



KORFBALL

Primary

K4 – K8 Foundation and Intermediate Levels

Teacher's Manual

January 2017

With Australian Curriculum (ACARA) connections

This manual has been developed to provide an exciting and fun experience relevant to the year levels of children in schools. Where appropriate information is included that relates the activities to the Australian Curriculum. The activities are designed to enable children to move through a planned progression of skills and knowledge of korfball confidently leading towards top korfball -the approved international standard.

This resource may be delivered by qualified Korfball Australia coaches or those qualified through the Community Coach Scheme of the Australian Sports Commission (*Sporting Schools*), registered teachers or those with a higher coaching qualification. Delivery can be through korfball organisations, schools and community groups.

Disclaimer This resource has been designed for use with students of years 5 to 9. It assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concern about such matters, the consent of the student's parent or guardian should be obtained before allowing participation)

See Korfball4 1 at https://www.youtube.com/watch?v=J_UYfmPjW4

www.youtube.com/watch?v=Epe2-t_oYMU

For further information contact NationalTechnicalCoordinator@korfball.org.au

Origins and philosophy

Korfball was invented by a primary school teacher who wanted a game where

- both girls and boys could play together without any advantage to either gender
- girls and boys could develop the korfball skills and knowledge by playing together and at the same time, the social skills for life especially as they relate to relationships between girls and boys
- there is a focus on all-round ability
- there is a requirement for cooperation rather than solo play

The international sport of Korfball, like other sports in Australia, recognises the need to have special modifications for children, hence **Korfball4**. It is a form now popular with children and adults in many countries around the world and it is played at international level.

Korfball4 at primary school level sit within this framework:-

Level	ACARA year levels	Key features
Foundation Korfball4 Lessons 1 to 5	Years 5-6	1 division; 2m -3.0m high posts; 4 players per team; no defended shots; any gender hindering; 10-second holding rule; smaller court; mixed but at least one of each gender; possible extra player for a team way behind on scored goals.
Intermediate Korfball4/Korfball8 Lessons 6 to 10	Years 7-8	As above but 2.5m to 3,5m posts; defended shots; gender hindering only; some extra rules. Option of Korfball 8
Youth Korfball	Years 9-10	Still some flexibility in post height and court size but moving towards 3.5m high posts and 30m x15m court size. Options of Korfball4 and Korfball8
Top Korfball	Year 11-12	Standard international Rules for Korfball4 and Korfball8

The levels are designed to fit the ACARA year levels and embrace the options of Korfball4 or Korfball8 formats of the sport. They are also designed to reflect the *Playing for Life* philosophy, the guideline for the development of young people suggested by the Australian Sports Commission through its *Sporting Schools* Program.

Lessons Programs

Features of these are that they:

- can be modified to suit all abilities and lower to middle primary school aged children
- are a flexible source of activities that develop skills and knowledge of korfball with a “game sense” approach
- promote a facilitator approach to coaching - involving children in assisting the coach
- enable the coach to observe more to ensure safety, fun and opportunity to discreetly coach
- can be an excellent source for developing inclusivity and positive gender relationships

The lessons can take place indoors or outdoors on hard or grass surface with a variable court size from 16m by 8m to around 30m x 15m provided, of course, it is safe. While adjustable korfball posts (between 2m and 3m) are preferred, lessons could be conducted partly or wholly using other

posts provided there is a safe access behind the post positions (approximately one sixth of the length of the court in from the back of the court) if used in a full game.



With **Korfball4** and **Korfball8** we recommend using the ***Playing for Life***, (© Australian Sports Commission) approach to coaching, that uses games rather than drills to introduce the skills and tactics of the particular sport or structured physical activity being delivered. Each session is designed so that the games progressively introduce and develop the particular skills that is the focus of the session.

The game is the focus Players develop sporting skills and tactics by playing fun games rather than traditional drills.

The coach is a facilitator The coach sets challenges for which the players find solutions through games, rather than instructing players on how to perform a skill.

Player role modelling The coach uses players during the game to demonstrate good technique and skilful play.

Discreet coaching Allows players needing extra assistance to be discreetly coached on the side in an unobtrusive way while the game is in progress.

Ask the players Questioning players is a valuable strategy to engage them in changing the activity or providing feedback on whether the game is achieving the desired outcomes.

Change it Vary one or more of the following game elements to maximise participation and better meet player needs and game objectives.

Korfball playing etiquette

There is a strong expectation of good manners in playing korfball. Within this there are the following:-

- Shake hands with all members of the opposing team at the beginning of the game and the end
- Everyone thanks the referee at the end of the game
- If a player gets a goal, thank (e.g. high five or hand tap) the rest of your team
- No derogatory or negative comments allowed by players or spectators

The Special Safety rules

Make sure:-

1. the playing area is hazard-free and a safe distance from walls and fixed objects the children might run into
2. posts are appropriate, will not fall over easily and the pole is covered with soft material
3. all other equipment is appropriate and in safe working order
4. players are wearing suitable clothes, especially footwear
5. there is a safe distance between activities
6. players care for equipment especially balls (e.g. no kicking)
7. players care for each other - e.g. by playing safely
8. you as coach look out for and stop any dangerous play and explain what is expected and why
9. you are aware that as a coach you have a legal responsibility to provide a duty of care to participants and ensure that where necessary legal supervision is provided

Most safety issues can be avoided by providing clear instruction for the use of equipment and for the activities.

Tips for good control and to make sure everyone finds it fun

1. Have rules agreed to by the children for all activities, like
 - Stop immediately on whistle or instruction of coach/teacher
 - Put balls down still where you have them
 - Look and listen to instructions without talking or moving or distracting others
 - Start activity only when told to do so
2. Give instructions that are clear and brief and check they are understood
3. Have consistent routines (e.g. calls, use of whistle, place to assemble)
4. You decide who will be in particular groups for activities
5. Plan thoroughly to ensure activities are appropriate and can be easily understood
6. Be confident to change activities if they are not working
7. Have appropriate procedures to get player feedback, questioning and responding (e.g. hands up; everyone listening and you decide who responds; sticking to the question; your positive feedback)

The Korfball Skills

The basic skills of movement and passing and catching are similar to those of netball and basketball and they can be used to assist the development of skills for korfball too.

Watching a game at https://www.youtube.com/watch?v=J_UYfmPjW4 can let you see some of the basic skills being used by young primary school players. For a more advanced look at the skills see them at <http://korfball.org.au/resources/coaching/>

Movement	Korfball players need to be able to move quickly everywhere on court. It helps also if they can dodge and dart away from others and jump so they can receive passes or take shots.
Passing and catching	With such a nice large area to play in, a wide variety of passing and catching is needed with short and long passes, lob passes, catching and passing on the run.
Shooting	Shooting is the highlight of the game and especially so since every player needs to be able to do it and from almost anywhere around the korfball post and any distance from it. Shooting is made challenging because a player can try to block the shot (as in basketball) so a range of shooting techniques can be tried like quick close shots, long distance shots and running-in shots.
Assisting	Korfball is a great game of cooperation which is needed to get team members free to take shots, to retrieve the non-successful shot, and support others to get shots at goal. This might be hard for players of these ages especially when they are excited about having a chance to shoot. But they can be introduced simply as options during play and not deliberately planned as special skills at the Foundation level. The actions are rebouncing - when a player retrieves an unsuccessful shot from under the basket and feeding - when a player gets the ball near the post and passes it out to a player getting themselves free of their opponent to get a shot in.
Attacking	In Korfball4 at these levels it is a matter of getting the ball down the court and getting shots in with the children beginning to recognise that if they create space and pass to someone in space they are more likely to get free shots in. When Korfball8 is introduced it creates an opportunity for each division group in a team to focus on either attack or defence until there is a change of divisions.
Defending	At the Foundation level it is mainly trying to block a shot and/or intercept the ball so that their team can move down the court and get shots in of their own. When the defended shot rule is introduced the focus can be more on one-on-one defending.

Social Skills through Korfball

Korfball is a sport for developing social as well as physical skills. These skills should be developed in a fun situation in korfball activities. The social skills in Korfball relate particularly to the goals of developing appropriate inter-personal behaviour and effective participation in mixed gender social groups. Some of the major social skills are outlined below. However, many may be too complex for primary school-aged children to understand fully but at least a start can be made with most at an appropriate level for action. The numbers below are noted for some of the activities in lessons where most relevant (e.g. SS4).

Social skills to develop	ACARA	Some Korfball situations and activities that contribute
SS1 Attaining a sense of identity	ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities	<i>Identifying positively with other members of your mixed gender group</i>
SS2 Attaining self-fulfilment and self esteem	ACPMP086 Practise and apply personal and social skills when undertaking a range of roles in physical activities	<i>Developing korfball skills of passing, positioning, shooting</i>
SS3 Developing an awareness of personal strengths and weaknesses	ACPMP086 Practise and apply personal and social skills when undertaking a range of roles in physical activities	<i>Learning to play to strengths and to counteract weaknesses perhaps in taking on particular roles in play</i>
SS4 Being aware of the effect of own actions	ACPMP069 Demonstrate ethical behaviour and fair play	<i>Recognising what happens when you break or obey rules in play</i>
SS5 Developing a sense of purpose and setting goals	ACPPS033 Explore how success, challenge and failure strengthen identities	<i>Setting personal goals in training and play. Recognising challenges and accepting them.</i>
SS6 Solving personal problems	ACPPS056 influence of emotional responses on behaviour and relationships	<i>Solving personal problems in training and game situations like not getting upset when actions don't turn out as expected</i>
SS7 Using skills for the benefit of others	ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities	<i>Being a good "feeder" or "rebounder" in attack</i>
SS8 Recognising when others need help and acting appropriately	ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities	<i>Helping others in developing a skill such as shooting or supporting in moving the ball in a game situation</i>
SS9 Handling the influences and expectations of others	ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities	<i>Respecting coaches, other officials and opponents</i>
SS10 Sharing	ACPPS055 establish and manage relationships	<i>Sharing tasks in play (feeding, shooting, intercepting)</i>
SS11 Relating to the other gender	ACPPS055 establish and manage relationships	<i>Thinking and acting beyond gender in training and playing and recognising the strengths of each person</i>
SS12 Understanding and	ACPPS074 benefits of relationships and examine their impact	<i>Recognising the feelings of others and</i>

considering the feelings of others		<i>supporting them in play</i>
SS13 Considering how personal actions may affect others	ACPPS055 establish and manage relationships	<i>Not doing anything which will upset other members of the team</i>
SS14 Acting as a leader and a follower	ACPMP069 Demonstrate ethical behaviour and fair play	<i>Being able to take on these roles in a supportive way</i>
SS15 Taking responsibility	ACPPS076 proposing ways to support others	<i>Accepting responsibilities on and off the court</i>
SS16 Persuading and influencing others	ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities	<i>Making your feelings known in your group and being assertive, though with respect for others</i>

Rules and tips for Korfball4 (Foundation Level - lower and middle primary and even as an introduction for upper primary classes)

1. Play on a single court approximately 16mx8m	<i>Vary size to suit ability of players (e.g. not too large that they tire easily or so small that they often contact</i>
2. Korfball posts between 2m-2.5m to top of basket and positioned in from back lines approximately 1/6 th of court length	<i>Vary height so all can shoot from more than 2m away. If using posts from another sport ensure they are safe for children to move around them.</i>
3. Use #4 size ball	<i>Netball or soccer ball ideal but not a heavy basketball</i>
4. Teams of 4 on the court - preferably equal number of boys and girls but variable as long as same number of each gender in each team on court	<i>Have same ratio of boys to girls in teams and as many reserves as you wish. You could have more members on court but this will reduce the opportunity for involvement.</i>
5. No running with the ball – this is seen as -taking more than one step while standing with the ball (but you can turn around on the spot, step forward and back but keep one foot on the place where the ball was received) - you can catch the ball while running and do not have to stop and may take up to 3 steps to come to a halt or continue running and pass the ball on or shoot within 3 steps	<i>Korfball is a game of cooperation, hence travel with the ball other than that noted is interpreted as solo play. Consider the skill level of the players and their intent when interpreting the rule at this age level.</i>
6. A goal is scored when it has fallen completely through the basket (korf) from above and from anywhere on the court	<i>Goal scoring is very exciting in korfball because you can shoot from anywhere on the court so a variety of skills can be developed to do this</i>
7. 10 second maximum for holding the ball	<i>This is to make players decide quickly to move the ball on and to make receivers move quickly into a supporting position and keep the game more exciting and fun. Referee should help players recognise limit with signal or personal calls. This rule can be withdrawn when skill levels suggest not needed anymore.</i>
8. No touching the ball with leg or foot	<i>If this happens and advantage is gained from it, the</i>

	<i>referee gives a re-start to the non-offending team</i>
9. No hitting the ball with a fist	<i>You can tap the ball on with an open hand but we want to encourage passing skills with hands</i>
10. No handing the ball to another player	<i>The ball must pass freely between players since we are encouraging the use of passing and interception skills.</i>
11. Only one player at a time may hinder another player	<i>No two players hindering one player since it is a person-to-person challenge</i>
12. No contact - pushing, holding, hitting while trying to intercept or move	<i>Safety first so be strict on this. The challenge in korfball is to get the ball or defend without contact.</i>
13. Hinder only from at least arm's length away	<i>Hindering is trying to intercept the ball leaving a player or going to be collected by a player. A player must not hinder the free movement of an opponent in passing or shooting the ball.</i>
14. No moving the post or using it to move away	<i>The post is not part of a player's body or something to be moved, so it has to be left alone</i>
15. Re-start by non-offending team where the offence took place and no hindering by offending team allowed	<i>This will be for mild infringements related to rules 7 to 14 above or if the ball goes out of play</i>
16. Penalty is awarded if there is an infringement on someone going to shoot. A free shot from 2.5m in front of the post. Everyone else 2m away from a line between the penalty spot and the post. No interference with penalty taker.	<i>This can be like knocking the arm or body as the shot is being taken or knocking a player about to pass the ball to someone who is in a free position to shoot.</i>
17. Start of play is at the centre of the court. It is the same position after every goal but by a member of the non-scoring team.	<i>You may decide who will be the "home" side so they will begin at the start of the game. After half time the other team starts with the ball and they will shoot into the other basket.</i>
18. Game length is up to the organisers to decide but should be no longer than 15 minutes for each half.	<i>Adjust the game length to enable continuous fun for all in safe conditions. Organisers may have additional agreed conditions like having 4 quarters, playing a continuous game and changing a team member every five minutes.</i>
19. Substitution of players is generally gender based (boy for boy and girl for girl)	<i>Adjust the number of substitutions according to the situation but be as equitable as possible in playing time for all</i>
20. Referee blows a whistle to stop and start all play	<i>At this level the referee should be encouraging good physical and social skills, warning against infringements, especially any dangerous play, and making players aware of 10 seconds limit.</i>
21. Referee throw-up when uncertain which team should have the ball. Ball is thrown up between 2 players and they can catch it on the way down.	<i>Referee chooses 2 players of the same gender and height. When throwing up blows the whistle when at maximum height above players so they can catch the ball on the way down</i>

22. **Your Special Rules** to assist developing skills and cooperation

*You may introduce a rule such as
When the ball is intercepted by a defender (or after a goal or re-start) there must be passes to at least 2 of the other players in your team before anyone can take a shot at goal.
Another might be same gender hindering only.*

Rules and tips for Intermediate level are on page 31.

