



KORFBALL

YOUTH DEVELOPMENT



GUIDELINES FOR KORFBALL ACTIVITIES

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KORFBALL YOUTH DEVELOPMENT

Introduction

This resource is designed for anyone involved in korfball activities with young people from under 12 to 19 and even beyond. The target group includes, teachers, coaches, referees, administrators and parents. For simplicity, and to recognise continuity, junior and youth development is considered as youth development for this resource.

Young people generally have these characteristics:-

- They are changing quickly as they develop physically and mentally
- They are looking for models
- They are impressionable
- They are not adults and they should not be treated as adults nor expected to behave as adults

The **Stages of Development**, noted below, can help us recognise what we should do and what we should expect in the development of our players at certain ages.

Many community groups are interested in the development of young people. These include schools, parents, youth groups, welfare and sports agencies. These groups will be interested in knowing what the **aims** of korfball development are. They are to provide opportunities

1. to develop the motor skills and game skills that are associated with korfball.
2. to experience wholesome competition emphasising participation more than outcomes.
3. for social interaction between the sexes and the development of the social skills associated with korfball.
4. to improve mental and physical fitness.

These aims should lead towards a senior or adult level **where males and females can realise their sporting aspirations in a setting which is equally demanding of both sexes physically, socially and mentally.**

Stages of Development

These suggestions are based on what is generally expected as appropriate at certain ages. Care always needs to be taken to expect a range of differences in young people of a particular age group.



Under 12:

Rationale (What we can reasonably assume can be expected for this age group)

1. There will be a broad range of levels of maturity in these children but for all the emphasis should be on fun and mass participation.
2. Physically, as the children get older so the differences between boys and girls will be greater with girls, generally, at least a year ahead of boys.
3. The attention span of children is shorter the younger they are and they do not readily understand complicated game rules, training drills or game tactics.
4. Success is important in developing self-confidence and an eagerness to learn more.
5. Emphasis should be placed on the acquisition of basic skills – physical and social, avoiding extrinsic rewards, such as trophies, but developing a healthy self-image.
6. Peer acceptance is important as is how they perceive their participation in developing their self-image. Rewards then need to recognise the positive contribution to the team by developing particular skill.

Based on those rationale statements we can now make some assumptions about what is appropriate activities in a korfball environment for this age group.

Fitness

There are many reasons to make fitness a priority for developing korfball players. If they are fit they will be able to practise the skills they are learning more often and thereby increase the level of skills. They will be able to use their skills more effectively, recover more quickly and be less prone to injury. Most important of all they will be able to enjoy more their korfball and other aspects of their life. Fitness is both physical and mental with the former more important in the earlier years.

At all ages for training and games

- make sure players understand the importance of warm-up, cool down and stretching
- incorporate components of endurance, strength, power, agility, balance and coordination appropriate to their physical development
- develop mental focus and motivation through positive recognition of the player's best effort

Physical Skills

Korfball has its own particular skills which need to be developed and with a focus always on using them rather than similar skills from other sports.

Moving with dodging and feinting

Moving forwards, backwards and sideways

Throwing and catching, one- and two-handed

Intercepting passes

Shooting overhand

Shooting running-in

Defending

Basic tactics for defence and attack

Personal Development

Teachers in schools, parents and other groups wish to develop the whole child so personal development and social skills are just as important as physical skills. Korfball has a special emphasis on these. Here are some important concepts and examples for their development in korfball. They can be grouped as **intra-personal** (within themselves) and **inter-personal** (with others).

Intra-personal

Motivation

- increasingly motivated by own goals and values e.g. to play better v external rewards such as coach approval

Self-image/self-concept/sense of self

- increasingly moving from external/ physical base (appearance, possessions, cool trainers) to psychological/internal (personal attributes, e.g. honesty, friendliness, a team player)

Self-esteem

- self-worth (liking oneself) and self-efficacy (seeing oneself as able to do stuff successfully)
- setting personal goals in training and play
- recognising challenges and accepting them

Perspective-taking

- self-centredness gives way to imagining how others see the world and being more sensitive to the feelings/opinions of others
- being aware of the effect of rule breaking/keeping on others
- accepting referees' decisions and results of the game

Resilience

- tendency to cope with adversity, a process of bouncing back from a setback (e.g. not being selected for the team, dropping an easy pass)

Body image

- accepting physical self and maintaining a healthy diet and activity/exercise regime (v diets and extreme training)

Inter-personal

A sense of group identity

- identifying positively with division/zone group and team
- participating as "player" rather than boy or girl

Solving group problems

- solving group problems in training, playing and social situations

Using skills for the benefit of others

- being a good "assist" in attack or verbal supporter of the team

Recognising when others need help and acting appropriately

- helping in training, supporting another player in a game
- volunteering for tasks such as putting out equipment, scoring etc.

