



THE KORFBALL YOUTH LEADER AWARD

INFORMATION MANUAL

(2015 Edition)

This award is to help you develop knowledge and skills in leadership and to provide recognition for these.

The activities towards this end can be developed in school, club or community and the award is at three levels in the form of bronze, silver and gold certificates.

It is open to you if you are between 13 to 19 year old.

Make sure you have a Coordinator to help you through the Award

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INFORMATION FOR YOU THE PARTICIPANT

WHAT IT IS

Being a good leader involves being able to demonstrate responsibility as well as lead others. To lead others you need knowledge, skills and experience.

The **Korfball Youth Leader Award** gives you the opportunity to extend your knowledge and skills in korfball. At the same time you will be able to help other korfball players and get recognition for your involvement through a Korfball Youth Leader Award.

There are a few rules about what you can be involved in but these are here just to make it fair for all and to encourage you to have a broad range of skills and knowledge which is required of leaders.

WHAT YOU MUST DO

- Read the information about the activities on the following pages.
- Decide what area you would like to start in.
- Discuss with your Coordinator what credits you may already have and how you can organise your activities.
- Make a plan of the activities you will do and when.
- Start as soon as you can. Use the KYLA Completion Log to record your activities or in another form such as a diary or set up a blog or in the KYLA *Record of Activities* form at the end of this manual for recording your final results.(a Word copy from your Coordinator)
- See your Coordinator when you are ready to apply for an award.

THE ACTIVITY AREAS

There are 5 **areas** you can work in:

- Playing
- Knowledge
- Coaching
- Refereeing
- Administration

For the first level (Bronze) you only need to do **activities** in 2 areas, one must be **Playing**. For the higher awards you have to use more areas.

Minimum points at each level are to ensure you get a good knowledge and skills level in that area expected of a leader. Maximum points are to ensure you cover a good range of activities. There are some compulsory activities, marked with a * at the higher levels. Points gained in lower award areas count towards higher awards. Note the % that must be korfball specific in each of the areas.

SCORING FOR THE AWARD

Award Level	Bronze	Silver	Gold	% korfball
Minimum Areas	2	3	all 5	
Minimum points for each area covered	10	20	20	
Maximum points for each Area ;-				
<i>Playing</i>	20*	30	40	100
<i>Knowledge</i>	20	30*	50	50
<i>Coaching</i>	20	30	50	90
<i>Refereeing</i>	20	30	40	90
<i>Administration</i>	10	20	50	80
Minimum Total Points for Award	30	80	150	

* Indicates a compulsory **area** at that Award Level
 If you go immediately for a higher level award you must have completed the compulsory areas or activities of lower awards.

Qualities of a good leader

In this course you could be developing these qualities

- ❖ **Integrity** – where people feel they can trust you because you are honest
- ❖ **Fairness** – treats people equally and justly
- ❖ **Dedication** – well organised and wants to achieve goals
- ❖ **Openness** – prepared to listen and to accept others ideas
- ❖ **Magnanimity** – wants always to give credit where it is due and encourage others
- ❖ **Creative** – has lots of ideas and willing to help solve problems
- ❖ **Humility** – wants to feel the same as others and help them rise
- ❖ **Sense of humour** – people feel at ease and can have fun

A skilled leader is

- a good communicator (includes listening, responding, explaining)
- a good team member and supporting the leader
- a good decision maker
- a good problem solver
- able to see small and big picture
- enthusiastic and a good motivator
- willing to go between leadership and follower roles
- able to have empathy with those you lead
- well prepared to lead (planned and organised)
- flexible in leading
- able to see detail and follow through

Below are the activities for each Area. Sometimes you may have an activity that may not be korfball specific you want to include. To see if it is appropriate we use the “**Checking my leadership credentials**” list below to see how it is appropriate.



Korfball Youth Leader Award

Checking my leadership credentials for a KYLA activity

Name;

Club/School

Activity:

Please check against these examples (You do not have to include all for an activity)

Skill and quality	An Example
Good communication (eg listening, responding, explaining)	
A good team member	
A good team supporter	
Making sound decisions	
Solving problems	
Able to see 'big picture' and 'small picture'	
Enthusiastic and able to motivate others	
Willing to go between leader and follower roles	
Have empathy (understanding of their feelings) with members when leading	
Plan and organise well	
Flexible in leading (e.g. willing to make changes)	
Able to see detail and follow through	
Other skill or quality;-	

Where you think this might fit in to the Award. (e.g. which Area and or activity)

To verify the activity for points check with your Coordinator or send to

YouthLeadersAward@korfball.org.au

PLAYING korfball AREA

To be a good korfball leader you need knowledge, skills and experience of the game.

*This a compulsory area and must have been covered for all award levels.

Korfball Youth Sports Program

(Max 12)

(as per *Korfball Youth Sports Manual* – Game Skills lessons or negotiated equivalent <http://au.korfball.org.au/>.)

Maximum 12 points

This program is to help you develop the basic skills of korfball

- Completed lessons 1-12 (8 points)
- Completed lessons 1-18 (10 points)
- Completed to end of Extensions (12 points)

Korfball Training (Max 10)

This is to help you focus on improving your skills through practice.