The lesson structure

Each lesson is approximately 40 minutes but can be modified according to need.

Each lesson has 4 parts

Start out (5 mins)	<i>Simple game to warm up and has a simple skill or movement for korfball</i>
Get into it (10 mins)	<i>More complex games developing a ball handling skill or movement/strategy</i>
Play it (20 mins)	<i>A modified Korfball4 game</i>
Finish up (5 mins)	<i>Low-intensity warm-down activity and review between coach and players (include thank the other teams)</i>

For Korfball lessons we recommend using the ideas of ***Playing for Life CHANGE IT***

This suggests that we should always be willing to change parts of activities to make them more fun, easier or harder or more relevant to meeting the needs of players and goals of activities. It might mean changing:-

Coaching style including how much direction, when to ask players

How you score /win

Area in which the activity takes place e.g. smaller/larger

Number of players in a group

Game rules e.g. to make it easier or harder to get goals

Equipment e.g. lower or increase height of baskets

Inclusion factors e.g. to make sure everyone is involved – in korfball, especially gender issues

Time for activity e.g. reduce/make longer

For more information on CHANGE IT see *the Playing for Life Coach's Guide page 26*

A range of programs can be obtained from the Korfball Australia website to meet the needs of different age groups and the time available for teaching or contact

NationalTechnicalCoordinator@korfball.org.au

Foundation Korfball 4 Program

Lesson	1	2	3	4	5
Skill focus	Movement - stopping P&C standing Shooting	Movement - direction change P&C - moving Shooting -	Movement - pace change P&C - into space Shooting and blocking	Movement - On the run P&C - in the air passing and Shooting	Movement - dodging P&C - all moving shooting assisting
Start out	This is korfball	Spacer	Who goes by	Coach says	Making groups
Get into it <i>ACPMP061</i>	Pass and catch pairs Standing shots	3s Pass and catch Standing shots - greater distance	Semi-circle spy Collecting balancing and shooting	Roundabout Shooting and rebounding	Half court intercept or tag for 5 passes Quick shots relay
Play it <i>ACPMP063</i> <i>ACPMP065</i> <i>ACPMP067</i> <i>ACPMP069</i>	4K Game - Round Robin	4K Game - look for space	4K Game - hindering - blocking shots and Finding space	4K Game - 3 passes before shooting Calling "Parti"	4K Game - passing out (feeding) and rebounding
Finish up <i>ACPMP068</i>	High fives thanks What did you like?	High fives thanks What did you find out?	High fives thanks What did you get better at? Role model skills	High fives thanks What did you enjoy most? Role model skills	High fives thanks What did your team do well at? Role model skills

The relevant ACARA content descriptors are

ACPMP061 Practise specialised movement skills and apply them in a variety of movement sequences and situations

ACPMP063 Propose and apply movement concepts and strategies with and without equipment

ACPMP065 Manipulate and modify elements of effort, space, time, objects and people to perform movement Sequences

ACPMP067 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities

ACPMP068 Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

ACPMP069 Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities

In *Social Skills through Korfball*, above, a further group of descriptors is also relevant.

Start out

These activities are to generate attention and for warming up. They do not require any equipment except the first one and after that some area markers.

1. **This is korfball** - balls and posts, try shooting from anywhere in turns
2. **Spacer** Have pairs - runners and catchers. Catchers try to stay with runners with them moving up and down the court on instruction from the teacher
3. **Who goes by?** Groups in colours. Who can cross the road, Mr Wolf? Catching and avoiding to cross a space
4. **Coach says** Children move around and have to go to a particular place or do a particular action on the whistle.
5. **Making groups** Children in space move around and on whistle groups do a particular action.

Get into it

In this we focus on many of the skills required in moving, passing, catching and shooting.

1. a. **Pass and catch** - pairs, varying distances
b. **Standing shots** - with posts varying distances
2. a. **3s Pass and catch** - one player in the middle of restricted area, others try to make successful passes.
b. **Standing shots** from greater distances
3. a. **Semi-circle Spry** - quick shot distance passing
b. **Collecting, balancing and shooting**
4. a. **Roundabout** - passing across a circle
b. **Shooting and rebounding** - 2 players under post to get rebounds and pass ball out
5. a. **Half court intercept** or tag - attempting 5 passes
b. **Quick shots** - relay from semi circle around the post with feeder

Play it

We start with a simple form of the games with only the most basic rules relating to no contact and not running with the ball. We introduce others during the progression with the focus on everyone in a team being involved.

Class ideally divided into teams of 4 with the same ratio of girls to boys in each team (preferable 2 girls and 2 boys in each team)

1. Simplest format with basic rules
2. Game with a focus on using space to be free to shoot and 10 second holding rule
3. Game with a focus on preventing shots (blocking appropriately)
4. Game with focus on all being involved certain number of passes before shooting and calling "*Parti*" when intercepted by your team. ("Parti" means our team has intercepted the ball.)
5. Game with ideas of feeding the ball to someone free to shoot and getting rebounds
6. Game with any additional issues/suggestions from players

Finish up

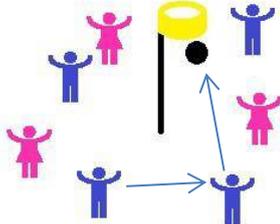
A short warm-down activity with "high fives" thanks to other teams, referee/coach/teacher.

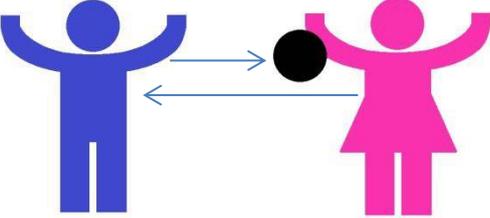
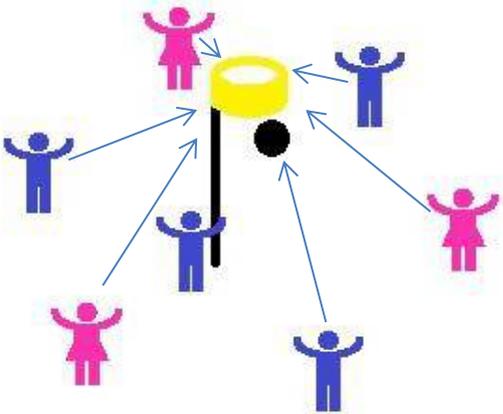
Questions asked to get reaction to the lesson from students including these:-

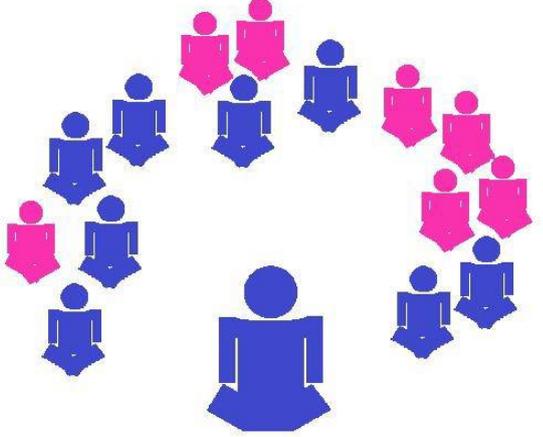
Game sense questions

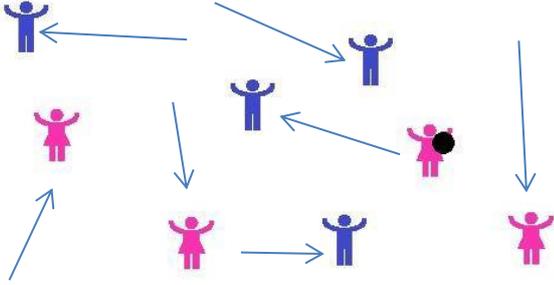
Questions to help the players understand what they are doing and why rules have been included (*in italics*). These are just suggestions and better questions may come from asking the players first if they have any questions or observations.

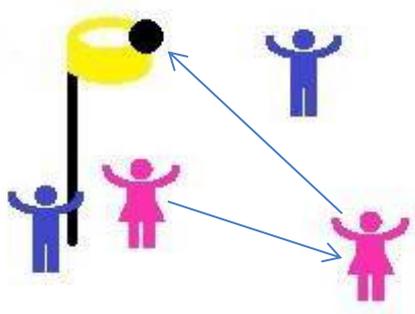
A round robin can be organised so each team plays more than one team in a session. Have time for each game according to the number of teams and time limit. For example, a team is replaced after every 4 minutes of play. A scoring table might be drawn up, in later lessons, to see which team got most goals over the lesson (making sure each team played the same number of games).

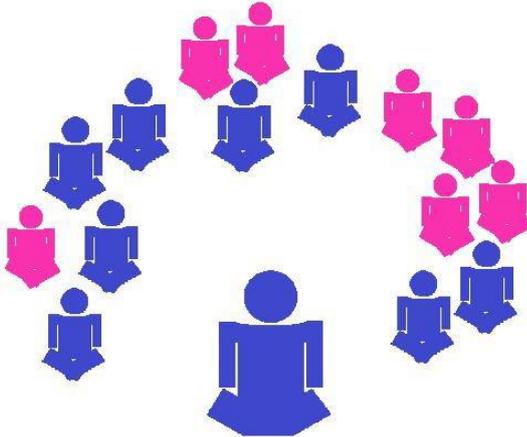
Lesson 1	Foundation level Korfball4	
Skill focus	Movement starting and stopping Passing and catching while standing Shooting from standing positions	
Safety	Check the Special Rules on Safety on page 5, in particular regarding safety around korfball posts	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to one per pair 2 Korfball posts at about 2.5m to 3m Extra non-korfball posts if available Marker cones	
Activities	5 mins This is Korfball 5 mins Pass and catch (no post) 5 mins Standing short+ longer shots relays 20 mins Game - All in Round Robin 5 mins What did you think of that?	
Activity 1.1	This is Korfball4	
Lesson 1 Start out 5 minutes	Skill focus Shooting into a basket from many directions	Equipment 2 or more korfball posts 6 or more balls
What to do	Class divided into playing groups (4 mixed) in circles about 3 metre radius around the korfball posts 2 or 3 balls for each post and children practise shooting into the basket, making sure everyone gets shots in Questions: <i>What's so different about shooting into a korfball basket?</i> <i>Are there more places that you can shoot from in this game?</i>	
	Tips Encourage players to try shooting from different positions and distances from the post	Change Distance they shoot from, shooting from where they collect it. Go for quick shots for 30 seconds and see how many each team gets into their basket - could have more than one ball for each group.
Activity 1.2	Pass and catch	
Lesson 1 Get into it 1a 5 minutes	Skill focus Passing and catching while standing	Equipment 1 ball for each pair of students Line markers

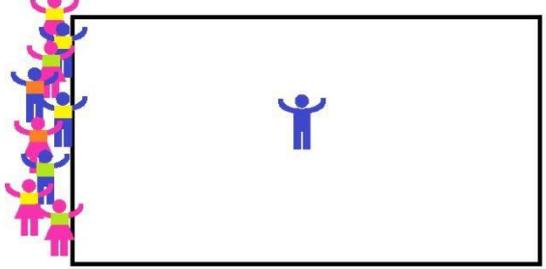
<p>What to do</p>	<p>1 in pairs stand about 2m apart and do chest passes 2 increase to about 3m apart 3 next 4m apart and do shoulder pass (with a lead foot moving forward) 4 at same distance do a lob pass over an imaginary opponent <i>If you work at passing/catching how is that good for you in a game? How is it good for your team?</i></p>	
	<p>Tips These passes are similar to netball and basketball. Depending on prior experience, instruction on technique may be necessary.</p>	<p>Change No limit then perhaps see how many in 20 seconds (without dropping the ball). All start 20 passes and last puts ball above their head when finished.</p>
<p>Activity 1.3 Standing shots relays</p>		
<p>Lesson 1 Get into it 1b 5 minutes</p>	<p>Skill focus Standing shots Collecting a rebound Passing out to standing player</p>	<p>Equipment 2+ posts + ball for each group</p>
<p>What to do</p>	<p>Players in groups make a circle around posts at a radius of about 2m and equidistant from each other. In turn they take a standing shot. One player is under the post to collect rebounds and pass out to next player. (Others may help if ball rebounds near them.) When everyone has had a shot they each move around clockwise to a new position and the last shooter replaces the collector. <i>Why do you think we are making a circle and taking shots from all around the post? Why is it good to have someone getting the rebounds? What did you learn that will make your shots more likely to go in the basket?</i></p>	
	<p>Tips Help with technique for shooting and complement good technique and encourage players to help each other</p>	<p>Change Have a round of all shooting and check how many goals were scored. Have 30 seconds shooting and see which team had most goals.</p>
<p>Activity 1.4 Play it Korfball4</p>		
<p>Lesson 1 Play it 20 minutes</p>	<p>Skill focus Moving about without contact Shooting from anywhere around the post and any distance</p>	<p>Equipment Pair of korfball posts set up on a court about 30mx15m 1 ball</p>

