



Youth Korfball

4 and 8

A FIVE WEEK PROGRAM

January 16 (with ACARA references)

This program has been developed as an introduction to Korfball 4 or 8. It is for students in physical education classes in secondary institutions to be conducted by a qualified physical education teacher. The activities are designed to enable youth to move through a planned progression of skills and knowledge of korfball leading towards top korfball – the approved international forms. References are made to where the Program fits into the Years 9-10 of the Australian Curriculum. For an introductory program such as this the skills activities are the same for both Korfball4 and Korfball8.

Reasons for including korfball in the curriculum

- It's a game that has skills similar and different to other ball handling games so can expand the student's range of skills and complement those of other sport like netball and basketball.
- It is mixed with no advantage to either gender so is a very good learning environment for girls and boys to develop social skills and appreciate each other's physical and mental skills.
- It demands a lot of cooperation to get scoring shots in and all round ability rather than specialisation so it adds another dimension to student development through sport.

For further information contact NationalTechnicalCoordinator@korfball.org.au

Youth Korfball 4 and 8 sits within this framework:-

Level	ACARA related years	Key features
Foundation Korfball4	5-6	1 division; 2m -3m 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 team way behind on scored goals.
Intermediate Korfball4/Korfball8	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 Korfball4/Korfball8	9-10	Still some flexibility in post height and court size but moving towards 3.5m high posts and 30m x15m court size for K4 and 40x20m for K8.
Top Korfball	11-12	Standard international Rules for Korfball 4 and Korfball 8 (traditional game format)

The Program in the community learning context

The Five Week Program sits within the Australian Curriculum Framework – see examples below. By incorporating aspects of the *Korfball Youth Leader Award* (e.g. as part of the extra non-practical lessons) the Program can contribute to other school community activities (e.g. leadership experiences in other aspects of school life) and in local community activities (e.g. leadership in sports and other clubs/groups).

High School/College Community	Local Community
Australian Curriculum (HPE)	
Youth Korfball Five week program	
School community activities	
Korfball Youth Leader Award activities	

In meeting the personal and social requirements of the *Australian Curriculum Year 9 and 10* students will:-

	ACARA references
<ul style="list-style-type: none"> • value learning about cooperation by playing together to achieve goals (rule: must be mixed 2 male + 2 female working together on court, no solo play; rule; no defended shooting - must cooperate to get someone free to shoot) 	ACPPS090
<ul style="list-style-type: none"> • develop skills in association with the other gender (e.g. ball handling - feeding, shooting, retrieving): defending: non-contact skills to get the ball) 	ACPPS093
<ul style="list-style-type: none"> • recognise that gender inclusiveness is necessary for success in the game 	ACPPS090
<ul style="list-style-type: none"> • become aware of the necessity to communicate with the other gender on court and in other korfball-related contexts 	ACPPS094
<ul style="list-style-type: none"> • develop alternatives to traditional beliefs about gender roles. Traditional beliefs can be challenged directly in a positive korfball playing situation 	ACPPS090

<ul style="list-style-type: none"> • personal and social capability is enhanced as they learn to understand themselves and others. This includes recognising and regulating emotions, developing empathy for and understanding of others, establishing positive and respectful relationships, making responsible decisions, working effectively in teams and handling challenging situations constructively. 	Self awareness Self management Social awareness Social management
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Relevance of the lessons to the ACARA for Physical Education Year 9 and 10 Band

ACPMP101 Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment

ACPMP103 Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences

ACPMP105 Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams

ACPMP106 Transfer understanding from previous movement experiences to create solutions to movement challenges

ACPMP107 Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities

For more on how a korfbal program like this fits into the National Curriculum see ***Improving Gender Relations through korfbal*** <http://korfbal.org.au/documents/korfbal-gender-and-the-australian-curriculum/>

THE KORFBALL YOUTH LEADER AWARD

The Korfball Youth Leader Award (KYLA) is a program of activities that contributes towards the acquiring of leadership skills and the recognition of these in korfball and school and community activities. All aspects of the program can be seen to contribute to areas of the Australian Curriculum

Parts of the program can be taken as an option while doing the *Korfball Five Week Program* on an individual or group basis. Some examples where credit can be gained;-

- completing this *5 Week Korfball Program* recognised in the skills section of the KYLA.
- developing coaching or refereeing knowledge and skills.
- organising the round-robin or similar administrative activity

For further information on the KYLA see the manual on the Korfball Australia website at <file:///C:/Users/Roy/AppData/Local/Temp/KYLAMANUALparticipants2015Edit.pdf>

Or contact YouthLeadersAward@korfball.org.au for suggestions on including in your korfball program.