- Completed >80% of a club season or representative squad program (10 points)
- Completed >80% of a school korfball training program of minimum 5 weeks but not part of KYS Program above. (10 points)
- Attendance Korfball workshop (1 day = 2 point)

Senior High School Course (max 10)

If you are doing a Human Movement or PE Course at Year 11 or 12 and it is similar to the Korfball Senior High School Course outlined in the *Korfball Youth Sports Manual* then this may be included. (The course must be approved first by the regional Korfball Youth Leader Award Coordinator.) Remember if you want to use aspects of this course for credit in another area activity you must deduct the points from the maximum for this course.

Playing Korfball (Max 10)

(Special note points will be halved for any disciplined offence)

- Playing in a korfball tournament (1 point per tournament)
- Playing in a regional representative team (2 points per representative game with maximum of 9 points)
- Playing for a season in a club korfball competition (10 points for at least 80% of games)
- Playing in a schools competition minimum 6 games (half point per game)

Korfball Challenge 1 (Max 20)

see special *Korfball Challenge 1 Course manual*.

Complete the course within 6 months

This course is taken by groups of four (2 male and 2 female together). It includes a challenge to improve your shooting skills as a group and a project to support team work. It helps you develop personal and group skills and cooperation in a team (division group) setting

Game Sense Action (Max 10)

Work as a group (including a coach) to meet a playing objective (e.g. getting more shots in). Over period of at least 3 training sessions and 3 games analyse each training activity and game questioning why you are doing each activity and purpose

KNOWLEDGE for leadership AREA

If you are a leader you will need knowledge to assist those you are leading.

This area gives you the opportunity to experience leadership and acquire knowledge that will be useful for you in such roles.

First Aid Course (Max 10)

A recognised course of at least 2 hours duration. (5 points)
Advanced First Aid (10 points)

Health and/or Fitness Related Course

(Max 5) (1 point for each hour)
e.g. For diet, illness awareness, fitness, This might be a school or community course.

School and Community Activities

(Max 20)
School courses and community activities may be considered for credit. The main criteria for inclusion should be that they contribute to the development of leadership qualities (e.g. public speaking including debating teams, responsibilities in a school production, leadership on a camp, leadership responsibilities in a part time job). Use *Checking My Leadership* list to assist.

Coaching in another activity (Max 10)

If you have experience in training/coaching in another sport or activity (e.g. dance,music) this can be recognised here..

Korfball Challenge 1 (Max 20)

see special *Korfball Challenge Course manual*.
Complete the course within 3 months
This course may be used as credit in this area or others (but cannot be used twice).

Negotiated Project (Max 15)

This is a special project that you will need to negotiate with your Coordinator. It can be taken alone or with a mixed group of no more than 4. The major point is that it does contribute towards your or the group's knowledge and skills relevant to being a better leader. Requires at least 10 hours activity. A short report on a leadership issue in the project activity must be submitted (minimum 200 words) or orally with the coordinator. It can be korfball or any sport specific or not sport at all.

Coaching Awareness Workshops

(Max 5)(1 point for each hour)
In a coach leadership position you need knowledge to lead a group of young people e.g. special information workshops on topics such as safety, injury prevention, conditioning, sports psychology

Sports Studies (Max 10)

A half or year Sports Study course can be used with full points credit. However, if aspects of the course are used for points in another area the points must be deducted from the maximum for this course.

COACHING korfball AREA

If you are a leader you will need experience coaching.

This gives you the opportunity to be involved in training and/or coaching provided you are supervised by an accredited coach or PE teacher.

Assisting at a Schools/Junior Sports Day (Max 10) -(Up to 2.5 points per day)
This can give you the chance to get some experience coaching, e.g. coaching and training a junior team for tournament or carnival.

Assisting at Junior Training (Max 10)
(1 point per hour or session)
Helping to run regular coaching/training sessions for a school or club team. A discussion with the coach supervisor expected before and after each session.

Korfball Youth Leader - Assignment 1 Coaching (Max 5) * This study is compulsory for Silver and Gold awards.
The *Korfball Youth Development-Coaching Assignment* (See your Coordinator to get this). This helps you to be aware of the aims of korfball and the needs of players at different ages when you are coaching them.

Korfball Challenge 1 (Max 20)
see special *Korfball Challenge Course manual*.
Complete the course within 3 months
This course may be used as credit in this area or others (but cannot be used twice).

Korfball Beginning Coaching Basic Principles Course * (Max 15)

*This course is compulsory for Gold level award. It helps you understand all the basic points in coaching korfball. You can do this alone or in small groups. Course available on-line as a workbook from .
YouthLeadersAward@korfball.org.au

Planning and Conducting Training Activities (Max 15)

(Up to 5 points for each planned session, conducting and analysis all checked by a coach)
You need written plan for a session with clear objectives. Conduct the session and then analyse it and say you might need to do in a future session. The "sessions" may be just part of a full training session. Ensure the activity is appropriate to the age level. (See *Korfball Youth Development* booklet.) and planning templates in the *Korfball Coaching Basic Principals Course*.