Relating to others

- relating in a positive manner to other teams, coaches, captains, referees etc.

Sharing

- sharing tasks when playing such as feeding, shooting, intercepting etc.

Being honest

- not claiming the ball when it is not yours

Courtesy

- shaking hands at appropriate times
- handing the ball over appropriately when not yours

Understanding and considering the feelings and needs of others

- in a game, thought for the way others feel and supporting them
- not doing anything intentionally to upset others

Reward Schemes

Korfball Australia supports the following:

1. Personal Award Schemes

Aussie Sports Skills Awards, or similar, that focus on individual physical or social skills achievement at particular levels.

2. Korfball Integrated Scoring

This is used to support the recognition for the development of korfball physical and social skills and expected behaviour when playing. The weighting of scores may be changed to recognise the level of skills developed. The scoring would normally be done by the referee.

Korfball Integrated Scoring

| | |
|------------------------------------|---|
| Game result (maximum 8 points) | Win (8) Draw (6) Loss (4) |
| Korfball Skills (maximum 5 points) | Co-operation between players Using korfbal shooting techniques Intercepting and moving without unnecessary contact Using korfbal tactics |
| Behaviour (maximum 7 points) | Accepting referee decisions Courtesy Honesty Recognising good play on both sides Positive supportive comments only |

| Team | Result (8) | Skills (5) | Behaviour (7) | Total (20) |
|------|------------|------------|---------------|------------|
| A | | | | |
| B | | | | |

Signature of Referee

Date

3. Fair Play Team award schemes

Where integrated scoring is not used fair play type awards can be used parallel to game result based competitions. Korfball skills and behaviour as noted above may be used.

Game Modifications

1. The divisions/zones can be less than 20m x 20m but should each be square and equal.
2. Post heights can be as low as 1.5m.
3. A number 3 or 4 size ball is preferable for younger children.
4. Division/zone changes can be every few minutes or 2 goals whichever comes first.
5. Rules might be simplified especially the more complex rules such as 'cutting' and time limits for shooting.

Implications

The rationale and suggestions above imply particular points to look for and focus upon by all people involved in korfbal.

a. For Coaches

1. Be aware of the limitations due to maturity of the children being coached and of the Rationale, physical and social skills noted above.
2. Make game modifications to meet the needs, capabilities and interests of the children particular at younger age levels.
3. Sideline coaching should be limited and then only with positive, supportive comments.
4. Do not expect commitment to korfball at this level.

b. For Referees

1. Be aware of the limitations due to maturity of the children being refereed and the Rationale, physical and social skills noted above.
2. Change the rules to be appropriate to meeting the needs, capabilities and interests of the children particularly at younger age levels.
3. Explain clearly decisions made during the game so children become aware of the rules.
4. Make positive comments related to physical and social skills of players during the game.

c. For Administrators

1. Provide for coaches and referees to have training for work with children of this age range.
2. Make sure organisations involved, such as schools, clubs etc. are aware of the expectations of korfball development (e.g. physical and social skills) with this age range.
3. Do not expect commitment to korfball at this age level and be prepared to work with other sports in the development of children.
4. Make sure parents and guardians are aware of the social as well as physical skills being developed through korfball.

d. For Parents

1. Be aware of the social as well as physical skills being developed through korfball.
2. Recognise the need to have some balance between competition and the more social play for this age group with emphasis on the latter.



Under 14

Rationale

1. Continued emphasis should be placed on acquiring the physical and social skills relevant to korfball.
2. Peer influence is even stronger with 13-14 year olds and the development of positive self-image continues to need positive reinforcement.
3. Girls will advance through this stage faster than boys due to earlier physical maturation. Basic motor co-ordination skills need to be continually reinforced during the growth spurt associated with puberty.
4. In training and play, consideration needs to be given to the problem associated with the development of sexuality, for example developing a crush on the coach or other players.
5. During this period, significant gains in endurance and strength will be made through training. But training procedures should be seen to be closely associated with game requirements.
6. The opportunity for developing leadership roles, for decision making and goal setting should be given more emphasis at this level.
7. Girls and boys of these ages will often make strong commitments but are likely to suddenly relinquish them or only maintain them for a short period of time.
8. Alcohol and drug related issues may begin at this age and korfball policy needs to be strict and clear about their use and dealing with the issues in korfball situations.