The KYLA activities and ACARA

These activities are most relevant to the Year 9 and 10 Band as outlined above, in particular ACPMP105 (Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams) and developing the Personal and Social Capability especially social awareness and social management

Social awareness

- appreciate diverse perspectives
- contribute to civil society
- understand relationships.

Social management

- communicate effectively
- work collaboratively
- make decisions
- negotiate and resolve conflict
- develop leadership skills

Resources

The skills of korfball can be seen on videos at https://www.youtube.com/channel/UC2YJsLfw9hwrFETryugrn5Q	Individual skills demonstrated and these are expanded below.
Full Rules at http://www.ikf.org/?attachment_id=3521 or the KA website under Resources > Refereeing	The source for the official rules and expanded interpretations. A simpler version is included with this program as <i>Youth Korfball Rules 4 and 8</i>
Videos at International Korfball Federation (IKF) website http://www.ikf.org/	Videos of top korfball games including leagues and international.
Teaching resources http://korfball.org.au/resources/teaching/	A range of articles and programs that can assist on the Korfball Australia website.
Introduction to Korfball Coaching for teachers file:///C:/Users/Roy/AppData/Local/Temp/IntrotoKorfballforTeachers14-2-1.pdf	This outlines the basic theories related to coaching korfball and how we can apply these to develop knowledge and skills of the sport for students.
Equipment hire/purchase contact Karina development@sa.korfball.org.au .,	Limited sets of korfball posts (pair) available for hire. To purchase from \$850 per pair.
Korfball Youth Leader Award YouthLeadersAward@korfball.org.au	This is a very versatile program of activities students can undertake to develop their leadership skills individually or as a group.
For support with your curriculum developments contact NationalTechnicalCoordinator@korfball.org.au	This could include development of support exercises for rules, KYLA integration, youth referee or coach qualifications.

Video of Korfball4 at

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

Video of Korfball8

Korfball promotional video <http://ikf.org/ikf/coachingkorfball/promotional.php>

www.ikf.org/coachingkorfball

<http://ikf.org/video/>

<https://www.youtube.com/user/ikfchannel>

The Korfball Skills

These skills can be seen on videos at <https://www.youtube.com/channel/UC2YJsLfw9hwrFETryugrn5Q>

The relevant clips from the website are numbered below (e.g. VTS 01.)

Movement	Korfball players need to be able to move quickly everywhere on court. They also need to have a variety of movements – to get away from an opponent in order to get a free shot in or to stay with them to defend shots. So sprinting, moving side to side, forwards and backwards, jumping and feinting moves are all skills to meet the challenges of attacking and defending and make the game more interesting for the players.	<i>Vol 5 (side move to collect and shoot)</i> <i>Vol 9 (defender movement)</i>
passing and catching	With a 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.	<i>Vol 6 (Passing with lead foot)</i> <i>Vol 5 (side move to collect and shoot)</i>
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 on the court (half of the court if korfball8). Shooting is made challenging because of the rule of shooting only when you are not defended. So a range of shooting techniques are required including closequick 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.	<i>Vol 1 (standing shots)</i> <i>Vol 2 (receiving, stepping back to balance)</i> <i>Vol 3 (moving back before receiving and shooting)</i> <i>Vol 5 (side move to collect and shoot)</i> <i>Vol 7 (Penalty shot)</i> <i>Vol 8 (Running-in shot)</i>
Assisting	Korfball is a great game of cooperation which is needed to get team members free to take shots, to retrieve the unsuccessful shot, and support others to get shots at goal. Two major roles here are Rebounding – when a player retrieves an unsuccessful shot from near 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 an undefended shot in.	<i>Vol 3 (moving back before receiving and shooting)</i> <i>Vol 8 (Running-in shot)</i>
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.	<i>These different tactics can be seen in games on Utube or through the IKF website</i>
defending	Defending is a very important skill where, with correct defending, goals can be prevented making 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 are a cooperative team player.	<i>Vol 9 (defending movement)</i>

Conducting this Youth Program for Korfball4 or Korfball8

Assumptions

A class of about 24 students

2 korfball posts plus korfballs or #5 soccer or netballs (but not basketballs)

4 lessons per week (3 practical and 4th– you can add other activities such as rules study, videos and *Korfball Youth Leader Award* activities where appropriate.