Observing and Responding (Max 10) (2 point for each observation)

A coach needs to observe the results of his coaching and react appropriately so this should help. Supervised observation of a qualified coach directing training and/or a game of korfball. Responding using oral feedback and/or use of a *Korfball Coaching Analysis Sheet*.

REFEREEING AREA

Leadership in playing requires understanding of the rules and the importance of the role of the referee.

This area gives you the opportunity to show the leadership required in either refereeing or supporting the referee. It is essential that you have a good knowledge of the rules of korfball first.

Know the Rules (Max 10)

Maximum 10 points (1hr = 2.5 points)

For your group/team invite a qualified referee along to a series of meetings to discuss the rules of korfball. Could include watching videos, quizzes etc. Report in a way where comments can be recorded on key rules learning and on leadership skills. .

Unqualified Refereeing (Max 10)

Maximum 10 points

If you are unable to attend a Referees Course you may referee unofficial games under supervision e.g. during korfball PE lessons, in club or school internal games (maximum half a point per game)

Officiating in other sports (Max 5)

If you have done an officiating course or regularly officiated (umpired) in another sport this experience can be recognised here.

Korfball Referee Basic Principles Course* (Max 10)

This course is compulsory if you are going for a Gold Award. It is an online course that you take in your own time or in small groups. It helps you understand all the basic points in refereeing. It is available from

YouthLeadersAward@korfball.org.au

Korfball Youth Referees Course

Maximum 20 points

If you are interested in refereeing this is a good thing to do. Completion of the course and passing the test.

Korfball Youth Leader- Assignment 2 Refereeing* (Max 5)

This assignment is compulsory if you are going for a Silver or Gold Award. It is to help you recognise what you need to be aware of when refereeing young people of certain ages. The *Korfball Youth Development-Refereeing Assignment* .(See your Coordinator to get this) .

Korfball Challenge 2 (Max 20)

see special *Korfball Challenge 2 Course manual*.

This has a special korfball refereeing/rules focus in the project

ADMINISTRATION of korfball Area

Leadership involves being prepared to participate in a wide range of activities that support competition.

Korfball games need leaders to organise them and make sure that everyone enjoys playing and everything runs well. Here is your opportunity to be a leader.

Assisting with a Regular Korfball Competition (Max 10)

Here you might be showing leadership by volunteering to help run a regular korfball competition. This could be community or school. For full points, helping with a range of activities over at least 6 weeks of the competition.

Assisting with a Tournament

(Max 10) (Maximum up to 5 points per tournament)

This might include any administrative activities.

Organisational Experience in other sports

Maximum 10 points

If you have demonstrated leadership skills by having similar responsibilities to these above for korfball but in other sports they can be acknowledged here. They will need to be listed and acknowledged by the appropriate sport officials.

A Korfball Support

Maximum 10 points

Taking a leadership role in for example a korfball fundraising event, promotion, publishing (e.g. newsletter page). A report, in some form required which highlights leadership skills experienced. Points in range 2 to 10 depending on time and complexity.

Korfball Challenge 1 (Max 20)

see special *Korfball Challenge1 Course manual*. It can be used in this area with a games organization focus in the project. Points can be split between 2 areas.

Attending Meetings (Max 5)

(maximum 2.5 points per meeting)

Attending a committee meeting for a club or association of which you are **not** a member of the committee. Record the main agenda points and decisions made and comment on how the meeting went.

Committee Member (Max 10)

Maximum 6 points

You can be a member of a regular committee that meets at least once per month and you have attended at least 80% of meetings within the six months.). Note it could be a club, school SRC, etc.

Present a written account to your Coordinator of your membership and how you think you have contributed to the meetings and/or for those you represent (about 50-100 words)

Korfball Youth Leader – Assignment 3

Administration* (Max 5)

This is a compulsory assignment for this area at the Gold award level. It will help you understand the importance of administration in sport and is korfball specific.(See your Coordinator to get this)



RULES OF KORFBALL

This is a concise edition for youth players. For more detail of their interpretation see the

IKF Rules of Korfball

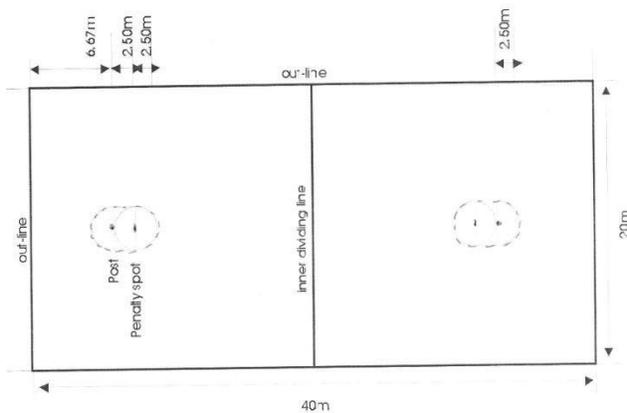
<http://www.korfball.org/ikf/images/stories/documents/complete%20rules%20of%20korfball%20from%202012-07-01.pdf>