Fitness

For training and games

- make sure players understand the importance of warm-up, cool down and stretching
- incorporate components of endurance, strength, power, agility, balance and coordination

For this age group focus on

- **agility, balance** and **coordination** to be major activities for fitness
- developing **endurance** and **recovery** –introduce general aerobic activities
- **strength** For muscles to become stronger they must work against resistance for a period of time. However, because of the rapid growth at the 13-14 age level, it is wise to keep the resistance relatively low and do a high number of repetitions.

Physical Skills

Moving with dodging and feinting

Moving backwards, forwards and sideways

Throwing and catching, one- and two-handed

Intercepting passes

Rebounding

Shooting all distances

Shooting running-in

Shooting after V and L movements

Defending

Basic tactics for attack and defence play and systems such as post feed, 4-0 attack

Personal Development and Social Skills

The list of skills, noted above (pages 3-4) will continue to need emphasis along with those that relate to leadership roles, accepting responsibility and problem solving in korfball situations. In addition, new personal challenges emerge for the under 14-year-old. The importance of coaches and older players as role models and mentors increases. Awareness of personal development needs in this age group will allow adults to communicate and respond positively.

Intra-personal

The many parts of the player

- korfball me
- family me
- friendship me
- school me

It is healthy and desirable for early teens (Year 8-9s) to show different sides of the self to different people; korfball provides a place for them to leave the demands of other roles behind. This decreases with age.

The player's search for identity

- who am I?
- where do I belong?
- where am I going?

Self-esteem and an internal sense of control

- making decisions appropriate to this age level and experiencing the consequences
- low self-esteem may be accompanied by depressive symptoms, more so in girls
- self-acceptance of one's uniqueness and not being too hard on oneself
- arguing respectfully for one's rights
- accepting compliments gracefully

Body image

- girls may be more troubled by physical changes than boys are
- culturally boys' body image may be more positively valued

Resilience

- relationships should include one connection with an adult/role model other than a parent

Inter-personal

Cultural awareness

- of family background and connection and contributing to its strength
- of the international korfball family and contributing to it
- knowing that others have expectations and care deeply about the individual, and caring in return
- demonstrating competence by contributing to korfball life

Reward schemes

Korfball Australia supports the following:

1. Personal Award Schemes

Aussie Sports Skills Awards that focus on individual physical or social skills attainment at particular levels.

2. Korfball Integrated Scoring

This may continue to be used if the social skills have not been sufficiently developed. However, normal competition scoring should now be practised but with the addition of a parallel Fair Play competition based on the behaviour and korfball skills factors used in the Korfball Integrated Scoring. (See Page 7 above)

Game Modifications

1. The divisions/zones should now be as close as possible to the standard 20m x 20m.
2. Post heights can be as low as 2.5m.
3. A number 5 size ball is preferable.
4. Division/zone changes can be every 5 minutes or 2 goals whichever comes first.
5. Rules might be simplified especially the more complex rules such as 'cutting' and time clock for shooting.

Implications

In this age band the **Korfball Youth Leader Award** may be introduced. It can be an excellent incentive to develop further a young person's skills and knowledge of the sport in a structured way and where recognition for personal developments relevant not just to korfball are made.

a. For Coaches

1. Be aware of the limitations due to maturity of the children being coached and of the Rationale, physical and social skills noted above.
2. Sideline coaching should be limited and then only with positive, supportive comments.
3. Do not expect commitment to korfball at this level.
4. Players should have received basic knowledge of dealing with alcohol and drugs.
5. Coaches should set an example (e.g. do not be involved in drinking alcohol, smoking etc. when training, playing)

b. For Referees

1. Be aware of the limitations due to maturity of the children being refereed and the Rationale, physical and social skills noted above.
2. Explain clearly decisions made during the game so children become aware of the rules.
3. Make positive comments related to physical and social skills of players during the game.