The program focuses on the skills activities. It is assumed you will be using a “game sense” approach when introducing the activities and that the conclusion to the lesson will be a game where you will focus on the learning experiences of the activities.

Organisation

It is an idea to have the class divided into **division groups** (2 girls and 2 boys in each division group) since that is how they will be playing in games. If you haven't got even numbers then organise with the same gender ratio as the class in the division groups then they can all play against their own gender.

For simplicity, and ease of modifying by you, we assume 3 group activities to rotate in a lesson therefore 3 **sets** of students (a **set** made up of 2 division groups of 4 each) followed by a Highlight game. For the Highlight Game keep them in the division groups they had in the group activities. Then they will have more opportunity to use the practical skills they practised together and develop appropriate social relationships in particular recognising the strengths of each gender mentally as well as physically in the playing situations.

Another feature of having **sets** for the activities composed of 2 **division** groups is that they can support each others learning, e.g.

- One group acting as passive opponents in an activity and then reversing
- Being actual competitors in a mini game related to the activity
- Combining together where appropriate for the activity
- Taking on a coaching/ observing role

We encourage flexibility in organisation and activities so that learning and enjoyment are maximised. This might include modifying the playing rules and the activities during the program.

Korfball Gender Awareness Challenge

(based on the approach of Lisa Smith, P.E.teacher, Hillmorton High School, New Zealand and Roy Kirkby, Adelaide Australia)

It is often difficult introducing korfball, especially to teenagers brought up in single gender sports, to get them to think and act differently from their traditional gender stereotype ways. This approach is designed for use prior to taking up korfball or in the early stages. The challenge is questions you might ask students in one or a number of lessons. The responses and considerations should come from the students.

Challenge	Some likely responses	What females need to consider	What males need to consider
Where do we get ideas about what we should expect from each gender? (male or female stereotypes/behaviour)	From parents, friends, media, schools	Are these relevant for me? Are there some I reject or feel passionate about?	Are these relevant for me? Are there some I reject or feel passionate about?
Where do we get ideas about gender stereotypes in sport? (e.g. how females or males are expected to behave)	From parents, friends, sports, sports media, teachers	Are these what we want? Why? Why not?	Are these what we want? Why? Why not?
Is there discrimination in sport based on gender?	Note differences in resources (e.g. centres, stadiums, pay, values (prizes); commercial/ business/ preferences, advertising, attitudes)	Is it fair? Is it what I want? What should we do about it?	Is it fair? Is it what I want? What should we do about it?
In what ways are discriminative practices helpful or unhelpful for success in sports?	Democracy, equality; limit involvement of both genders; greater diversity wanted. Allow those who want to practice one way to continue to do so.	Say how it is unfair? Say what will be better if there is greater equity (equality and fairness).	What is OK? What is not? How will it be better if we have greater equity?
Are men more likely to be successful in sport/korfball because they are faster and stronger?	May fit some sports but not all. What else do you need besides speed and strength in a variety of sports? Other features/attributes like, guile, attention, analytical skills, agility	What are my sports attributes beside speed and strength? What does my gender have that is equal to the other gender?	What are my sports attributes beside speed and strength? What does my gender have that is equal to the other gender?
Why does korfball have the rule about only hindering the same gender?	To focus on strengths that both genders possess – speed, agility, mental aptitudes and still allow single gender strengths to be used (competing against the same gender)	How does this rule make korfball more interesting?	How does this rule make korfball more interesting?
Why does korfball have the defended shooting rule?	Besides limiting dependence on tall players, ensuring a more open game demanding more cooperation to get someone free to shoot, it encourages more interdependent play between the genders and adds a same gender cooperation aspect to the game	We have to consider our own gender cooperation and as a team group both genders cooperation.	We have to consider our own gender cooperation and as a team group both genders cooperation
Should males take the attacking roles and females take the supportive roles?	Problems limits your attacking options and limits the composite range of skills development of the whole division group – all need to be all-round players.	Make sure you develop your attacking skills to be an all-round competitor and supporter	Make sure you develop your supportive skills to be an all-round competitor and supporter
If males and females both have the same right to play should they have the same entitlements mental and physical?	Entitled to play in a safe physical environment, free from negative mental and physical threats	Do not put up with negative behaviour. Articulate positive alternatives	Respect the entitlements of the other gender. Rise to the height of not needing to be negative in play.
What might we learn/experience from playing korfball that we would not learn/appreciate in a single gender game?	Other gender and our own gender strengths and weaknesses. Learn to communicate and support each other. May be an interesting alternative and/or addition to single gender sport experience.	Think gender neutral and support equal outcomes	Think gender neutral and support equal outcomes

The Lessons

It is assumed that a qualified physical education teacher will be taking the lessons therefore no suggestions are made for the warm-up and warm-down activities for the full class.