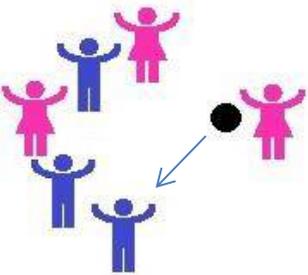
<p>What to do</p>	<p>Intercepting the ball Teams of 4 to 6 but preferably 4 with equal number of boys and girls in each team (or same ratio and always mixed teams) Introduce first the rules (to whole class) - no contact - cannot knock the ball out of a player's hands - hindering (trying to block a shot or intercept a pass) from at least arms length away - can shoot from anywhere into your basket. Play a game between teams A and B for 5 minutes. Then change teams. After each game questions such as <i>How can we stop the other team getting goals?</i> <i>How can we have more chances to get goals?</i></p>	<p>Non playing teams could be</p> <ul style="list-style-type: none"> • Keeping the scores • Watching and having each a question at the end of the game • Checking to see if everyone in the teams was being kept in the game
	<p>Tips Major focus should be getting shots at goal. Later encourage trying to block shots without contact, looking for space away from opponents, looking to pass to someone better able to get a shot in.</p>	<p>Change Introduce 10 second rule here (or next lesson). Points noted in <i>What to do to ensure safety</i> and to make more fun when appropriate (e.g. must have 3 passes before shooting).</p>
<p>Activity 1.4</p>	<p>What did you think of that?</p>	
<p>Lesson 1 Finish up 5 minutes</p>	<p>Skill focus Players recognising physical skills required and some of the social skills (e.g. SS2, SS7, SS10, SS11).</p>	<p>Equipment This needs to be put away but with special safety care with the korfball posts.</p>
<p>What to do</p>	<p>At the end of play the players all shake hands with members of the other team. They each thank the referee. At the end of the game everyone walks around and "high fives" members of the other teams. Players then sit down as a group and the coach gets the reaction of the players. If possible get a general reaction first without prompts. Then, if not mentioned:- <i>What do you think of this game?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> <i>What would you like to do more to improve your skills for this game?</i> <i>What would you like to know more about this game?</i> <i>What were some of the people skills you need for this game?</i> (e.g. sharing, relating to other gender) (SS2, SS4, SS5, SS7, SS8, SS10, SS11)</p>	<p><i>What's so good about putting all the equipment away carefully?</i></p> 

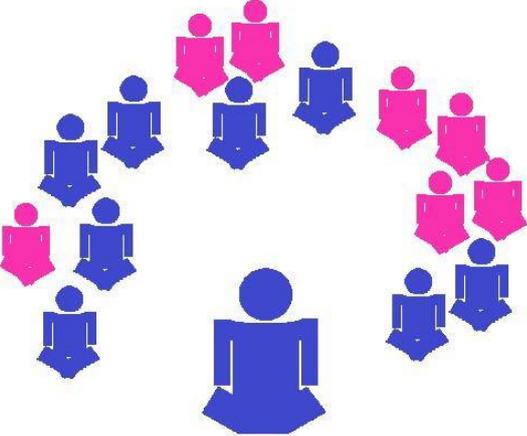
Lesson 2	Foundation level Korfball4	
Skill focus	Movement - changing direction, pace, Passing and catching while moving Shooting - standing shots at increased distance Attacking - using space	
Safety	Check the Special Rules on Safety on page 5 in particular safety around korfball posts.	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to one per pair Korfball posts at about 2.5m to 3m plus extra non-korfball posts if available Marker cones	
Activities	5 mins Spacer 5 mins 3s Pass and catch 5 mins Standing shots increasing distance 20 mins Play it Korfball4 5 mins What did you learn	
Activity 2.1	Spacer	
Lesson 2 Start out 5 minutes	Skill focus Dodging and darting in different directions To find space	Equipment Half court size areas for groups to move in
What to do	In groups of about 8 on half a court, children move about trying to make a space away from others. On whistle all freeze and see who has most space. Ask individuals: <i>What did you do to make sure you got away into free space?</i> Repeat perhaps awarding points to the three with the most space. Repeat with teacher (or a student) with a ball moving about in the space and on whistle check who is furthest away from the teacher and with the most space.	
	Tips Question what do you need to do to make space or away from someone? E.g. always looking for space	Change Easier - could be walking only Harder - decrease the moving about space
Activity 2.2	3s Pass and catch	
Lesson 2 Get into it 2a 5 minutes	Skill focus Passing, moving to catch the ball, using full space of half court	Equipment Korfball post in half court and 1 ball for each group

<p>What to do</p>	<p>Make groups of 3 and each group has a marked area of about 3m square. Two will try to pass to each other and the third will try to intercept the ball. Passes can be of any kind like chest pass, lob or bounce. After 5 successful passes change player trying to intercept the ball.</p>	
	<p>Tips Player receiving the ball should be encouraged to move to collect the ball.</p>	<p>Change Increase or decrease the size of the playing area. Players with little skills could work as a group of three spread out at triangle points just passing to each other.</p>
<p>Activity 2.3</p>	<p>Standing shots</p>	
<p>Lesson 2 Get into it 2b 5 minutes</p>	<p>Skill focus Balancing to shoot and synchronising shooting movement (springing up) to aid shot. Positioning of thumbs under the ball.</p>	<p>Equipment Korfball posts set in half court areas Other posts can be used without backboards Ball for each group</p>
<p>What to do</p>	<p>Players in groups around posts about 3m away to start with. A “feeder and rebounder” under the post passes the ball out to a player. The player balances carefully and takes a shot. Then is passed the ball again to take another shot. Change feeder and rebounder when all have had their 2 shots and they then have theirs. Everyone moves around 2 places . Could have points - 3 for a goal and 1 for hitting the basket and competition between teams of four for this. <i>What are some of the difficulties trying this long shot?</i> <i>What helps to make your shot more accurate</i> <i>Why is it a good kind of shot?</i> <i>A and B were very good with their pass and collect.</i></p>	
	<p>Tips Encourage players to think before they shoot - balance well, thumbs under the ball, eyes on the basket all the time, spring up to shoot. Ask someone to demonstrate as for question above.</p>	<p>Change Harder - stepping back further for shots - have only 4 seconds to collect and shoot.</p>

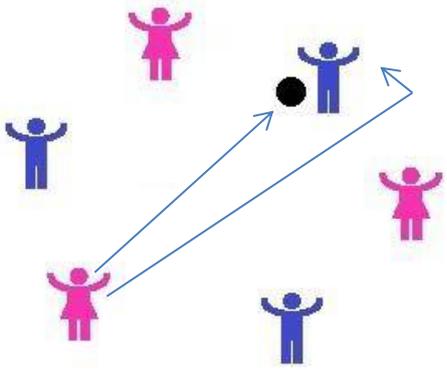
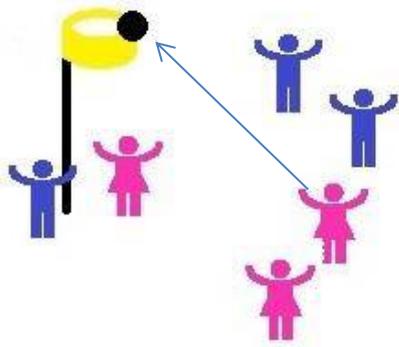
Activity 2.4		Play it Korfball4	
Lesson 2 Play it 20 minutes	Skill focus Moving about without contact Shooting from anywhere around the post and any distance Intercepting the ball	Equipment Pair of korfball posts 2.5m - 3m high set up on a court about 30mx15m 1 korfball	
What to do	Players in equal teams of 4 (2 girls + 2 boys preferable) Use a rotation of team groups as described above in lesson 1. Introduce the 10 seconds maximum holding rule	Non playing teams could be <ul style="list-style-type: none"> • Keeping the scores • Watching and having each a question at the team change or end of the game • Checking to see if everyone in the teams was being kept in the game 	
	Tips Remind attackers to use all space and look to pass to someone free to shoot if you can't shoot. Remind those taking on a defending role to try to block the shots.	Change Might introduce that there must be passes to at least 2 other team members before a shot is taken.	
Activity 2.5		What did you learn?	
Lesson 2 Finish up 5 minutes	Skill focus Players recognising physical skills and some of the social skills required for this game.	Equipment This needs to be put away but with special safety care with the korfball posts.	
What to do	At the end of play they all shake hands with members of the other team. They each thank the referee. Then everyone does "high fives" of everyone else then sits down. When all players sat down as a group the coach gets the reaction of the players. If possible just general reaction first without prompts. Then if not mentioned:- <i>What do you think of the game today?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> <i>What would you like to do more to improve your skills for this game?</i> <i>What would you like to know more about this game?</i> <i>What were some of the people skills you need for this game? (e.g. sharing, relating to other gender) (SS2, SS4, SS5, SS7, SS8, SS10, SS11)</i>		

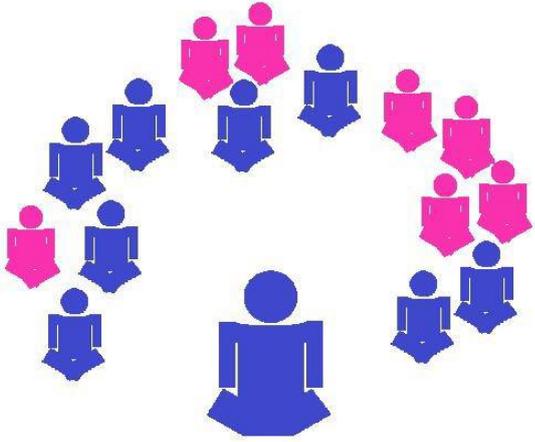
Lesson 3 Foundation level Korfball4		
Skill focus	Movement - space change Pass and catch into space Shooting and blocking	
Safety	Check the Special Rules on Safety on page 5 in particular regarding safety around korfball posts.	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to one per pair Korfball posts at about 2.5m or similar posts (up to 6 if available)	
Activities	Marker cones 5 mins What goes by 5 mins SemiCircle Spry 5 mins Collecting, balancing shooting 20 mins Play it Korfball4 - hindering 5 mins What did you get better at?	
Activity 3.1	Who goes by?	
Lesson 3 Start out 5 minutes What to do	Skills focus Movement changing pace and direction	Equipment An area about half a court
	<p>Players wear a range of coloured bibs and stand on one edge of the area. In the middle is a student who is Mr or Mrs Wolf. Players call out "Who can cross your road Mr/Mrs Wolf?" He/she responds with a colour. Those can cross the area unhindered and wolf tries to tag others. If tagged they join Mr/Mrs Wolf and the activity is repeated until last one is tagged.</p>	
	Tips Remind players that they have to avoid contact with everyone else and stay within the boundaries and play honestly,	Change They might call more than one colour or calls like "not red" "pairs holding hands of one colour"
Activity 3.2	Semi-circle Spry	
Lesson 3 Get into it 3a 5 minutes	Skill focus Move left, right or L move (forward and then to side) and collect and shoot Timing the pass	Equipment Half courts with korfball post positioned

<p>What to do</p>	<p>Players in groups of about 5 to 8 standing in a semicircle about 2m from a leader in the centre. On signal, leader passes with a two handed chest pass to each player in turn. When it gets to the last player that player replaces the leader. When every one has been the leader that will be the end of the circuit. It could be made competitive between groups .to see who can complete first.</p>	
<p>Activity 3.3</p> <p>Lesson 3 Get into it 3b 5 minutes +</p>	<p>Tips Important for the leader to pass the ball well and for receivers to be ready.</p>	<p>Change Easier - have players closer together. Harder - increase distance from leader.</p>
	<p>Collecting, balancing and shooting</p>	
	<p>Skills focus Collecting a pass while standing or taking a step, balancing and then shooting</p> <p>This activity might need demonstrating to the class first and everyone practises the movement without balls. Players in groups standing around korfbal posts but about 3m to 4m away . One player under the post passes out to each player who collects, balances carefully and takes a shot.They take a second shot then it moves on to the next player.</p>	<p>Equipment Korfbal posts for each group, or similar. A ball for each post group</p> <p>Get students to demonstrate good technique.</p>
<p>Activity 3.4</p> <p>Lesson 3 Play it 20 minutes</p> <p>What to do</p>	<p>Tips When doing the balancing and then shooting remind them to keep eyes on the basket all the time.</p>	<p>Change Distance from post for those who need it. Two under the post - one collects the rebound and the other “feeds” the ball to the next player to take a shot.</p>
	<p>Play it Korfbal4</p>	
	<p>Skill focus Defending (VTS9) Shooting undefended Varying shooting options</p> <p>Players in equal teams of 4 (2 girls + 2 boys preferable) Use a rotation of team groups as described above in lesson 1. Go over the hindering rule and the need to try to block shots of the other team. Looking to find space and passing of ball to someone with space to take a shot.</p>	<p>Equipment Pair of korfbal posts 2.5m high set up on a court about 30mx15m 1 korfbal</p> <p>Non playing teams could be</p> <ul style="list-style-type: none"> • Keeping the scores • Watching and having each a question at the end of the game • Checking to see if everyone in the teams was being kept in the game