c. For Administrators

1. Provide coach and referee training for work with youth of this age range.
2. Make sure organisations involved, such as schools, clubs etc. are aware of the expectations of korfball development (e.g. physical and social skills) with this age range.
3. Do not expect commitment to korfball at this age level and be prepared to work with other sports in the development of children.
4. Make sure parents and guardians are aware of the social as well as physical skills being developed through korfball.
5. Provide for smoking, drug and alcohol policies and behaviour expected of coaches, referees, administrators and parents in korfball situations.

d. For Clubs

1. Clubs need to have coaches and other adults who can strongly identify with members of this age group.
2. Be in a position to support developments in schools to enable transfer from school to club to be easy for the players.
3. Be aware that commitment may be only transitory therefore have a flexible entry and exit policy.
4. The social side may be more important than the playing of korfball therefore ensure there is adequate social interaction and events to maintain interest.
5. Elite players in clubs may be idolized therefore it will be essential for them to set a good example with regards to korfball skills and the alcohol and drugs policy.

e. For Parents

1. Be aware of the social as well as physical skills being developed through korfball.
2. Recognise the need to have some balance between competition and the more social play for this age group.
3. Ensure they are aware and support the drug and alcohol policy of korfball in activities.



Under 17

Rationale

1. Continuing emphasis should be placed on acquiring the physical and social skills relevant to korfball.
2. The development of a positive self-image through positive reinforcement continues to be important.
3. Focus on the reward of maximum effort as they begin to come to terms with their capabilities.
4. There should be a higher degree of involvement by individuals and groups in decision making, goal setting and problem solving along with the acceptance of responsibilities. The development of social skills relevant to these activities is important.
5. An understanding of mental and physical preparation can be developed in this age group.
6. The female players will mostly have completed their growth spurt but many males will still be going through this at ages 15-16. Points to consider will be
 - a. females generally being more agile and better coordinated than males
 - b. late maturing males lacking the co-ordination, power or endurance of the earlier maturing males.
7. At this age young people are more prepared to make a long term commitment to a sport but sometimes have difficulties in balancing their commitment with other needs, such as school studies or socialising with friends.

Fitness

For training and games

- make sure players understand the importance of warm-up, cool down and stretching
- incorporate components of endurance, strength, power, agility, balance and coordination

For this age group focus on

- **agility, balance** and **coordination** as they relate to specific korfball skills
- developing **endurance** and **recovery** –aerobic activities more korfball-related
- developing **strength** Since hormone production, which is necessary for increasing muscle size, is on the rise or has peaked, a 13-16 year old player can build strength with resistance exercises as for U14 but increased resistance.
- **power** training and extending high power over longer durations should be introduced in the latter years of the 13-16 year olds.

Physical Skills

Review and continually practise all the basic skills with increased emphasis on increased pressure in using the skills.

At this level focus can also be put on

- Set plays for free passes
- Zone defence
- Fore defence
- Variations in attack play
- Creating space
- Communication through monitoring play, e.g. signalling.

However, it is important not to attempt tactics that are not easily understood or put into practice in a game situation without sideline coaching.

Personal Development and Social Skills

The list of personal development and social skills noted above (pages 4-6, 9-11) will need to be continually emphasised especially those related to leadership roles, taking responsibility and solving problems.

In more intensive training and in games the opportunity will be there to develop attitudes and demonstrate behaviours expected in korfball. Players must be helped to realise that in korfball the highest status goes to those who can be competitive and maintain good attitudes and behaviour on and off the court.

Reward Schemes and Competitions

Emphasis should continue to be on individual achievement levels in particular korfball physical and social skills. There should continue to be a balance between competition and social activities.

Flexible transfer between teams should be allowed to encourage even competition between individuals as large variations in maturity will still be evident.

Any individual awards should be based on effort, participation, social and physical skills in combination.

Awards such as the *Korfball Youth Leadership Award* are relevant for this age group.

Players may still be expected to be involved in other sports.

Game Modifications

Adult size courts, posts and rules.

Implications

In this age band the **Korfball Youth Leader Award** will continue to be an appropriate means for structuring and recognizing personal developments relevant to korfball and the wider life.

a. For Coaches

1. Coaches must be aware of the problems confronting adolescents especially variations in levels of physical maturity.
2. Take an interest in the other activities of players to help them maintain balance in their commitments, e.g. between school studies and korfball.