Section 1 Field and Equipment

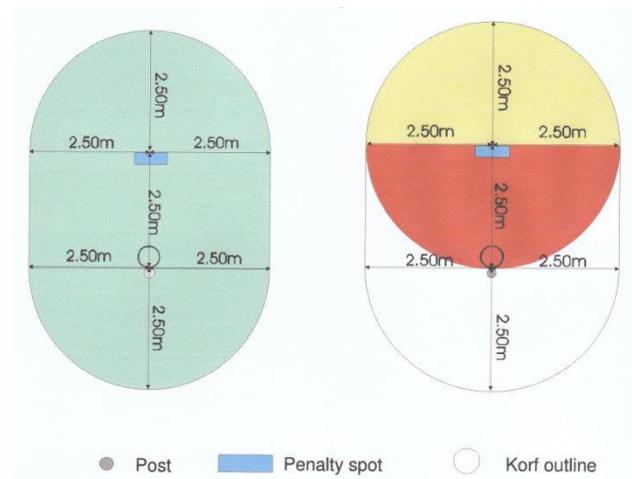
1.1 Playing area

Court size of 40m x 20m divided into 2 equal zones with a free height of at least 7m.

1.2 Marking



The posts are placed one third of the length of the zone in from the back outline.



In the diagram above on the left it shows the area which all players except the Penalty taker must remain outside of during the taking of the Penalty.

In the diagram on the right the Free Pass is taken from the Penalty Spot but all players except the taker remain only outside the lighter shaded area.

1.3 Posts

The posts are 3.5m high but may be lower for junior players.

1.4 Korfs (baskets)

These are fitted to face the centre of the court. They are 25cm deep and inner diameter of 40cm.

1.5 Balls

Korfball is played with a number 5 ball weighing 445g to 475g.

1.6 Equipment of players and officials

No one is allowed to wear objects that could cause injury during a game.

1.7 Shot clock apparatus

This is used in high level games

Section 2 Persons

2.1 Players

a. Numbers and positions

The game is played by 2 teams each consisting of 4 male and 4 female players with 2 of each sex in each zone (division)

b. Lineup and incomplete teams

Normally the same lineup is kept throughout the game except for special circumstances such as injuries and changes made for incomplete teams.

(see IKF rules for more details)

c. Substitution of players

Normally once a player has been substituted they cannot return to the game but local rules may prevail in youth competitions.

2.2 Captain and Coach

a. Captain

Each team appoints a Captain who is responsible

for their team and is responsible for the proper conduct of their team.

b. Coach

Each team may have a coach who may offer instructions to their team from a bench.

c. Substitutes

They sit on the bench except for warm up prior to be called to play.

2.3 The Referee

The referee controls the game. His or her task is to

- a. to decide the suitability of the playing area and pay attention to any changes during the game. (any health or safety issues)
- b. enforce the rules
- c. use the official signals to clarify decisions
- d. take action when one side gains an unfair advantage from outside the game
- e. to indicate the starting, stopping, restarting and time out by blowing a whistle.
- f. to take action against misbehavior by players, coaches and others attached to a team
- g. to take action against interference by members of the public

2.4 Timekeeper and scorer

Where possible these should be appointed for games.

2.5 Assistant referee

He/she assists the referee in controlling the game.

Section 3 The Game

3.1 Duration and Time out

a. the length of the match and half time break

determined by local rules

b. time out

is a break lasting 60seconds. Number of time outs are determined by local rules.

c. substitution

the time for this is not part of the game time

3.2 Goals

a. How to score

Except under cases in “c” below a team scores a goal when

The ball has fallen from above completely through the korf that is positioned in the attack zone of their team.

b. previous infringement

(see IKF rules for more details)

c. goal not allowed

The referee does not allow goals where

- The whistle has already been blown for end of first half or full time unless the ball has already left the hands of an attacker who was not defended
- Observed an infringement by an attacking player
- Ball has fallen through the korf from a throw from the defence zone or directly from a free pass or restart
- There was an unfair advantage to the attacking side
- Ball was first thrown from underneath the basket

d. the team scoring the most goals wins the match

(unless local rules determine otherwise)

3.3 Line up

a. Choice in lineup

Local competition rules will decide which korf each team will shoot into in the first half and who starts the game.

b. change in line up

Except as laid down in rules 2.1b the same lineup is maintained throughout the game.

3.4 Zone changes and change of ends.

Each time 2 goals have been given the teams change zones (attackers become defenders and vice versa)

There is no change of roles at half time just a change of ends for scoring.

3.5 Throw Off

A throw off takes place (just inside takers attack zone near centre of court) at

- At the start of the match
- After half time
- After a goal has been scored by a member of the team conceding the goal

Rules for taking this are as for restart in 3.9 below.

3.6 Infringements of the Rules

How these are dealt with by the referee depends on their severity.