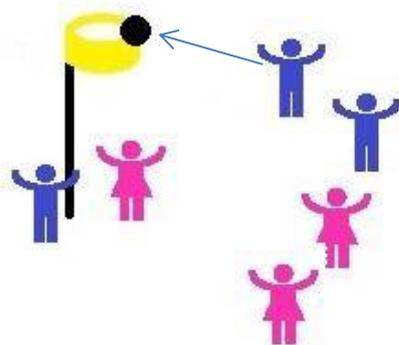
	<p>Tips Be strict on unfair hindering but encourage fair hindering. Praise those showing good social skills such as cooperating and helping.</p>	<p>Change To encourage players receiving a ball and then shooting who are not hindered you could have a bonus point.</p>
<p>Activity 3.4 What did you learn?</p>		
<p>Lesson 3 Finish up 5 minutes</p>	<p>Skill focus Players recognising physical skills required and some of the social skills.</p>	<p>Equipment This needs to be put away but with special safety care with the korfball posts.</p>
<p>What to do</p>	<p>At the end of play they all shake hands with members of the other team. They each thank the referee. Then everyone does “high fives” of everyone else then sits down. When all players sat down as a group the coach gets the reaction of the players. If possible just general reaction first without prompts. Then if not mentioned:- <i>What do you think of the game today?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> <i>What would you like to do more to improve your skills for this game?</i> <i>What would you like to know more about this game?</i> <i>What were some of the people skills you need for this game? (E.g. sharing, relating to other gender) (SS2, SS4, SS5, SS7, SS8, SS10, SS11)</i></p>	 <p>The illustration shows a group of stylized human figures sitting in a circle. There are 14 figures in total, arranged in two rows of seven. The top row consists of seven pink figures, and the bottom row consists of seven blue figures. Each figure is depicted from the waist up, sitting on a small base. The figures are facing towards the center of the circle, suggesting a group discussion or a reflective session.</p>

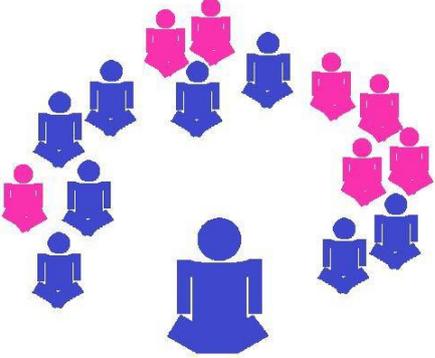
Lesson 4 Foundation level Korfball4	
Skill focus	Movement Pass and catch on the run Shooting
Safety	Check the Special Rules on Safety on page 5 in particular regarding safety around korfball posts.
Area	Area about 30mx15m indoors or outdoors
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to two per group Korfball posts at about 2.5m or similar posts up to 6 if available Marker cones
Activities	5 mins Coach says 5 mins Roundabout 5 mins Shooting and rebounding 20 mins Korfball4 -passes before shooting 5 mins What did you learn about?
Activity 4.1	Coach says
Lesson 4 Start out 5 minutes	Skill focus Recognising possible moves to get free to receive the ball for a shot Being able to maintain a defending position against an opponent.
What to do	Children in equal groups of 4 or thereabouts and with colour bibs. Children move around (e.g. walking, running, jumping) and Coach whistles and then calls out to move to certain places, e.g. a wall, a line etc. Change to making groups e.g. groups (as suggested in the right column)
Activity 4.2	Tips Praise for good support of team mates in making groups e.g. getting correct combinations.
Lesson 4 Get into it 4a 5 minutes	Equipment Court area for each group with posts in place.
	Change Vary the whistle blowing, the way they move, the number and complexity of groups.
	Roundabout
	Skill focus Passing and collecting. Keeping in mind activity development (e.g. who has/has not had a pass)
	Equipment Half courts with korfball post positioned Markers for circles and 1 ball each group.

What to do	<p>Groups of up to 6 in a marked circle with one ball Player with ball passes to another not standing next to them and then runs to stand behind them. New player does similar pass and move. They must ensure that everyone has a pass in each circuit</p>	
	<p>Tips Praise good passing and catching and get a demonstration for children to analyse.</p>	<p>Change Make the circle larger or smaller and if larger perhaps shoulder passes. If going well could have a competition between the groups ensuring every player has to have a turn for each completed circuit.</p>
Activity 4.3 Shooting and Rebounding		
Activity 4.3		
Lesson 4 Get into it 4b 5 mins	<p>Skill focus Passing (as a feed) Shooting rebounding</p>	<p>Equipment Korfball posts for each double group in place on court Ball for each post group</p>
	<p>Equal Groups in a circle around korfball posts. 2 players are under the post to try to collect the rebound of shots. Whoever collects the shot passes it to the other who feeds the ball out to another player. Players take shots (2 consecutive) in turn remembering to balance before shooting and keep eyes on the basket while shooting. When all have had a go change the rebounders.</p>	
	<p>Tips Rebounder should watch the shot and position close to the post to be in a good position to get the rebound. Praise good “feeding” passes so the shooter gets the ball about chest high if possible. Praise individual checking to improve their second shot.</p>	<p>Change Distance shooting from. Could make competitive with whoever has got most goals in a series of circuit and collected rebounds before they hit the ground.</p>
Activity 4.4	Play it Korfball4	
Lesson 4 Play it 20 minutes	<p>Skill focus Rebounding Shooting undefended Varying shooting options</p>	<p>Equipment Pair of korfball posts 2.5m high set up on a court about 30mx15m 1 korfball</p>
What to do	<p>This is a full game with any new rules</p>	<p>“PARTI” is a call made by a player when they</p>

	<p>included to ensure full involvement like when the ball is intercepted or after a goal there must be at least 3 passes before a shot can be made. Introduce call of "PARTI" Watching players to act as coaches and even assistant referees where appropriate.</p>	<p>intercept the ball from the other team. It is called to let all your team know they have got the ball and they can move towards their goal.</p>
	<p>Tips You may wish to explain the 2 group activities first before the first game. Remind attackers to use all space and look to pass to someone free to shoot. When there is a turnover remind defenders to stick with their opponent and try to make defended shots. If bringing on non-playing teams ask them to watch and when they come on say what they will do to improve their scoring chances.</p>	<p>Change Be strict with the rules where appropriate, particularly contact. You could introduce bonus points for collecting rebounds before they hit the ground or good blocking of passes or good feeding the ball to another better placed team member to shoot.</p>
<p>Activity 4.4</p>	<p>What did you learn?</p>	
<p>Lesson 4 Finish up 5 minutes</p>	<p>Skill focus Players recognising physical skills required and some of the social skills.</p>	<p>Equipment This needs to be put away but with special safety care with the korfball posts.</p>
<p>What to do</p>	<p>At the end of play they all shake hands with members of the other team. They each thank the referee. They might do a "low fives" with the rest of the teams. Players sit down as a group and the coach gets the reaction of the players. If possible just general reaction first without prompts. Then if not mentioned:- <i>What do you think of the game today?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> – especially the rebounding. <i>What have you got better at from playing this game today?</i> <i>What would you like to know more about?</i> <i>What were some of the people skills you need for this game? (e.g. sharing, relating to other gender and the rest of our team)</i> Check the Social Skills list for others. You may wish to praise a team that has really shown good skills in the lesson.</p>	

Lesson 5 Foundation level Korfball4		
Skill focus	Movement dodging Pass and catch moving Shooting on the move Assisting	
Safety	Check the Special Rules on Safety on page 5 in particular regarding safety around korfball posts.	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to two per group Korfball posts at about 2.5m or similar posts up to 6 if available Marker cones	
Activities	5 mins Making groups 5 mins Intercept or tag 5 mins Quick shots relay 20 mins Korfball4 with rebounding and feeding 5 mins What did you learn about?	
Activity 5.1 Making groups		
Lesson 5 Start out 5 minutes What to do	Skill focus Doing particular actions with group awareness of each other and support.	Equipment Court area for class with posts in place. Some coloured marker cones.
	Class divided into groups of 4 with their own group colour bibs, All groups move around the area until the whistle is blown and instructions for groups called out (see in right column). Check to see which colour group was first etc.	Some actions; <i>All group together joining hands/ touching with feet etc.</i> <i>One of each group member on the four corners of the court.</i> <i>2 of each group under the posts.</i> <i>All together forming a line with one touching a post.</i> <i>All each joining a different group</i>
	Tips Praise good support for each other in groups	Change Vary the action in forming groups so require more support of each other in their team.
Activity 5.2 Intercept or tag		
Lesson 5 Get into it 5a 5 minutes What to do	Skill focus Passing and catching and avoiding interceptions as a group. Making interceptions	Equipment Half courts with korfball with 2 groups of 4 for each half court. Markers and 1 ball for each half court
	2 of the colour teams used in previous activity on each half court. One team starts as attackers trying to make 5 passes without the ball being intercepted by the other team - a "Gold Award". Change attackers group after each successful 5 passes or interception.	No shooting in this activity since idea is to use space to get someone free to shoot (in a later activity)
	Tips Remind attackers to use all the space and move into space so not intercepted. Defenders need to try to intercept keeping close to an opponent each if they can and an eye on where the ball is.	Change Increase the number of passes required. New rule your team loses the ball if you are tagged with the ball Lose your Gold Award if the ball is dropped during a pass. Rotate the groups

Activity 5.3 Quick Shots relay		
Lesson 5 Get into it 5b 5 minutes	Skill focus Shooting quickly Feeding the ball to a shooter rebounding	Equipment Korfball posts in court positions Ball for each post group
	Same colour groups - 2 groups become one spread out around the post about 3m away with a ball. A feeder and a rebounder on the post. A shooter moves a couple of steps to the left or the right. Feeder passes the ball out and the shooter receives it while on the move either to the left or right, balances and shoots. When all had a shot change the feeder and rebounder.	Either of the 2 at the post can collect and feed the ball to the next shooter. 
	Tips Emphasize the importance of a good well thrown and targeted pass to make it easier for the shooter to get a goal. The player making the good pass is just as important as the goal shooter.	Change Increase the distance from the post for shooting. Have competition between post groups - most goals in 30 seconds. Slow down the action if having difficulty.
Activity 5.4	Play it Korfball4	
Lesson 5 Play it 20 minutes	Skill focus Defending Shooting undefended Varying shooting options	Equipment Pair of korfball posts 2.5m to 3m high set up on a court about 30mx15m 1 korfball
What to do	This is a full game with all the rules included. Watching players to act as coaches and even assistant referees where appropriate. Check the limits of blocking (defending) shots they must not block the body or movement of the playing making a shot.	
	Tips Praise good examples of looking for the best player in your team to pass to in order to make a shot. Everyone marking a member of the other team when they have the ball in their attack. Expect all players to move into the half of the court where the ball is moving.	Change Be strict with the rules where appropriate, particularly contact and blocking shots without contact The 10 second holding rule and number of passes before shooting can be changed if appropriate for the enjoyment of all the players.
Activity 5.4	What did you learn?	
Lesson 5 Finish up 5 minutes	Skill focus Players recognising physical skills required and some of the social skills.	Equipment This needs to be put away but with special safety care with the korfball posts.

<p>What to do</p>	<p>At the end of play they all shake hands with members of the other team. They each thank the referee. A quick high or low “fives” with everyone else then sit down as a group and the coach gets the reaction of the players. If possible just general reaction first without prompts. Then if not mentioned:- <i>What do you think of the game today?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> – especially blocking shots, rebounding, getting in a free shooting position. <i>What were some of the people skills you need for this game? (E.g. sharing, relating to other gender.) Check the Social Skills list for others.</i></p>	<p>You might nominate a team as the most technically and socially skilled in the lesson and ask players why you think you have chosen them.</p> 
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Where to from here?

You may find that most of the activities done in these first five lessons need more practice.

Planning a second series is a good idea, focusing on the difficult skills but changing the format of the games that help develop the skills. For this, many of the activities in the *Playing for Life Kit* could be used.

The ***Playing for Life Guide*** has some further very useful information on the following:-

Pages 47 to 56

- > A Session Planner
- > A Term Planner
- > RICER principles for first aid
- > Injury report form
- > Incident record form
- > Grievance Procedure
- > Community Coach Code of Ethics 56

Another approach is to look at the major skills of passing and catching and shooting demonstrated in a series of videos at <http://korfball.org.au/resources/coaching/>

and have games to develop these skills and/or watch some experienced children playing the next level up Korfball8 (2 division korfball) at

<https://www.youtube.com/watch?v=Aiy-nqFb87o>

<https://www.youtube.com/watch?v=-cGM4AlGeAE>

A continuation of Korfball is found in **Intermediate** Level lessons for **Korfball4 and Korfball8** below which then leads into the youth and senior forms of the sport (see page 2 above).

Intermediate Level

Intermediate Level sits within this framework:-

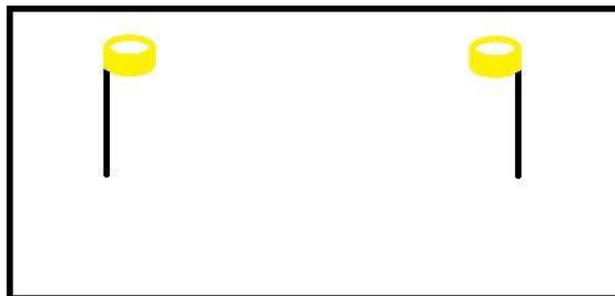
Level	ACARA year levels	Key features
Foundation Korfball4 Lessons 1 to 5	Years 5-6	1 division; 2m -3.0m high posts; 4 players per team; no defended shots; any gender hindering; 10-second holding rule; smaller court; mixed but at least one of each gender; possible extra player for a team way behind on scored goals.
Intermediate Korfball4/Korfball8 Lessons 6 to 10	Years 7-8	As above but 2.5m to 3,5m posts; defended shots; gender hindering only; some extra rules. Option of Korfball 8
Youth Korfball	Years 9-10	Still some flexibility in post height and court size but moving towards 3.5m high posts and 30m x15m court size. Options of Korfball4 and Korfball8
Top Korfball	Year 11-12	Standard international Rules for Korfball4 and Korfball8

The Intermediate level is designed to be the second stage of development for korfball players. It aims to engage the spirit of the *Playing for Life* philosophy which is the guideline for development of young people suggested by the Australian Sports Commission through its *Sporting Schools* Program.

