes before the next shot.

★V Allow players to change quarters and encourage them to shoot from different distances.

S5 SHOOTING 3-1



Form division groups of 4 (2 girls and 2 boys). Pass the ball around then get one player to stand under the post to collect the shots and then pass the ball about for someone else to shoot. When all have had a shot, change the player under the post.

★V Encourage players to move around more and towards and away from the post, shooting from different distances. They may even pass the ball in to the collector, then move to the side, collect the ball back and shoot.

S6 RUNNING-IN SHOT CIRCUIT

Introduce the running-in shot technique.

The running-in shot, together with the overhand shot, are the most common means of scoring in korfbal. Every player needs to be able to shoot in korfbal and therefore every player needs to develop skill in both techniques of shooting.



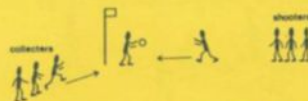
Run to the post and catch the ball with arms stretched. Take a step toward the post.



Jump toward the basket, bringing the ball up in a straight line. Put the ball as close as possible to the basket.



Release the ball into the basket with stretched arms. Point your fingers after the ball and continue running-in.

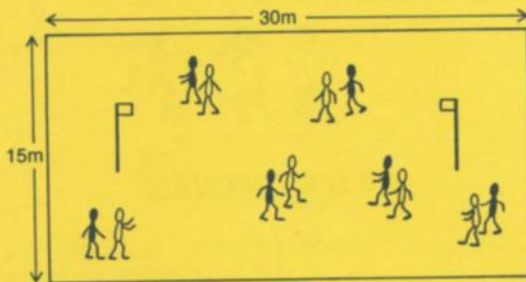


Form 2 lines, one shooters and one collectors. A feeder stands about 3m in front of the post and passes the ball to a shooter running in towards the post who then shoots. The first in the collectors line runs in and collects the ball and then passes it to the feeder. The feeder passes it to the next shooter running in. Then the ball is collected by the next in the collectors line. The first collector changes with the feeder. After each shot the feeder then goes to the end of the shooter's line.

★V In a division group of 4, one player moves in to be the feeder, is passed the ball then passes the ball back to that player who is running-in. The feeder then collects the rebound, passes the ball out and a new feeder takes his/her place.

GAMES

G1 MONO KORFBALL



Have a court about 30m x 15m with 2 goals about 5m in from each end. Introduce mono korfball with the rules no running with the ball and no contact. Have 2 mixed teams with about 6 on each team. Teams have to get goals in their own basket. When a goal is scored the other team takes the ball from the centre.

G2 MONO KORFBALL 2

Organise as for Mono Korfball 1 but this time introduce the defending rule so there is no shooting if defended. Encourage players to mark a member of the other team (boys mark boys and girls mark girls).

G3 ONE POST GAME 1



Have a division of a korfball court with one post. Divide into teams of 4 (2 girls and 2 boys). One team starts as the attackers taking the ball from the far line and moving it about trying to get undefended shots at goal. If the ball is intercepted, the ball goes out of play, a shot is defended or there is a goal, the ball is taken back to the centre. Players swap roles with the other team becoming the attackers. Attacking teams might get a point for a goal and defending teams a point for a defended shot.

KEY TO SYMBOLS

★**R** = Repeat

★**V** = Variation

←----- movement of ball

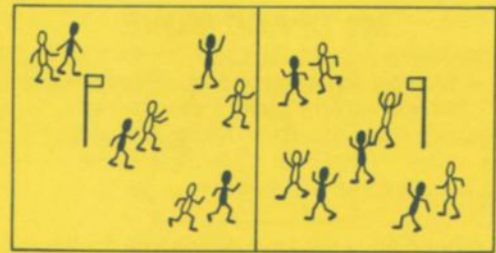
←----- movement of player

GAMES

G4 ONE POST GAME 2

Play as in the One Post Game 1 except if the ball is intercepted, the ball is out of play or a shot is defended then the defending team gets the ball on the spot. It has then to play the ball over the far line before becoming the attacking team. If a team gets a goal they can keep attacking but they must play the ball over the far line first. (see diagram for G3)

G5 KORFBALL GAME 1



Introduce the full korfball game with 2 divisions of play. Keep the rules simple emphasising no contact, no running with the ball and defended shooting. Encourage the use of all the playing area in attack and all the players.

G6 KORFBALL GAME 2

Expand the game to introduce other rules and the use of a variety of shots. Introduce the Korfball Integrated Scoring Scheme and emphasising positive comments, co-operation, good behaviour and the use of korfball skills.