(See IKF rules for more details of interpretation of the rules below)

During the game it is not allowed to

- a. Touch the ball with a leg or foot
- b. to hit the ball with a fist
- c. To take hold, catch or tap the ball when any part of the body other than the feet is touching the ground
- d. To run with the ball

A change of position with the ball is allowed

- if collected while standing but a pivot foot must remain on that position
 - receives the ball while running but comes to a halt as quickly as possible
 - receives the ball while running and immediately passes it on or shoots before a third step is taken
- e. Solo play
This is the deliberate avoidance of cooperation.
- f. to hand the ball to another player of the same team
The ball must pass freely through the air.
- g. To delay the game
- h. To knock, take or run the ball out of an **opponent's hand**
The opponent must have it under reasonable control either with one or two hands.
- i. To push, cling to or hold off an opponent
Every impediment of the free movement of an opponent is forbidden
- j. To hinder an opponent excessively
- k. To hinder an opponent of the opposite sex in throwing the ball
- l. To hinder an opponent who is already hindered by another player
- m. **To play outside one's zone**
- n. To shoot from a defended position
A shot is considered defended when it meets the following conditions:-
- A player of the same sex is actively trying to block the path of the ball
 - While actively trying to block the path of the ball the player is
 - within arms length of the attacker
 - with their face turned towards the attacker
 - is closer to the post than the attacker
- o. to shoot after cutting past another attacker
- p. to score when one plays without a personal opponent
- q. to influence a shot by moving the post
- r. to take hold of the post when jumping or running in order to move away quickly
- s. to violate the conditions laid down for a free pass or a penalty
- t. to play in a dangerous manner
- u. to violate the conditions laid down for a restart.

3.7 Outball

The ball is out as soon as it touches any of the following:-

- a boundary line of the field of play

- the ground a person or object outside the field of play
- the ceiling or an object above the field of play

In the case of an outball the re-start is awarded against the team that touched it last. The re-start is taken under the same conditions as in 3.9 below.

The field of play is not three dimensional. It is therefore permitted to hit the ball outside of the field or zone of play provided the ball has not touched anything listed above and meets the conditions for rule 3.5m.

3.8 Referee throw-up

When two opponents seize the ball simultaneously the referee will stop play and throw-up the ball between the two opponents.

(see Guidance Notes in the IKF Rules of Korfball to see how this is taken)

3.9 Re-start

A re-start is awarded to the opposing team when there has been an infringement of rules 3.6. It is taken from the place it occurred.

(See the IKF Rules for more details of awarding this as opposed to awarding a free pass)

3.10 Free Pass

A free pass is awarded to the attacking team when an infringement one of the rules in 3.6 has been violated with the need for a heavy infringement against the defending side.

(See the IKF Rules for more details of awarding this as opposed to awarding a re-start)

3.11 Penalty

A penalty is awarded in the following situations;-

- infringements by a defender which lead to the loss of a scoring chance by an attacker
- infringements frequently made by a defender that prevent the attacker from obtaining scoring chances.

(See the IKF Rules for more details of awarding and taking a penalty)

3.12 To exceed the allowed time limit in the attack zone

This is 25seconds on the shot clock for the ball in the attack to at least touch the basket. This is generally only used in senior competitions

(See the IKF Rules for more details of working the shot-clock)

There are further guidance notes in the full IKF Rules of Korfball at the web address noted at the beginning of these concise rules. Also can be found illustrations of signals to be made by referees.



Resources for the Korfball Youth Leader Award

WHERE DOES KORFBALL COME FROM?

Korfball was invented by a school teacher in Holland called Nico Broechuysen. He wanted to have a sport where both boys and girls could play together without any advantage to either sex. He called it “Korfball” because “korf” means basket in his language.

Being a teacher he was interested in both the physical and social development of young people so he designed the rules so that in playing it would emphasize body movement and ball handling skills, all-round ability and cooperation. This was all quite revolutionary at the time and korfball is still the world’s only international mixed team sport.

During the first half of the 20th Century korfball was mainly played in Holland and Belgium but in the second half it began to spread worldwide.

In the 1960’s it was introduced into Papua New Guinea and a student teacher, Ms Malevu Kove, who played the game there, introduced it into a Sydney high school when she was visiting Australia. The first permanent playing of korfball in Australia began when it was introduced at Scotch College in Adelaide by Roy Kirkby in 1977.

Students from the College introduced it into the wider community first at Blackwood Community Centre.

In the following years korfball was introduced in all states of Australia with the support of ACHPER (Australian Council of Health, Physical Education and Recreation) and Aussie Sports.

Korfball came of age in Australia when a national team took part in the 1984 Korfball World Championships in Belgium. Since then Australia has been able to take part in all subsequent World Championships at Open and Under 23 level. In 1999 the Open World Championships were in Adelaide and the last ones in China. In 2012 we competed in the Under 23 World Championships in Barcelona, Spain. In 2015 we compete in the Asia Oceania U23 Championships in Chinese Taipei.

In the past 20 years korfball has expanded rapidly and is played in over 60 countries on all continents. You can find out more about the countries, international competitions and videos on the International Korfball Federation website <http://www.korfball.org/>.