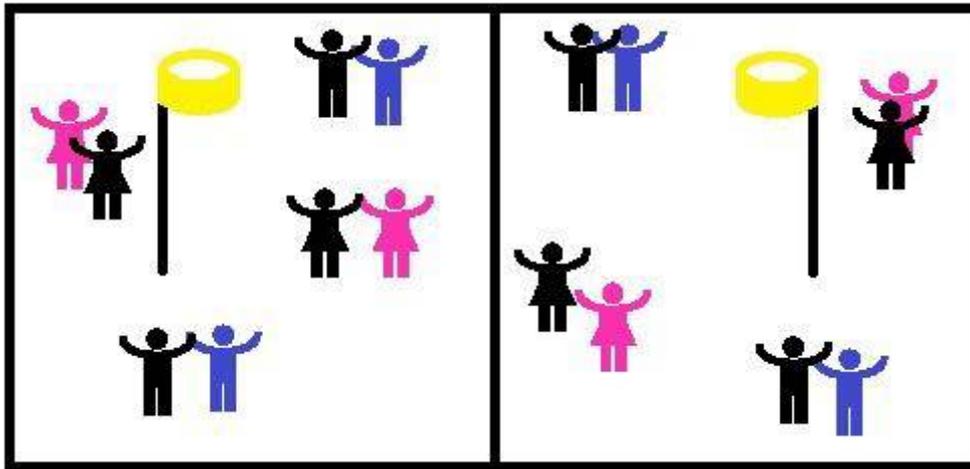
Outlined below are the Intermediate level lessons which can be the starting level for upper primary classes. The example here is of 5 sequential game-based lessons. Features of these are that they:

- can be modified to be suitable for all abilities and middle and upper primary school aged children
- are a flexible source of activities that develop skills and knowledge of korfball with a “game sense” approach
- promote a facilitator approach to coaching - involving children in assisting the coach
- enable the coach to observe more to ensure safety, fun and opportunity to discreetly coach
- can be an excellent source for developing inclusivity, especially positive gender relationships

For **Korfball4**, the lessons can take place indoors or outdoors on a hard or grass surface with a variable court size around 25m x 15m provided of course it is safe. While adjustable korfball posts (between 2.5m and 3m) are preferred, lessons could be conducted partly or wholly using other posts provided there is a safe access behind the post positions (approximately one sixth of the length of the court in from back of court) if used in a full game.



For **Korfball8**, the court is divided into 2 divisions (zones) with 8 players and 2 male and 2 female for a team in each division - one being attack and the other defence.



With **Korfball Intermediate level** we recommend using the *Playing for Life* (© Australian Sports Commission) approach to coaching. It uses games rather than drills to introduce the skills and tactics of the particular sport or structured physical activity being delivered. Each session is designed purposefully, so that the games progressively introduce and develop the particular skills that are the focus of the session.

The game is the focus. Players develop sporting skills and tactics by playing fun games rather than traditional drills.

The coach is a facilitator. The coach sets challenges for which the players find solutions through games rather than by instructing players on how to perform a skill.

Player role modelling The coach uses players during the game to demonstrate good technique and skilful play.

Discreet coaching Allows players needing extra assistance to be discreetly coached on the side in an unobtrusive way while the game is in progress.

Ask the players Questioning players is a valuable strategy to engage them in changing the activity or providing feedback on whether the game is achieving desired outcomes.

Change it. vary one or more of the following game elements to maximise participation and better meet player needs and game objectives.

Rules and tips for Intermediate Level Korfball4 and Korfball8

Korfball4	Korfball 8 differences	
1 Play on a single court approximately 25m x15m	Court divided into 2 square divisions - whole court approximately 30m x 15m	<i>Vary size to suit ability of players (e.g. not so large that they tire easily or so small that they often contact.</i>
2 Korfball posts between 2m-3m to top of basket and positioned in from back lines approximately 1/6 th of court length		<i>Vary height so all can shoot from more than 2m away. If using posts from another sport ensure it is safe to move</i>

		<i>around them.</i>
3 Use #4 size ball		<i>Netball or soccer ball ideal but not a heavy basketball</i>
4 4 Teams of 4 preferably equal number of 5 boys and girls but variable as long as 6 same number of each gender in 7 each team on court.	Teams of 8 with gender ratio same for each team in each division	<i>Since now players only hinder their gender preferable to have equal numbers of same gender in each team e.g. 2 girls and 2 boys on court for each team.</i>
5 No running with the ball - this is seen as - taking more than one step while standing with the ball (but you can turn around on the spot, step forward and back but keep one foot on the place where the ball was received) - you can catch the ball while running and do not have to stop and may take up to 3 steps to come to a halt or continue running and pass the ball on or shoot within 3 steps		<i>Korfball is a game of cooperation hence travel with the ball other than that noted is interpreted as solo play. Consider the skill level of the players and their intent when interpreting the rule.</i>
6 A goal is scored when it has fallen completely through the basket (korf) from above and from anywhere on the court	Only people in the attack division can score	<i>Goal scoring is very exciting in korfball because you can shoot from anywhere on the court so a variety of skills can be developed to do this.</i>
7 10 second maximum for holding the ball.	This rule should not be required at Intermediate level.	<i>This is to make players decide quickly to move the ball on and to make receivers move into a supporting position quickly and keep it more exciting and fun. Referee should help players recognise limit with signal or personal calls. This rule can be withdrawn when skill levels are good.</i>
8 No touching the ball with leg or foot		<i>If this happens and advantage is gained from it then the referee gives a re-start to the non-offending team</i>
9 No hitting the ball with a fist		<i>You can tap the ball on with an open hand but we want to encourage passing skills with hands</i>
10 No handing the ball to another player		<i>The ball must pass freely between players since we are encouraging the use of passing and interception skills.</i>
11 Only one player at a time may hinder another player		<i>No two players hindering one player since it is a person to person challenge.</i>

<p>12 No contact - pushing, holding, hitting while trying to intercept the ball or move.</p>		<p><i>Safety first so be strict on this. The challenge in korfball is to get the ball or defend without contact.</i></p>
<p>13 Hinder only the same gender and at least arm's length away.</p>		<p><i>Hindering is trying to intercept the ball leaving a player or going to be collected by a player. A player must not hinder the free movement of an opponent in passing or shooting the ball.</i></p>
<p>14 Only goals allowed from non-defended shots. To be defended the Defender must be</p> <ul style="list-style-type: none"> - closer to the post than the shooter - within touching distance - facing the shooter - attempting to block the ball's movement <p>at the instant the ball leaves the shooter's hands to be awarded a defended shot.</p>		<p><i>Defender must be of the same gender since defending is a type of hindering so boys defend boys and girls defend girls. If a goal results from a defended shot it is not allowed (and the defender gets a free pass (re-start). The defender does not have to actually be able to block the shot so a short defender on a tall shooter can still make a defended shot provided it meets the 4 conditions.</i></p> <p><i>This rule should be introduced gradually</i></p>
<p>15 No moving the post or using it to move away</p>		<p><i>The post is not part of a player's body or something to be moved so it has to be left alone.</i></p>
<p>16 Re-start by non-offending team from the spot where the offence took place or, after a goal by the non-scoring team from the Penalty Spot of the post they are defending. No interference until ball has gone 2.5m from the taker.</p>		<p><i>This will be for mild infringements related to rules 6,7,8 above or if the ball goes out of play. At this level we do not recommend introducing the "free pass" to keep it simple.</i></p>
<p>17 Penalty is awarded if there is an infringement on someone going to shoot. A free shot from 2.5m in front of the post (Penalty Spot). Everyone else 2.5m away from a line between the penalty spot and the post. No interference with penalty taker.</p>		<p><i>Examples are knocking the arm or body as the shot is being taken or knocking a player about to pass the ball to someone who is in a free position to shoot.</i></p>
<p>18 Start of play is at the centre of the court. It is the same position after every goal but by a member of the non-scoring team.</p>	<p>Whichever team is to take it does so from near the centre just inside their Attack division.</p>	<p><i>You may decide who will be the "home" side so they will begin at the start of the game. After half time the other team starts with the ball and they will shoot into the other basket.</i></p>

<p>19 Game length is up to the organisers to decide but should be no longer than 15 minutes for each half.</p>	<p>After half time the teams change direction therefore shoot into the other goal and the roles (attacker or defender) remain the same at the start so they continue but in the other division of the court.</p>	<p><i>Adjust the game length to enable continuous fun for all in safe conditions. Organisers may have additional agreed conditions like having 4 quarters or having a continuous game and changing the team(s) every 5 minutes.</i></p>
<p>20 Substitution of players is gender based (boy boy and girl for girl). Substitutions can be made at any time when the team making the substitution has possession.</p>	<p>Substitutions now made when play is stopped. Players must change roles on return to the game (e.g. leaving game as an attacker and come back on as a defender)</p>	<p><i>The rule in K8 is to prevent a player specialising since in korfball the challenge is to be good all round i.e. at attacking and defending.</i></p>
<p>21 Referee blows a whistle to stop and start all play</p>		<p><i>At this level the referee should be encouraging good physical and social skills, warning against infringements, especially any dangerous play .</i></p>
<p>22 Referee throw-up when uncertain which team should have the ball. Ball is thrown up between 2 players and they can catch it on the way down</p>		<p><i>Referee chooses 2 players of the same gender and height. When throwing up blows the whistle when at maximum height above players so they can catch the ball on the way down</i></p>
<p>23 Change of divisions</p>	<p>In K8 there is a change of divisions after every 2 goal or 5 minutes whichever comes first.</p>	<p><i>This is to ensure players are good at attack and defence. The 5 minutes option assists this. If there hasn't been 2 goals after 5 minutes then call a change of divisions when the ball is being passed over the centre line and give to team throwing it just inside their attack division.</i></p>
<p>23 Your Special Rules to assist developing skills and cooperation</p>		<p><i>You may introduce a rule such as: when the ball is intercepted by a defender (or after a goal or re- start) there must be passes to at least 2 of the other players before anyone can take a shot at goal.</i></p>



Intermediate Level

Lessons for Korfball4 or Korfball8

These lessons can follow on from those for Korfball4 or be an introduction to the korfball game. They are suitable for years 7 – 8 within the Australian Curriculum Framework (ACARA).

You can see some experienced children playing 2 division korfball at

<https://www.youtube.com/watch?v=Aiy-nqFb87o>

and <https://www.youtube.com/watch?v=-cGM4AIGeAE>

You might like to watch some experienced high school players of Korfball4 at

<https://www.facebook.com/CTKA2014/videos/vb.287479111411678/360531074106481/?type=2&theater>

The Korfball Skills

These skills can be seen on videos at <http://korfball.org.au/resources/coaching/>

and clips from the website are numbered below (e.g. Vol 01).

Reference is also made to these in the body of the lessons for teacher/coach reference.

Movement	Korfball players need to be able to move quickly everywhere in their division. They also need to have a variety of movements - to get away from an opponent or to stay with them to defend shots. So sprinting, moving side to side, forwards and backwards and jumping are all skills to meet the challenges of attacking and defending and make the game more interesting.	VOL 04 (L move) VOL 05 (side move to collect and shoot) VOL 09 (defender movement)
Passing and catching	With such a nice large area to play in, a wide variety of passing and catching is needed with short and long passes, lob passes, catching and passing on the run. Many of these are similar to those required for netball and basketball.	VOL 06 (Passing with lead foot) VOL 05 (side move to collect and shoot)

Shooting	Shooting is the highlight of the game and especially so since every player needs to be able to do it and from almost anywhere in their half of the court. Shooting is made challenging because of the rule of shooting only when you are not defended. A range of shooting techniques are required including close shots and long distance shots, moving in a V or L movement, running-in shots to avoid your opponent and have the opportunity to get a shot in without it being defended.	VOL 01 (standing shots) VOL 02 (receiving, stepping back to balance) VOL 03 (moving back before receiving and shooting) VOL 05 (side move to collect and shoot) VOL 07 (Penalty shot) VOL 08 (Running-in shot)
Assisting	Korfball is a great game of cooperation which is needed to get team members free to take shots, to retrieve the non-successful shot, and support others to get shots at goal. Two major roles here are Rebounding - when a player retrieves an unsuccessful shot from under the basket and feeding - when a player gets the ball near the post and passes it out to a player getting themselves free of their opponent to get a shot in.	VOL 03 (moving back before receiving and shooting) VOL 08 (Running-in shot)
Attacking	There are a number of tactics that can be introduced at this level including 2-2 -having 2 assists(rebounder and feeder) and 2 players away from the post attempting to get shots and 3-1 with one assist perhaps collecting and/or feeding the ball from near the post. But they need to change roles often.	See this for primary age students playing https://www.youtube.com/watch?v=J_UYfmPjW4
Defending	Defending is a very important skill introduced at this level where, with correct defending, goals can be prevented. This makes finding opportunities to shoot undefended more challenging and interesting. It also meets the demand of being a good korfball player where you have all-round ability - good at shooting and good at defending and good at cooperating.	VOL 09 (defending movement)

Social Skills through Korfball

These are as for the Korfball Foundation lessons but with greater expectation of understanding.

See page 7 above for the social skills and how korfball activities contribute to their development and also relate to ACARA bands.

The lesson structure

Each lesson is approximately 50 minutes but can be modified according to need.

It has 4 parts as for the Foundation lessons above.