3. A focus needs to be made on effort and achieving to the individual's potential.
4. Encourage greater understanding and responsibility for own personal fitness and preparation for training and games.
5. Give more opportunity for decision making, problem solving and dealing with responsibility
6. Use other sports and modified games to maintain interest and encourage involvement in these (e.g. in school) to help in the overall physical development of players.
7. Sideline coaching during games should be at a minimum and then in a positive encouraging way.

b. For Referees

1. Be aware of the wide differences in maturity of players, both physical and emotional yet be strict in the interpretation of the rules.
2. Support players with explanations of decisions during games.
3. Short sessions on the role of referees and interpretation of rules will be appropriate leading towards interest in refereeing junior games.
- 4.

c. For Administrators

1. Provision needs to be made for training coaches and referees for this age group.
2. Provision needs to be made for opportunities for this age group to be involved in supervised coaching and refereeing of juniors.
3. Close cooperation needs to be continued with others involved in youth development such as schools and sports training institutions.
4. Realise that total commitment to korfbal may be transitory and ease of exit and re-entry to korfbal for this age group needs to be maintained.

d. For Clubs

1. Clubs need to have coaches and other adults who can strongly identify with members of this age group.
2. Be in a position to support developments in schools to enable transfer from school to club to be easy for the players.
3. Be aware that commitment may be only transitory therefore have a flexible entry and exit policy.
4. Be aware of the increasing importance of school studies for the players and the need to have a balance in their lives.

5. The social side may be more important than the playing of korfball therefore ensure there is adequate social interaction and events to maintain interest.
6. Elite players in clubs may be idolised therefore it will be essential for them to set a good example with regards to korfball skills and alcohol and drugs policy.
7. Clubs need to support the fact that this age group is still underage to be served alcohol and they need to have strategies to discourage alcohol and drug abuse.

e. For Parents

1. Recognise the need to have balance between competition and social play.
2. Recognise the need to balance korfball activities with other commitments such as school studies and keeping korfball coaches etc. aware of this need.
3. Ensure they are aware and support the drug and alcohol policy of korfball in activities.



Under 19

Rationale

1. The range of life styles will be greater with this age group with many requiring greater concentration on academic studies to lead into tertiary studies, some in tertiary study and others in the work force.
2. Consideration will be needed to take account of different levels of maturity especially emotional.
3. There is a need to have support for players moving in and out of more intensive competition so there is no loss of self-esteem.

4. Many at this level will be able to drink alcohol legally and care needs to be voiced of drinking responsibly and of obeying guidelines to alcohol and drug related rules as they relate to korfball activities.
5. Players should now be able to be getting involved in the full range of korfball activities such as coaching, refereeing and administration under close supervision.

Fitness

For training and games

- make sure players understand the importance of warm-up, cool down and stretching
- incorporate components of endurance, strength, power, agility, balance and coordination

For this age group focus on

- **agility, balance** and **coordination** as they relate to specific korfball skills
- developing **endurance** and **recovery** –aerobic activities more korfball related
- **strength** is important for 17-20 year old to protect joints and internal organs from injury. strength also enhances performance by increasing stability which helps with movements in which strength is required such as feinting moves in attack.
- **power** training and extending high power over longer durations.

Physical Skills

1. The full range of physical skills will need to be practiced and an emphasis on developing more complex tactical skills.
2. The effects of drug and alcohol abuse on performance need to be known.

Personal Development and Social Skills

Players can become the role models and idols of younger players so it is important that they have developed the social skills, appropriate attitudes and behaviour expected of adult players (see pages 4-5, 9-10 for examples).

The influence of drug and alcohol abuse by this age group on other players and the korfball community should be a focus of understanding and discussion.

While there are important life challenges facing this age group, players are more self-determining and the organisation does not have the same duty of care and responsibility to develop the whole person that it has for the Under 12 and Under 14 age groups. Nevertheless, officials such as coaches can provide social and other support as appropriate to the individual's needs.

Reward Schemes and Competitions

1. There is a need to have a balance between social and competitive play.
2. Introduction to competitive play at higher levels should be gradual and controlled.
3. All competitions should have a Fair Play or sportsmanship component.