Resources for the Korfball Youth Leader Award

KORFBALL; FROM IDEAL TO PRACTICE

Korfball, like every sport, is designed to provide enjoyment through physical and mental competition using a particular set of rules to encourage the use of certain skills and practices. But korfball is special because they have to apply to both male and female playing together.

All sports have different ideals or points they value; some emphasize specialized roles and skills sets in a team, others are for individuals or pairs rather than teams, some include physical force while some have the ideal of using with skill a particular instrument like a bat.

Korfball has 3 major ideals in which players are valued for how well they can perform meeting these ideals in a game. They are

- All-round ability (rather than specialization)
- Maximum co-operation between players
- Ball handling and non-contact skills

These ideals present players and teams with a series of challenges in a game. Here are some;-

- All-round ability of being able to adopt any role (feeding, shooting, collecting, attacking and defending)

- The challenge of working in cooperation with the opposite sex
- The physical challenge of intercepting the ball and out-positioning opponents without contact
- The mental challenge of outwitting opponents
- The scoring challenge of being able to shoot from any part of the court free of your opponent (and support others)
- The co-operative challenge with your team and all others involved in the game in a positive way (e.g. sporting conduct - playing honestly and fairly, courtesy and self -control towards other teams and officials.)

In coming to play korfball you will have many skills and values from other sports. The challenge for you is to adopt those you can to korfball and embrace those that are unique to korfball.



Resources for the Korfball Youth Leader Award

IS KORFBALL DIFFERENT?

Korfball is a handball sport like netball and basketball. Some of the skills of these sports, including body movement and ball control, will help you in playing korfball. However there are some significant differences and it is important to recognise these if you wish to be a successful player in korfball. Here are some of the main ones:

❖ **Movement on court**

You need to be very agile and able to move, forwards, backwards, to the side and V movements in order to get away from your opponent in attack or keep close to in defence.

❖ **Shooting**

This is much more varied and challenging in korfball since you need to be able to shoot quickly or long distances (up to 10 metres) in order to avoid taking a defended shot. Other shots such as running-in, moving backwards or with V movement are also sometimes necessary.

❖ **Passing**

With a larger court and a need to maximize space and a wide variety of movements a broader range of passing and catching skills are required than in other sports.

❖ **Multi – tasking**

You need all round ability and to be able to take on any role so you can't be a specialist. Team work is of the essence to get someone free to shoot. So everyone might need at some stage to be a feeder, a rebounder or a shooter.

❖ **Mixed sport**

Korfball is a mixed sport so you might have a challenge of playing with the opposite sex on equal, non-specialist terms. To be successful you need total cooperation between 2 male and 2 female in a division (zone) with every tactical role being able to be performed equally well by each participant.

❖ **Tactics**

You can't run with the ball as an individual and score nor can you physically prevent an opponent from defending in order to get a free shot. Shooting is more challenging therefore different tactics are needed in korfball in order to get scoring chances.



OTHER USEFUL RESOURCES

1. *Korfball Youth Development*

This little manual is useful for knowing what to consider when helping younger people than you when you are training, coaching or refereeing them. Also needed for the compulsory 3 assignments you have to do for the Silver and Gold awards.

Download at http://au.korfball.org.au/?page_id=110

2. **Korfball videos**

Go to the International Korfball Federation website to see high level games and get other information about korfball around the world

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

And for YouTube examples at <http://www.youtube.com/user/ikfchannel>

3. *Aussie Sports Korfball Skills Sheet*

A series of sheets showing simple exercises and modified games to introduce skills and tactics to new players.

Download at <http://au.korfball.org.au/>

4. *Korfball Youth Sports Manual (Games Skills Lessons)*

Your Coordinator should have a copy of this. It contains information for the Korfball Honours Course and the Senior High School Course along with a full range of korfball skills lessons. The Korfball Skills Lessons might be useful in planning training sessions and are also available on line at

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

5. **Introducing korfball to children.**

A good little resource for the first introduction of korfball to young children.

http://au.korfball.org.au/?page_id=110



KORFBALL YOUTH LEADER AWARD COMPLETION LOG (ed.14)

Name _____

Coordinator _____

This can be handed in to your Coordinator (digitally or in hard copy form) when you are ready to receive an award.