Start out (5 mins)	<i>Simple game to warm up and has a simple skill or movement for korfball</i>
Get into it (10 mins)	<i>More complex games developing a skill or movement/strategy</i>
Play it (30 mins)	<i>A modified Korfball4 2 game Round Robin</i>
Finish up (5 mins)	<i>Low-intensity warm-down activity and review between coach and players (include thank the other teams)</i>

For Korfball lessons we recommend using the ideas of ***Playing for Life CHANGE IT***

This suggests that we should always be willing to change parts of activities to make them more fun, easier or harder or more relevant to meeting the needs of players and goals of activities. It might mean changing:-

Coaching style including how much direction, when to ask players

How you score /win

Area in which the activity takes place e.g. smaller/larger

Number of players in a group

Game rules e.g. to make it easier or harder to get goals

Equipment e.g. lower or increase height of baskets

Inclusion factors e.g. to make sure everyone is involved – in korfball especially gender issues

Time for activity e.g. reduce/make longer

For more information on CHANGEIT see *the Playing for Life Coach's Guide page 26*

Korfball Intermediate Lessons Program

Lesson parts	6	7	8	9	10
Skill focus	Movement Pass and catch Shooting Assisting	Movement Pass and catch Shooting Assisting Attacking	Movement Pass and catch Shooting Assisting Attacking Defending	Movement Pass and catch Shooting Assisting Attacking Defending	Movement Pass and catch Shooting Assisting Attacking Defending
Start out	Group teamwork	Shadow your attacker	Here, there, everywhere	All change defended	Group team work tag
Get into it <i>ACPMP061</i>	Pass and Catch Standing shots Relays	Golden 10 Pass Moving shots (post)	Moving Quick Shots Moving long shots	Running-in shots Penalty Shot	Variety relays
Play it <i>ACPMP080</i> <i>ACPMP082</i> <i>ACPMP083</i> <i>ACPMP084</i> <i>ACPMP086</i> <i>ACPMP087</i> <i>ACPMP088</i>	Game(s) Gender hindering Pass and intercept Goal shooting	Game(s) Pass and intercept Moving shots Defended shots	Game(s) Defended shots Quick Shots 3-1 tactics	Game(s) Pass and Intercept Running in shots 2-2 tactics (in K8)	Game(s) Variety in attack -tactics to suit
Finish up <i>ACPSS075</i> <i>ACPSS076</i>	What did you like?	What did you learn?	What did you learn more about?	What did you get better at?	What more do you need to learn?

The relevant ACARA content descriptors are

ACPMP061 Practise specialised movement skills and apply them in a variety of movement sequences and situations

ACPMP080 Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations

ACPMP082 Practise, apply and transfer movement concepts and strategies with and without equipment

ACPMP083 Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans

ACPMP084 Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences

ACPMP086 Practise and apply personal and social skills when undertaking a range of roles in physical activities

ACPMP087 Evaluate and justify reasons for decisions and choices of action when solving movement challenges

ACPMP088 Modify rules and scoring systems to allow for fair play, safety and inclusive participation

Start out

These activities are to generate attention and for warming up. They do not require any equipment except some area markers.

1. **Groups teamwork** - groups challenged to particular activities
2. **Shadow an attacker** - find an opponent one group moves into a half court (from about centre) and others try to find an opponent and stay with them. When whistle blows who is with one?
3. **Hinder a shot** - as in 2 but when whistle blows attackers have to pretend to take a shot and defenders try to hinder. Who was close enough to hinder the shot?
4. **All change** - as in 2 but teacher may call out change and then they move into the other half of the court and change roles. On whistle who is with their opponent?
5. **Group teamwork tag** –group work together to tag members of another team

Get into it

1. a. **Pass and catch** - pairs – varying distances
b. **Standing shots** - with posts varying distances
2. a. **Golden 10 passes** - groups attackers try to move down the court with 10 passes and other group tries to intercept
b. **Moving shots** - with posts
3. a. **Moving quick shots** - left, right and L shots groups
b. **Moving long shots** - time / distance limits
4. a. **Running-in shots** groups relays
b. **Penalty shots** accuracy groups
5. **Variety relays** - set mixture of shots in relays

Play it - Game development

Note: Since this sequence of lessons is very much an overall introduction we are suggesting moving the children into the full game in the first lesson. However, if you have time for more lessons you might wish to build up to that more slowly.

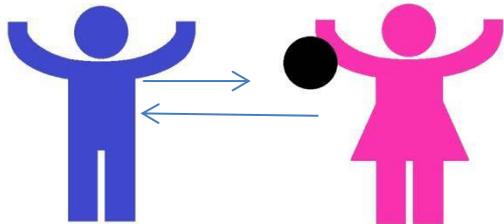
1. Own gender hindering - anyone shooting
2. Defended shots - assisting with attack focus - rebound
3. Tactics 3-1 - assisting with attack focus - moving shots
4. Tactics 2-2 K4 K8 - running in shots now good at everything - shooting, defending, assisting
5. Variety in attack - variety of shooting tactics, assisting defending with focus on K8

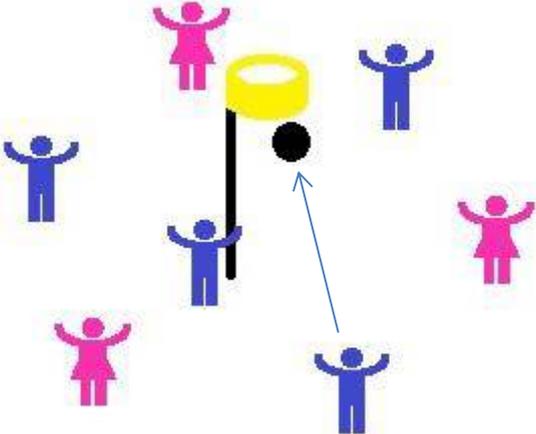
Game sense questions

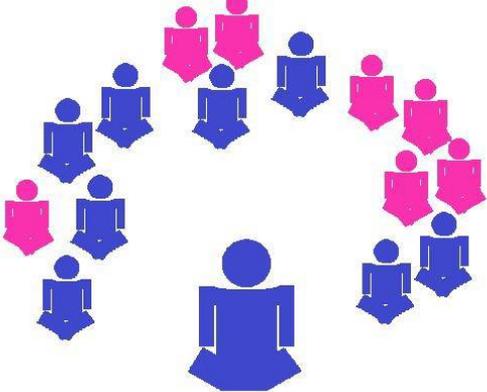
At the end of activities questions to help the players understand what they are doing and why have been included (*in italics*). These are just suggestions and better questions may come from asking the players first if they have any questions or observations.

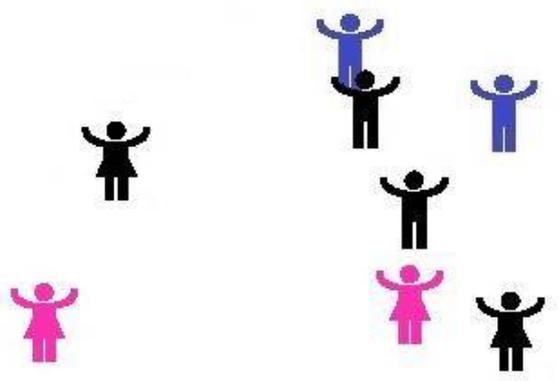
Some organisational suggestions

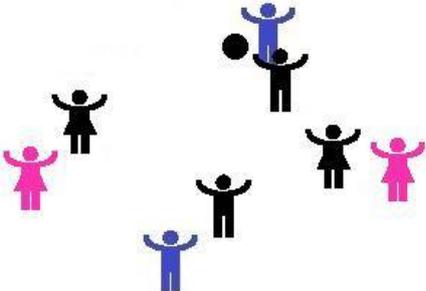
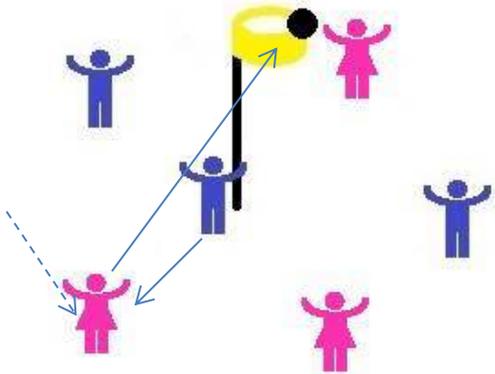
1. Organise the class into team groups of 4 at the beginning of the lessons. This can encourage them to work together as a team throughout the activities since these activities are designed to develop the skills of a group - working together, developing an awareness of each other's strengths and weaknesses and the group's strengths.
2. Playing Korfball4 means you have only 8 children involved in a game at one time which means you need some options for the others to keep them involved! One option while two teams are playing is to have some groups/teams practising the skills they did in the earlier part of the lesson at the same time as a game is being played and then alternate these other teams in the game situation (e.g. change playing teams every 5 minutes with the activities groups).
3. Another option is the non-playing teams watching and being
 - Recorders of goals scored for each team
 - Coaches for the teams playing
 - Assistant referees
 - Media people - reporting on the game, taking pictures, videoing
4. If you can only have one game of **Korfball4** going at one time change the teams every few minutes.
5. If all teams get approximately the same court time they could tally their goals, or goals for and against, for the lesson.
6. During the game development part of the lesson play **Korfball8** - the 2 division korfball so that you have 16 students involved at one time. Again the points noted above may be helpful for keeping those not playing involved.

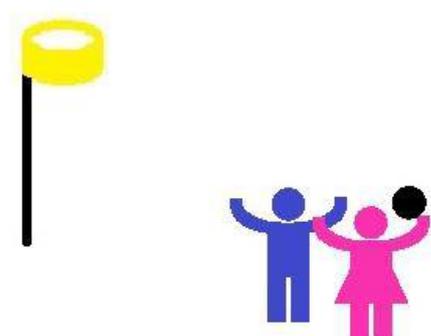
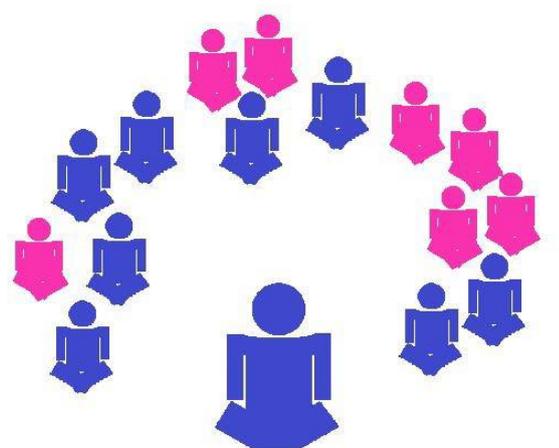
Lesson 6	Intermediate level Korfball 4 and 8	
Skill focus	Movement changing direction Passing and catching Shooting from standing positions Assisting	
Safety	Check the Special Rules on Safety on page 7 in particular regarding safety around korfball posts.	
Area	Area about 30m x 15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to one per pair Korfball posts at about 2.5m - 3m or similar posts up to 6 if available Marker cones	
Activities	5 mins This is Korfball 5 mins Pass and catch (no post) 5 mins Standing short and longer shots (post) relays 30 mins Game - with gender hindering only 5 mins What did you think of that?	
Activity	Group Teamwork	
Lesson 6 Start out 5 minutes	Skill focus Working together as a group to meet challenges	Equipment
What to do	Players put into team groups of 4 before commencement of lesson. Teams should all have 2 boys and 2 girls or be equivalent to the ratio of each in the class that lesson). Team groups in korfball court area with the 2 posts in place Teams move about the court area. On whistle do what coach tells them (see in right column). See which teams in position first.	Some coach instructions for teams: <ul style="list-style-type: none"> • All together making a square with hands out. • Holding hands around a post. • Circle with one other team. • In string formation one touching a post. • 2 behind each post. • Boys to one place, girls to another. <i>What does this kind of game require you to do?(e.g. work together as a group/team)</i>
	Tips Encourage players to think about what their team members are doing.	Change Break up teams (e.g. to different parts of court) so they have to find each other to perform task.
Activity	Pass and catch	
Lesson 6 Get into it 1a 5 minutes	Skill focus Passing and catching while standing VOL 06	Equipment 1 ball for each pair of students Line markers
What to do	<ol style="list-style-type: none"> 1 in pairs stand about 2m apart and do chest passes 2 increase to about 3m apart. 3 next 4m apart and do shoulder pass (with a lead foot moving forward) 4 at same distance do a lob pass over an imaginary opponent <p><i>If you are good at passing/catching how is</i></p>	

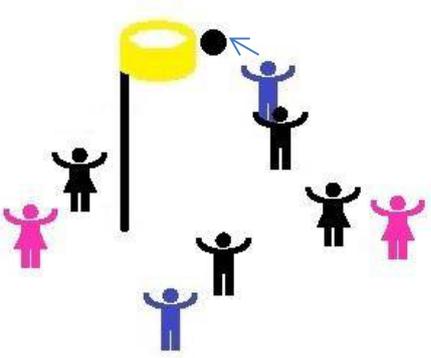
	<i>that good for you in a game? How is it good for your team?</i>	
	Tips These passes are similar to netball and basketball. Depending on prior experience, instruction on technique may be necessary.	Change No limit then perhaps see how many in 20 seconds (without dropping the ball)
Activity	Standing shots relays	
Lesson 6 Get into it 1b 5 minutes	Skill focus Standing shots Collecting a rebound Passing out to standing player VOL 01	Equipment 2+ posts + ball for each group (6)
What to do	<p>Players in team groups make a circle around posts at a radius of about 3m and equidistant from each other. In turn they take 2 standing shots. Remind to correct shooting technique after first shot.</p> <p>One player is under the post to collect rebounds and pass out to players in turn. (Others may help if ball rebounds near them.)</p> <p>When everyone has had 2 shots they each move around clockwise to a new position and the last shooter replaces the collector.</p> <p><i>Why do you think we are making a circle and taking shots from all around the post? Why is it good to have someone under the post? Why did we ask you to have 2 shots? What did you learn that will make your shots more likely to go in the basket?</i></p>	
	Tips Help with technique for shooting and compliment good technique and encourage players helping each other	Change Have a round of all shooting and check how many goals were scored. Have 30 seconds shooting and see which team had most goals.
Activity	Play it Korfball4 or Korfball8	
Lesson 6 Play it 20 minutes	Skill focus Moving about without contact Shooting from anywhere around the post and any distance Intercepting the ball and blocking shots	Equipment Pair of korfball posts set up on a court about 25x15m (K4) or 30m x 15m (K8) 1 ball
What to do	<p>If K4 Teams of 4 with equal number of boys and girls in each team (preferably 2-2 or same ratio for all teams) Introduce first the rules to all class (see page 31) of no contact, no knocking ball out of hand, gender hindering only, hindering from at least arms length away and shooting from anywhere into your basket (korf). Play a game between 2 teams for 5</p>	<p>If K8 Teams of 8 with equal ratio of boys to girls for each division. Rules introduced noting for K8 can only play in your division. Change divisions after every 2 goals. If not 2 goals after 5 minutes change anyway.</p> <p>On a change of divisions can ask questions (as in left column) appropriate to what the division group is doing next (ie attacking or</p>