Implications

In this age band the **Korfball Youth Leader Award** will continue to be an appropriate means for structuring and recognizing personal developments relevant to korfbal and wider life.

a. For Coaches

1. Take an interest in the other activities of players to help them maintain balance in their commitments, e.g. between secondary/tertiary studies and korfbal.
2. A focus needs to be made on effort and achieving to the individual's potential.
3. Encourage greater understanding and responsibility for own personal fitness and preparation for training and games.
4. Give more opportunity for decision making, problem solving and dealing with responsibility.
5. Maintain an awareness of the need to avoid drug and alcohol abuse as it relates to fitness, training and playing korfbal.
6. Sideline coaching during games should be at a minimum and then in a positive encouraging way.

b. For Referees

1. Be aware of the differences in maturity of players, both physical and emotional yet be strict in the interpretation of the rules.
2. Support players with explanations of decisions during games.
3. Short sessions on the role of referees and interpretation of rules will be appropriate and support the interest in becoming referees.

c. For Administrators

1. Provision needs to be made for training coaches and referees for this age group.
2. Provision needs to be made for opportunities for this age group to be involved in supervised coaching and refereeing of juniors.
3. Close cooperation needs to be continued with others involved in youth development such as schools and sports training institutions.
4. Realise that total commitment to korfbal may be transitory and ease of exit and re-entry to korfbal for this age group needs to be maintained.
5. Ensure that age appropriate drug and alcohol education is available for this age group.

d. For Clubs

1. Clubs need to have coaches and other adults who can strongly identify with members of this age group.
2. Be in a position to support developments in schools to enable transfer from school to club to be easy for the players.
3. Be aware that commitment may still be only transitory therefore have a flexible entry and exit policy.
4. Be aware of the increasing importance of school and/or tertiary studies for the players and the need to have a balance in their lives.
5. The social side may be more important than the playing of korfbal therefore ensure there is adequate social interaction and events to maintain interest.
6. Elite players in clubs may be idolized therefore it will be essential for them to set a good example with regards to korfbal skills and alcohol and drugs policy.

e. For Parents and/or other influential adults

1. Recognise the need to balance korfbal activities with other commitments such as academic studies.
2. Ensure they are aware and support the drug and alcohol policy of korfbal in activities.

Resources

The examples below have activities applicable to most if not all age groups. Select keeping in mind the development criteria outlined above for each age group.

CoachKorfball.com web based coaching resources based on the Dutch 1001 exercises

*Korfball Youth Sports Manual** (for coaching programs and player award programs)

*Korfball Aussie Sports Coaching Program** (for primary schools)

*Aussie Sports Korfball Skills Sheet** (basic skills sheet for developers)

*These publications in hard copy are out of print at the moment but the Youth Sports Manual and the Aussie Sports Skills Sheets are available electronically on the Korfball Australia website www.korfball.org.au/ as *Games Skills 1 and Games Skills 2*

SACE Board of SA Stage 2 Physical Education, Assessment Type 1: Special Skills Criteria – Korfball

<http://www.sace.sa.edu.au/subjects/stage-2/health-and-physical-education/physical-education>

Korfball Youth Leader Award manuals available from National Coordinator KYLA at Korfball Australia

For fitness, skills and coaching programs:

http://www.iihf.com/fileadmin/user_upload/PDF/Sport/Coaching_manuals/6_Level_II_Developing_Fitness.pdf

<http://www.getdynamic.co.uk/sports.html>

IKF website for videos of games and other resources

<http://www.korfball.org/>

http://www.korfball.org/ikf/images/stories/documents/Code_of_Ethics.pdf

The IKF Guide to Korfball Coaching by Ben Crum

This is a definitive guide to developing korfball to the highest international level. On-line resources are being developed to support this through IKF

For psychological development:

http://www.youthsportspsychology.com/youth_sports_psychology_blog/?p=610

http://www.movementum.com/Coaches_Mental_cond1.htm

www.reachout.com

www.headspace.org.au

www.beyondblue.org.au

www.psychologytoday.com/magazine

The websites listed above contain information for youth and adults about mental health issues. While they do not take the place of appropriate professional help for the young player, parents and coaches might find them useful to build their own understanding and skill as mentors and supporters.

For Primary School teaching:

Korfball Aussie Sports Coaching program or Korfball Games Skills 1 or Games Skills 2 on the Korfball Australia website www.korfball.org.au/*

The following for clubs introducing korfball in schools:

<http://www.korfball.org/ikf/knowledge-bank/136/263-korfball-module-for-basic-education>

For other sports examples that can be used see, for example:

http://www.smallsidedfootball.com.au/pdfs/2012/ossf_football_laws.pdf