AREA	ACTIVITY	WHAT I HAVE DONE	POINTS	VERIFICATION	DATE
P L A Y I N G K O R F B A L L	Korfball Youth Sports Program (max 12) (as per <i>Korfball Youth Sports Manual</i> or negotiated equivalent) This program is to help you develop the basic skills of korfball Completed lessons 1-12 (8 points) Completed lessons 1-18 (10 points) Completed to end of Extensions (12 points)				
	Korfball Training (max 10) This is to help you focus on improving your skills through practice. <ul style="list-style-type: none"> Completed >80% of a club season or representative squad program(10 points) Completed >80% of a school korfball training program of minimum 5 weeks but not part of KYS Program above. (10 points) Attendance Korfball workshop (1 day = 2 point) 				
	Playing Korfball (max 10) (Special note points will be halved for any disciplined offence) <ul style="list-style-type: none"> Playing in a korfball tournament (1 point per tournament) Playing in a regional representative team (2 points per representative game with maximum of 9 points) Playing for a season in a club korfball competition (10 points) Playing in a schools competition minimum 6 games (half point per game) 				
	Korfball Challenge 1 (max 20) (see special <i>Korfball Challenge Course</i> booklet and note how the This course is taken by groups of four (2 male and 2 female together). It helps you develop personal and group skills and cooperation in a team setting through improving shooting skills.				
	Senior High School Course (max 10) If you are doing a Human Movement or PE Course at Year 11 or 12 and it is similar to the Korfball Senior High School Course outlined in the <i>Korfball Youth Sports Manual</i> then this may be included. Remember if you want to use aspects of this course for credit in another area activity you must deduct the points from the maximum for this course.				
	Game Sense Action (max 10) Work as a group (including a coach) to meet a playing objective (e.g. getting more shots in). Over period of at least 3 training sessions and 3 games analyse each training activity and game questioning why you are doing each activity and purpose				

K N O W L E D G E f o r L E A D E R S H I P	First Aid Course (max 10) A recognised course of at least 2 hours duration. 5 points Advanced First Aid 10 points	WHAT I HAVE DONE	POINTS	VERIFICATION	DATE	
	Health and/or Fitness Related Course (max 5) 1) e.g. For diet, illness awareness, fitness. This might be a school or community course.					
	Coaching Awareness Workshops (max 5) In a coach leadership position you need knowledge to lead a group of young people e.g. special information workshops on topics such as safety, injury prevention, conditioning, sports psychology					
	Korfball Challenge 1 (max 20) Maximum 20 points (see special Korfball Challenge Course booklet) This can be used in this area with an area focus in the project.					
	Sports Studies (Max 10) A half or year Sports Study course can be used with full points credit. However, if aspects of the course are used for points in another area the points must be deducted from the maximum for this course.					
	Coaching in another activity (max 10) Maximum 5 points If you have experience in training/coaching in another activity.(e.g. dance, music) this can be recognized in this area..					
	School and Community Activities (max 20) School courses and community activities may be considered for credit. The main criteria for inclusion should be that they contribute to the development of leadership qualities (e.g. public speaking including debating teams, responsibilities in a school production, leadership on a camp, leadership responsibilities in a part time job).Use <i>Checking My Leadership</i> list to assist.					
	Negotiated Project (Max 15) This is a special project that you will need to negotiate with your Coordinator. It can be taken alone or with a mixed group of no more than 4. The major point is that it does contribute towards your or the group's knowledge and skills relevant to being a better leader. Requires at least 10 hours activity. A short report on a leadership issue in the project activity must be submitted (minimum 200 words) or orally with the coordinator. It can be korfball or any sport specific or not sport at all.					

		WHAT I HAVE DONE	POINTS	VERIFICATION	DATE
		COACHING KORFBALL	Assisting at a Schools/Junior Sports Day (Max 10) -(Up to 2.5 points per day) This can give you the chance to get some experience coaching, e.g. coaching and training a junior team for tournament or carnival.		
Assisting at Junior Training (Max 10) (1 point per hour or session) Helping to run regular coaching/training sessions for a school or club team. A discussion with the coach supervisor expected before and after each session.					
Planning and Conducting Training Activities (Max 15) (Up to 5 points for each planned session, conducting and analysis all checked by a coach) You need written plan for a session with clear objectives. Conduct the session and then analyse it and say you might need to do in a future session. The "sessions" may be just part of a full training session. Ensure the activity is appropriate to the age level. (See <i>Korfball Youth Development</i> booklet.) and planning templates in the <i>Korfball Coaching Basic Principals Course</i> .					
Observing and Responding (Max 10) (2 point for each observation) A coach needs to observe the results of his coaching and react appropriately so this should help. Supervised observation of a qualified coach directing training and/or a game of korfball. Responding using oral feedback and/or use of a Korfball Coaching Analysis Sheet.					
Korfball Challenge 1 (Max 20) see special <i>Korfball Challenge Course manual</i> . Complete the course within 3 months This course may be used as credit in this area or others (but cannot be used twice).					
Korfball Youth Leader - Assignment 1 Coaching (Max 5)* This study is compulsory for Silver and Gold awards. The <i>Korfball Youth Development-Coaching Assignment</i> (See your Coordinator to get this). This helps you to be aware of the aims of korfball and the needs of players at different ages when you are coaching them.					
Korfball Beginning Coaching Basic Principles Course * (Max 15) *This course is compulsory for Gold level award. It helps you understand all the basic points in coaching korfball. You can do this alone or in small groups. Course available on-line as a workbook from . YouthLeadersAward@korfball.org.au					