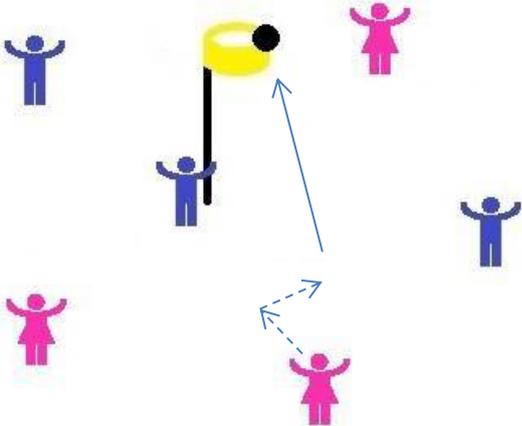
	<p>minutes. Then change teams. After each game questions such as <i>How can we stop the other team getting goals?</i> <i>How can we have more chances to get goals?</i> <i>Why isn't it helpful to all crowd under the post?</i></p>	<p>defending).</p>
	<p>Tips Major focus should be getting shots in at goal. Later encourage trying to block shots without contact, looking for space away from opponents, looking to pass to someone better able to get a shot in.</p>	<p>Change Points noted in <i>What to do to ensure safety</i> and to make more fun when appropriate. Might introduce own rule such as -there must be passes to at least 2 other team members before a shot is taken.</p>
<p>Activity</p>	<p>What did you think of that?</p>	
<p>Lesson 6 Finish up 5 minutes</p>	<p>Skill focus Players recognising physical skills required and some of the social skills (e.g. SS2, SS7, SS10, SS11).</p>	<p>Equipment This needs to be put away but with special safety care with the korfball posts.</p>
<p>What to do</p>	<p>Players sit down as a group and the coach gets the reaction of the players. If possible get a general reaction first without prompts. Then if not mentioned:- <i>What do you think of this game today?</i> <i>What did you find difficult?</i> <i>What would you like to do more to improve your skills for this game?</i> <i>How well did you relate to each other in your playing groups?</i> <i>What could you have done to improve this?</i></p>	<p><i>What's so good about putting all the equipment away carefully?</i></p> 

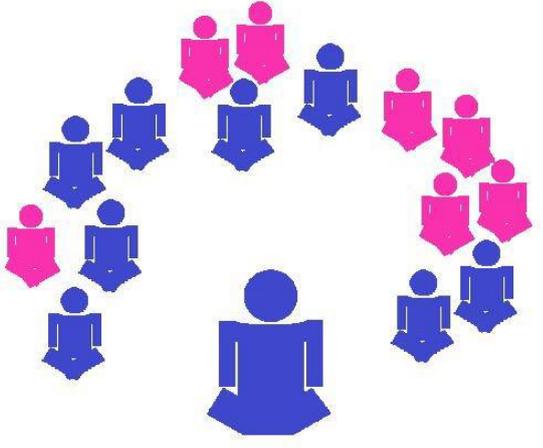
Lesson 7	Intermediate level Korfball4 and 8	
Skill focus	Movement - changing direction, pace, dodging (VOL 06) Passing and catching Shooting - moving shots (VOL 03, VOL 05) Assisting - rebounding and passing Attacking - using space	
Safety	Check the Special Rules on Safety on page 7 in particular safety around korfball posts	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to one per pair Korfball posts at about 2.5m – 3m or similar posts up to 6 if available Marker cones	
Activities	5 mins Shadow an attacker 5 mins Golden 10 passes 5 mins Moving shots 30 mins Game (either K4 or K8) – defended shots and quick moving shots 5 mins What did you learn	
Activity	Shadow an attacker	
Lesson 7 Start out 5 minutes	Skill focus Dodging and darting in different directions Following others movements (VOL 09)	Equipment Half court size areas for groups to move in
What to do	<p>Players put into team groups of 4 before commencement of lesson. Teams should all have 2 boys and 2 girls or be equivalent to the ratio of each in the class that lesson).</p> <p>Two teams on a half court. One group is Attackers. They run into the half court area and they are followed a few seconds later by the shadow group. The Shadows (Defenders) try to pair up and stay with an attacker each.</p> <p>On the whistle all freeze and see which shadows are in touching distance of an attacker.</p> <p>Point might be awarded to shadow if close enough to attacker, or to attacker if not.</p> <p>Change roles and repeat.</p> <p>Ask individuals <i>What did you do to make sure you got away/stayed up close to your partner?</i></p>	
	Tips Question what might be an easier way for attackers to stay away from a shadower, e.g. dodging and darting and not running one way.	Change Easier - could be walking only Harder - could be call of change and all after move back over end starting line and change roles.

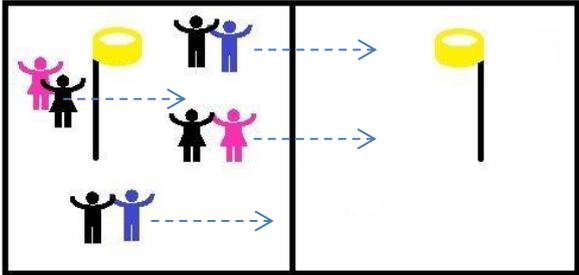
Activity	Golden 10 passes	
Lesson 7 Get into it 7a 5 minutes	Skill focus Passing, moving to catch the ball, using full space of half court (VOL 06)	Equipment Korfball post in half court and 1 ball for each group
What to do	<p>Players in team groups. One team moves the ball around while using all the area and tries to make 10 passes without dropping the ball or it being intercepted by the other team. If intercepted the other team attempts to make 10 passes. Introduce gender marking - boys mark boys, girls mark girls. <i>If you only mark your gender, how do you think that will help in a game?</i></p>	
	<p>Tips Remind players there should be no contact and the skill is to intercept the ball without contact. Player collecting the ball should be encouraged to move into space to collect the ball.</p>	<p>Change Have no points Have points for making 10 passes Harder - every player must have been involved in the 10 golden passes. No passing back to last passer of the ball. Easier - allow 2 or more attempts by a team to make 10 passes - interceptors must stay 2m away from attackers -allow bounce passes</p>
Activity	Moving shots	
Lesson 7 Get into it 7b 5 minutes	Skill focus Moving, balancing and shooting (VOL 04, VOL 05)	Equipment Korfball posts set in half court areas Other posts can be used without backboards Ball for each group
What to do	<p>Players in groups around posts about 3m away. A “feeder” under the post passes the ball out to a player. The player must move either to the left or right, catch it, balance and shoot. Change feeder when all have had a shot. After a few goes have 30 seconds to see how many goals each team can get. <i>What are some of the difficulties trying this kind of shot?</i> <i>Why is it a good kind of shot?</i> <i>If you got a goal from such a shot why should you thank the player who passed the ball to you? (SS2, SS4, SS5, SS7, SS8, SS10, SS11)</i></p>	
	<p>Tips Encourage players to move quickly, stop and balance before shooting.</p>	<p>Change Harder - player receiving does an L move (step forward a couple of steps then quick dart to side) before collecting and shooting. Easier - have players each make 2 consecutive shots.</p>

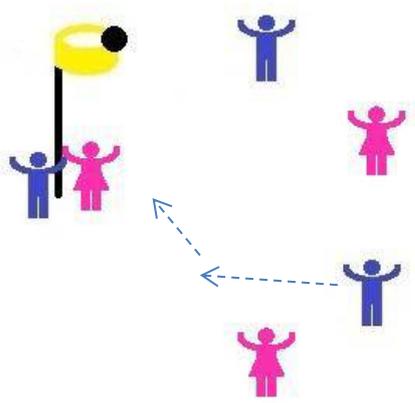
Activity	Game Korfball4 or Korfball8	
Lesson 7 Play it 20 minutes	Skill focus Moving about without contact Shooting from anywhere around the post and any distance Intercepting the ball	Equipment Pair of korfball posts 2.5m high set up on a court about 25mx15m (K4) or 30mx15m (K8) 1 korfball
What to do	<p>For K4 Introduce your gender hindering only. New rules are you can only hinder (within touching distance) someone of the same gender.</p> <p>Defended rule: Show examples of defended and undefended.</p> <p>The Defended Rule: To be defender at the moment the ball leaves the shooter's hands the defender must be</p> <ol style="list-style-type: none"> 1. Within touching distance while upright 2. Closer to the post than the attacker 3. Facing the attacker 4. Attempting to block the shot <p>Other rules as required.</p>	<p>For K8 see left column for defended rule See in Tips below points about focus for each group.</p> 
	<p>Tips</p> <p>For K8 Remind attackers to use all space and look to pass to someone free to shoot. Remind those taking on a defending role to stick with their opponent and try to block any shots.</p> <p>For K4 important to get down the court and defend all shots if they can.</p>	<p>Change</p> <p>Increase or decrease strictness of interpretation of "defended" to get all attempting and let players know verbally what they need to do if not fully defended.</p>
Activity	What did you learn?	
Lesson 7 Finish up 5 minutes	Skill focus Players recognising physical skills required and some of the social skills.	Equipment This needs to be put away but with special safety care with the korfball posts.
What to do	<p>At the end of play they all shake hands with members of the other team. They each thank the referee then sit down as a group.</p> <p>If possible just general reaction first without prompts. Then if not mentioned:-</p> <p><i>Why do you think we have the rule that you can only hinder your gender?</i></p> <p><i>What are some good things you like about only hindering your gender? What were some of the people skills you need for this game? (E.g. sharing, relating to other gender.) (SS2, SS4, SS5, SS7, SS8, SS10, SS11)</i></p>	

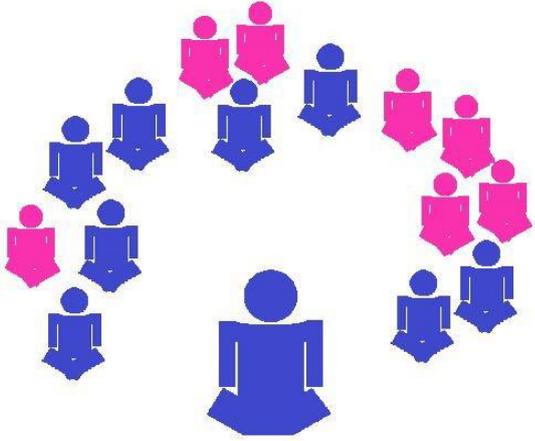
Lesson 8	Intermediate level Korfball 4 and 8	
Skill focus	Movement Pass and catch (VOL 06) Shooting (VOL 04, VOL 05) Assisting Attacking Defending – staying with attacker (VOL 09)	
Safety	Check the Special Rules on Safety on page 6 in particular regarding safety around korfball posts.	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to one per pair Korfball posts at about 2.5m – 3m or similar posts (up to 6 if available) Marker cones	
Activities	5 mins Here there nowhere 10 mins Moving quick shots 30 mins Game 5 mins What did you learn about?	
Activity	Hinder a shot	
Lesson 8 Start out 5 minutes	Skills focus Movement changing pace and direction Staying with or away from an opponent	Equipment Korfball posts in court playing position
What to do	Players put into team groups of 4 before commencement of lesson. Teams should have 2 boys and 2 girls or equivalent to the ratio of each in the class that lesson. 2 teams on a half court with one the attacker and one the defender. The attackers move around the court trying to get away from their defender. On the whistle attackers attempt to do a korfball shot and defenders try to defend their attacker. See who defended the shot (Could use non-players to check this) <i>Who made a defended shot? (Why and why not)</i>	
	Tips Remind players that they have to avoid contact with everyone else and attackers must not cause their defender to run into anyone. Attackers need to be dodging and darting and changing direction rather than running away from their partner. Defenders need to keep a low profile with their bodies so they can change directions quickly without falling over.	
Activity	Moving Quick Shots	
Lesson 8 Get into it 8	Skill focus Move left, right or L move and collect and	Equipment Half courts with korfball post positioned

<p>10 minutes</p>	<p>shoot (VOL 2, VOL 3, VOL 4, VOL5) Timing the pass</p>	
<p>What to do</p>	<p>Groups in circle around a post about 4m away. One player on the post to be the feeder and collector. In turn players move forward and dart to right or left, collect the ball from the feeder and shoot. When all have had a go change feeder collector and move the circle e.g. everyone two places to the right or left.. Then change the shot type, e.g. to an L move. (VOL 2, VOL 3, VOL 4, VOL5) <i>A and B were very good with their pass and collect. What did they do to make it successful?</i></p>	
	<p>Tips Important for the feeder to pass the ball at the right time for the shooter to collect and shoot. Feeders are just as important as the player who gets the goal. Shooters need to remember to balance first to make the shot.</p>	<p>Change Have competition between groups for - how many goals in one group circuit? - how many goals in 1 minute? Easier – have points 1 for hitting basket only and 3 points for a goal Harder – increase distance from post for shooting</p>
<p>Activity</p>	<p>A Game Korfball4 or Korfball8</p>	
<p>Lesson 8 Play it 20 minutes</p>	<p>Skill focus Defending (VOL9) Shooting undefended Varying shooting options</p>	<p>Equipment Pair of korfball posts 2.5m high set up on a court about 30mx15m 1 korfball</p>
<p>What to do</p>	<p>Prior to the game introduce or revisit any of the rules and in particular the defended rule. For K4 when you have the the ball close to your post to shoot into, use a 3-1 formation so you can retrieve shots. Defenders should try to defend all shots as soon as possible.</p> <p>Tips Remind attackers to use all space and look to pass to someone free to shoot. Remind defenders to stick with their opponent and try to make defended shots. If bringing on non-playing teams ask them to watch and when they come on say what they will do to improve their scoring chances and defended shot chances.</p>	<p>For K8 Attackers should consider a 3-1 formation (1 near the post to get rebounds and pass out to others to shoot). Defenders making sure you all mark an appropriate attacker, Call out “PARTI” when you intercept the ball to let your team mates know you have the ball and help each other to get the ball through to your attack division players.</p> <p>Change Be less strict on defended shots to start with (give them even if not covering all 4 conditions well). Stricter later because we still want plenty of goals. To encourage certain shots (like a side move L shot) could award extra points for such a goal or an extra point for passing the ball out to someone in a better position to get a shot in (not defended).</p>

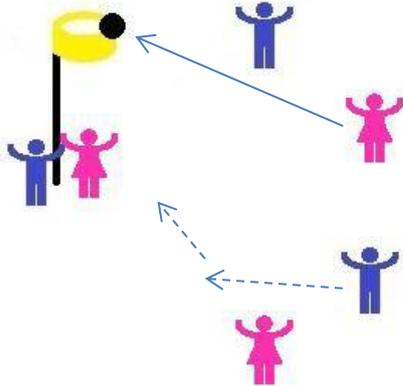
<p>Activity</p>	<p>What did you learn?</p>	
<p>Lesson 8 Finish up 5 minutes</p>	<p>Skill focus Players recognising physical skills required and some of the social skills.</p>	<p>Equipment This needs to be put away but with special safety care with the korfball posts.</p>
<p>What to do</p>	<p>At the end of play they all shake hands with members of the other team. They each thank the referee. Then sit down as a group If possible just general reactions first without prompts. Then if not mentioned:- <i>What do you think of the game today?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> – especially the defending rule. <i>What were some of the people skills you needed in the game today?</i> (e.g. sharing, relating to other gender,) (SS1, SS2, SS3, SS4, SS7, SS11).</p>	

Lesson 9	Intermediate level Korfball4 and 8	
Skill focus	Movement Pass and catch (VOL 6) Shooting (VOL 8, VOL 7) Assisting Attacking Defending	
Safety	Check the Special Rules on Safety on page 6 in particular regarding safety around korfball posts.	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls (korfball, soccer or netball but not basketball) up to two per group Korfball posts at about 2.5m - 3m or similar posts up to 6 if available Marker cones	
Activities	5 mins All change defended 10 mins Running-in shots relay 30 mins Game - tactics 2-2, defending triangle 5 mins What did you learn about..?	
Activity	All change defended	
Lesson 9 Start out 5 minutes	Skill focus Recognising possible moves to get free to receive the ball for a shot.(VOL3, VOL4, VOL5) Being able to maintain a defending position against an opponent. (VOL5,VOL6)	Equipment Half c`ourt area for each group with posts in place.
What to do	Players in two teams and each an attacking half of the court.Players each have a designated opponent. Start in one attack. On whistle they move about attackers trying to get away from their opponent into space. Coach/teacher calls out a change (e.g. black team attacking) and then they all race to the other team's attack. After a few seconds whistle and all must freeze. A point to each defender in a defending position and a point to attackers who are free. On the whistle they stop and the attackers facing the post do a K move. This could be - a dodge and dart to the right or left to collect a pass from an imaginary player or a move to collect an imaginary ball to shoot. Defenders try to stay with them as they do it and attempt to defend the shot.	Coach may see some good undefended shots or defended shots and award points. Could expect "honesty" here and ask pairs who was successful. 
	Tips Praise for good positioning either as attackers or defenders and honesty in recognising each others position.	Change Vary the whistle blowing and even a change before they have got a full move to the other half of the court. Include an imaginary ball.

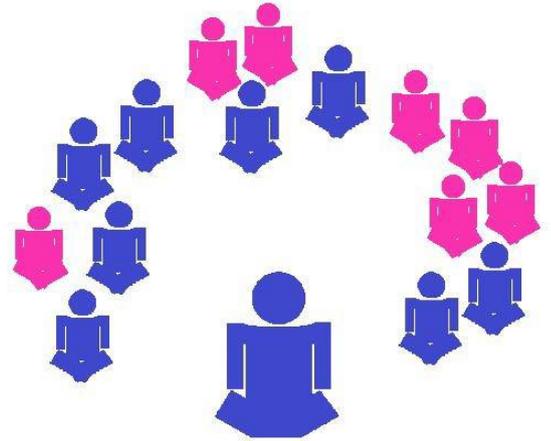
Activity	Running-in shot relay	
Lesson 9 Get into it 1b 5 minutes	Skill focus Collecting on the run and shooting Pass timing and support for shooter (VOL8)	Equipment Half courts with korfball post positioned Markers for each position on half court group
What to do	<p>Players put into team groups of 4 before commencement of lesson. Teams should all have 2 boys and 2 girls or equivalent to the ratio of each in the class that lesson.</p> <p>2 Teams in a semi-circle towards centre of court about 6m away.</p> <p>Have 2 players assisting - one to get the rebounds and pass to the feeder.</p> <p>In turn, players dodge around an imaginary defender (their marker) and run in to take a running-in shot collecting the ball about 3 metres from the post when they can take up to 3 steps between catching and releasing the ball.</p> <p>Have time to showcase good passing and good running-in shots.</p> <p><i>Why is a running-in shot another good kind of shot?</i></p> <p><i>When is it best to try it? (e.g. when your defender is very close and you are a long way away from the post so can easily run around them)</i></p>	
	Tips Remind player running-in to have a quick dodge and move, then slow down to receive the ball and make a shot. Don't be too strict about the number of steps taken to start with but then later 3 steps (contact with the ground while holding the ball) only..	Change The 2 assisting players might be rotated, e.g. feeder goes to join shooting circle, collector becomes the feeder, player who shot collect their shot. If relay working well have a competition between relay groups with number of goals in 2 rounds or 2 minutes.
Activity	Penalty Shot	
Lesson 9 Get into it 5 minutes	<p>Skill Focus Taking a penalty shot</p> <p>Remind players when a penalty shot is awarded - when there is an infringement by a defender against an attacker shooting (e.g. knocking arm before ball has left hands). All players have a practise of the penalty shot from the penalty spot (2.5m in towards centre from post).</p> <p>Tips Suggest taker stretches up towards basket as shot is taken but must not land closer to post before ball has left players hands.</p>	<p>Equipment Posts in position on court and ball for each post group</p> <p>Penalty taker shoots from penalty spot. Everyone else must be at least 2.5m away from a line between penalty spot and post. No one is allowed to interfere with the penalty shot. If penalty is missed game continues.</p> <p>Change Let everyone take 2 consecutive shots</p>
Activity	A Game Korfball4 or Korfball8	

Lesson 9 Play it 20 minutes	Skill focus Defending Shooting undefended Varying shooting options	Equipment Pair of korfbal posts 2.5m high set up on a court about 30mx15m 1 korfbal
What to do	For Korfbal4 game with all the rules included. In attack can have a tactic of 2-2 (2 spread out and shooting with running-in shots included) and one rebounding and one feeding the ball to attackers.	For Korfbal8 Make sure all players/teams get experience in attack and defence. Note 2-2 tactic in attack division. Defenders focusing on marking all attackers and also going for rebound.
	Tips Remind attackers to use all space and look to pass to someone free to shoot. When there is a turnover remind defenders to stick with their opponent and try to make defended shots. If bringing on non-playing teams ask them to watch and when they come on say what they will do to improve their scoring chances.	Change Be strict with the rules where appropriate, particularly contact and defended shots. Less strict on defended shots if appropriate. To encourage certain shots (like a running-in shot) could award extra points for such a goal.
Activity	What did you learn?	
Lesson 9 Finish up 5 minutes	Skill focus Players recognising physical skills required and some of the social skills.	Equipment This needs to be put away but with special safety care with the korfbal posts.
What to do	At the end of play they all shake hands with members of the other team and thank the referee. Then sit down as a group. If possible just general reactions first without prompts. Then if not mentioned:- <i>What do you think of the game today?</i> <i>What do you particularly like about it?</i> <i>What did you find difficult?</i> (Especially the defending rule, running-in shot.) <i>How did you get on with the rest of your playing group today?</i> Good first then the improvements they could try. <i>What were some of the people skills you need for this game?</i> (especially being empathetic – recognising feeling of others and respecting them).	

Lesson 10	Intermediate level Korfball 4 and 8	
Skill focus	Movement to support passing and catching Shooting Assisting Attacking Defending	
Safety	Check the Special Rules on Safety on page 5 in particular regarding safety around korfball posts.	
Area	Area about 30mx15m indoors or outdoors	
Equipment	#4 or #5 balls up to two per group Korfball posts at about 3m or similar posts up to 6 if available Marker cones	
Activities	5 mins Group teamwork tag 10 mins variety relays 20 mins Korfball4 or Korfball8 5 mins What did you learn about?	
Activity 10.1	Group teamwork tag	
Lesson 10 Start out 5 minutes	Skill focus Working as a group to achieve a task.	Equipment Court area for class to move up and down.
What to do	One division team group (4) is in the middle of the court. They are given another team group to tag as all the rest of the class tries to make its way to the other end. The taggers are given a few seconds to plan how they will tag all the players to be tagged (and they likewise to prevent it) and then they attempt the tagging. There must not be interference by other players - they just run down to the other end.	Points could be awarded and tallied for each teams success in tagging.
	Tips Encourage teams to develop strategies to tag or prevent tagging. Praise for good team work.	Change Vary the size of the area or how they move down the court (e.g. walking not to be tagged). Have one team against one team contest
Activity 10.2	Variety relays	
Lesson 10 Get into it 5 minutes	Skill focus Variety of feeding and shooting forms.	Equipment Half courts with korfball post positioned Markers for each position on half court group
What to do	Players in 2 team groups now playing together as one in a semi-circle towards centre of court about 6m away. Have 2 players assisting - one to get the rebounds and pass to the feeder. Other players have set shot from their	

	<p>position, e.g. long shot, running-in shot, L movement and quick close-in shot. When all have had their shot they move around 2 places and feeder and rebounder are replaced and circuit recommences with all doing a different shot.</p> <p><i>Why is it good to have a variety of means of shooting?</i></p>	
	<p>Tips Remind feeders about passing the ball appropriately and the rebounders trying to get a good position under the post to see if he/she can retrieve the ball before it hits the ground.</p>	<p>Change If relay working well have a competition between relay groups with number of goals in 2 rounds or 2 minutes.</p>
<p>Activity 10.3</p>	<p>A Game Korfball4 or Korfball8</p>	
<p>Lesson 10 Play it 20 minutes</p>	<p>Skill focus Defending Shooting undefended Varying shooting options</p>	<p>Equipment Pair of korfball posts 2.5m to 3m high set up on a court about 30mx15m 1 korfball</p>
<p>What to do</p>	<p>For Korfball4 This is a full game with all the rules included. Watching players to act as coaches, scorers and even assistant referees where appropriate. Could be a round-robin competition.</p>	<p>For Korfball8 particular attention to being aware of role in each division and supporting each other. Could have a round robin if 3 teams.</p>
	<p>Tips Remind attackers to use all space and look to pass to someone free to shoot. If bringing on non-playing teams ask them to watch and when they come on say what they will do to improve their scoring chances.</p>	<p>Change Be strict with the rules where appropriate, particularly contact and unfair hindering. To encourage certain shots (like a running-in shot) could award extra points for such a goal.</p>
<p>Activity 10.4</p>	<p>What did you learn?</p>	
<p>Lesson 10 Finish up 5 minutes</p>	<p>Skill focus Players recognising physical skills required and some of the social skills.</p>	<p>Equipment This needs to be put away but with special safety care with the korfball posts.</p>
<p>What to do</p>	<p>At the end of play they all shake hands with members of the other team and thank the referee. Players sit down as a group and the coach</p>	<p>Again, select a team that has shown very good ball handling or social skills and ask why they might have been chosen.</p>

gets the reaction of the players.
 If possible just general reactions first without prompts. Then if not mentioned:-
What do you think of the game today?
What have you got better at from playing this game of Korfball4 or Korfball8?
What are some of the good things you have learnt playing together boys with girls? Try to relate to communication, understanding but their ideas very important to reflect upon.



Where to from here?

You may find that most of the activities done in these five lessons need more practice.

Planning a second series is a good idea focusing on the difficult skills but changing the format of the games that help develop the skills. For this, many of the activities in the *Playing for Life Kit* could be used.

Another approach is to look at the major skills of passing and catching and shooting demonstrated in a series of videos at <http://korfball.org.au/resources/coaching/>

and have games to develop these skills and/or watch some experienced high school players of Korfball 4 at

<https://www.facebook.com/CTKA2014/videos/vb.287479111411678/360531074106481/?type=2&theater>

The full international **Rules of Korfball4** are at present in the process of change. Please contact NationalTechnicalCoordinator@korfball.org.au

You could also see children playing 2 division korfball (Korfball 8) at

<https://www.youtube.com/watch?v=Aiy-nqFb87o>

<https://www.youtube.com/watch?v=-cGM4AIGeAE>

<https://www.youtube.com/watch?v=5Oc0qftML8E>

Other Resources

The ***Playing for Life Guide*** has some further very useful information on the following;-

Pages 47 to 56

- > A Session Planner
- > A Term Planner
- > RICER principles for first aid
- > Injury report form
- > Incident record form
- > Grievance Procedure
- > Community Coach Code of Ethics 56

If you need a less intensive approach to the 4 lessons above you might like to introduce the game with the rules for Korfball 1

Free Support Service

Korfball Australia runs a free support service for teachers requiring assistance developing programs. Contact NationalTechnicalCoordinator@korfball.org.au

Coaching and refereeing

A range of national coaching and refereeing courses are available from Korfball Australia which are outlined in the Resources section on the Korfball Australia website.

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

Korfball posts, baskets (korfs) and balls contact development@sa.korfball.org