		WHAT I HAVE DONE	POINTS	VERIFICATION	DATE
R E F E R E E I N G	<p>Know the Rules (Max 10) Maximum 10 points (1hr = 2.5 points) For your group/team invite a qualified referee along to a series of meetings to discuss the rules of korfball. Could include watching videos, quizzes etc. Report in a way where comments can be recorded on key rules learning and on leadership skills. .</p>				
	<p>Korfball Challenge 2 (Max 20) see special <i>Korfball Challenge 2 Course manual</i>. This has a special korfball refereeing/rules focus in the project</p>				
	<p>Korfball Referee Basic Principles Course* (Max 10) This course is compulsory if you are going for a Gold Award. It is an online course that you take in your own time or in small groups. It helps you understand all the basic points in refereeing. It is available from YouthLeadersAward@korfball.org.au</p>				
	<p>Korfball Youth Leader- Assignment 2 Refereeing* (Max 5) This assignment is compulsory if you are going for a Silver or Gold Award. It is to help you recognise what you need to be aware of when refereeing young people of certain ages. The <i>Korfball Youth Development-Refereeing Assignment</i> .(See your Coordinator to get this) .</p>				
	<p>Unqualified Refereeing (Max 10) Maximum 10 points If you are unable to attend a Referees Course you may referee unofficial games under supervision e.g. during korfball PE lessons, in club or school internal games (maximum half a point per game)</p>				
	<p>Officiating in other sports (Max 5) If you have done an officiating course or regularly officiated (umpired) in another sport this experience can be recognised here</p>				
	<p>Korfball Youth Referees Course (max 20) If you are interested in refereeing this is a good thing to do. Completion of the course and passing the test.</p>				

ADMINISTRATION		WHAT I HAVE DONE	POINTS	VERIFICATION	DATE
	<p>Assisting with a Regular Korfball Competition (Max 10) Here you might be showing leadership by volunteering to help run a regular korfball competition. This could be community or school. For full points, helping with a range of activities over at least 6 weeks of the competition.</p>				
	<p>Assisting with a Tournament (Max 10) (Maximum up to 5 points per tournament) This might include any administrative activities.</p>				
	<p>A Korfball Support (max 10) Taking a leadership role in for example a korfball fundraising event, promotion, publishing (e.g. newsletter page). A report, in some form required which highlights leadership skills experienced. Points in range 2 to 10 depending on time and complexity.</p>				
	<p>Korfball Challenge 1 (Max 20) see special <i>Korfball Challenge 1 Course manual</i>. It can be used in this area with a games organization focus in the project. Points can be split between 2 areas.</p>				
	<p>Attending Meetings (Max 5) (maximum 2.5 points per meeting) Attending a committee meeting for a club or association of which you are not a member of the committee. Record the main agenda points and decisions made and comment on how the meeting went.</p>				
	<p>Committee Member (Max 10) Maximum 6 points You can be a member of a regular committee that meets at least once per month and you have attended at least 80% of meetings within the six months.). Note it could be a club, school SRC, etc. Present a written account to your Coordinator of your membership and how you think you have contributed to the meetings and/or for those you represent (about 50-100 words</p>				
	<p>Korfball Youth Leader – Assignment 3 Administration* (Max 5) This is a compulsory assignment for this area at the Gold award level. It will help you understand the importance of administration in sport and is korfball specific.(See your Coordinator to get this)</p>				
	<p>Organisation Experience in other sports (max 10) Demonstrated leadership and responsibilities</p>				

AWARDS PROGRESS

SCORING FOR THE AWARD

Award Level	Bronze	Silver	Gold	% korfball		Present Score	Coordinator's Comments
Minimum Areas	2	3	all 5			Date	
Minimum points for each area covered	10	20	20				
Maximum points for each Area;-							
<i>Playing</i>	20*	30	40	100		<i>Playing</i>	
<i>Knowledge</i>	20	30*	50	50		<i>Knowledge</i>	
<i>Coaching</i>	20	30	50	90		<i>Coaching</i>	
<i>Refereeing</i>	20	30	40	90		<i>Refereeing</i>	
<i>Administration</i>	10	20	50	80		<i>Administration</i>	
Minimum Total Points for Award	30	80	150			Total	

* Indicates a compulsory **area** at that Award Level

If you go immediately for a higher level award you must have completed the compulsory areas or activities of lower awards.

Your coordinator will keep this until the level of award has been verified by the Regional/National Coordinator. Then it will be returned to you since you may want it to add other activities for a higher award.

Below is a checklist you might use to verify leadership skills you developed in a non korfball activity. This will then be assessed by the National Youth Leader Coordinator to allot points in an area.



Korfball Youth Leader Award

Checking my leadership credentials towards KYL award

Name;

Club/School

Activity:

Please check against these examples (You do not have to include all)

Skill and quality	An Example
Good communication (eg listening, responding, explaining)	
A good team member	
A good team supporter	
Making sound decisions	
Solving problems	
Able to see 'big picture' and 'small picture'	
Enthusiastic and able to motivate others	
Willing to go between leader and follower roles	
Have empathy (understanding of their feelings) with members when leading	
Plan and organise well	
Flexible in leading (e.g. willing to make changes)	
Able to see detail and follow through	

Where you think this might fit in to the Award. (e.g. which Area and or activity)

Send a copy of this to YouthLeadersAward@korfbal.org.au