Some **Feature Points** for each lesson are suggested for prior checking out and/or introducing to the class.

The 3 **Group activities** for each lesson should be done by all the class (below in boxes so they may be copied and put at each activity station).

Highlight Game to feature particular points in the lesson.

The Lessons Resources

These will be similar for each lesson

- 2 korfball posts set at between 3m and 3.5m high
- 1 korfball for each activity (can substitute with #5 netball or soccerball)

The **Activity Cards** or **Lesson Sheets** give you two options to support your lesson plans.

The **Activity Cards** might be cut out and set at each activity point for set groups to read and do.

The **Lesson Sheets** include the full 3 activities for each lesson. They may be for teacher reference only or given to the groups to take with them to each activity point.

The Lessons summary

LESSON	Post Activities	Post Activities	No Post activities	Korfball4 Highlight Game focus	Korfball8 Highlight Game focus
1	P1	P2	A1	On basic rules/ on change of play quickly taking up new role	On basic rules /and using all players in attack+use all space
2	P3	P4	A2	back-up the shooter/ marking all opponents quickly on turn-over to other team	attackers back-up the shooter/ defenders in position to defend and intercept
3	P1	P2	A3	Quick to attack support / attacker to feed/rebound. Moving towards and away from the post when attacking to get free of opponent.	Defenders keep in position/ attackers breaking free – keep moving towards and away from the post/ vary the shooting – some running- in shots
4	P5	P6	A4	Holding the play to get support when attacking/vary the shooting – with running-in shots	Attack pass around first before getting a position on the post to feed the ball/vary shots/ defenders vary distance from opponent – bigger further out
5	P3	P4	A5	Attack pass around/ get someone in rebound position for every shot/ defender with rebounder to contest rebound	Attack pass around/ get someone in rebound position for every shot/ defender with rebounder to contest rebound
6	P7	P8	A6	Use all space get 2-2 attack (rebounder + feeder on the post) Change the roles if not working	Use all space get 2-2 attack (rebounder + feeder on the post) change the roles if not working
7	P9	P10	A7	Defenders gender teamwork – same gender can switch with each other/ free pass/ attackers 2-2 but change shooters sometimes	Defenders gender teamwork – same gender can switch with each other in running-in shots/ free pass/attackers 2-2 but change shooters sometimes
8	P5	P6	A8	Attackers move in out to create options for long and running-in shots/ defenders position accordingly Start using students to help referee the game.	Attackers move in out to create options for long and running-in shots/ defenders position accordingly Start using students to help referee the game.
9	P7	P8	A9	Attackers keep moving – look for opportunistic shots – backup shooter/ defenders go for interceptions – triangle positioning	Attackers keep moving – look for opportunistic shots – backup shooter/ defenders go for interceptions – triangle positioning
10	P11	P12	A10	Keep varying your distance from the post in attack to create more options/ defenders triangle positioning	Keep varying your distance from the post in attack to create more options/ defenders triangle positioning
11	P13	P14	A11	Attack focus on 2-2 play – change roles if not working/ defenders focus on interceptions at post positions	Attack focus on 2-2 play – change roles if not working/ defenders focus on interceptions at post positions
12	P11	P12	A12	Moving into attack – opportunity shot or hold to get attack positions	Attack keep under post clear – rebounder getting position/ defenders on post getting best position
13	P13	P14	A13 (+K4 option)	Revise back on interception options moving into attack – predetermined roles	Revise focus back on basics of position/ thinking together as a group
14	revision	revision	revision	As required focus on player game analysis	As required focus on player game analysis

THE ACTIVITY CARDS

P 1 Korfball Activity

Division groups of 4 at a post.

Shooting is more difficult in korfball because of the defending rule so technique is very important and collecting a missed shot too because less shots go in

Shooting skills 1 standing shots

One stands under the post to catch the rebound and then pass out to players standing in semi circle about 3m from the post to shoot. When all have had a turn, replace the player under the post.

After a successful shot near the post move a little further away for the next shot.

V with shooting more quickly

V with collecting to left or right before shooting

V with another player collecting rebounds each shot

M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See who can get to 10 points first making sure everyone has as many shots and rebounds. Then can compete between division groups

P 2 Korfball Activity

Division groups of 4 at a post

Shooting is more difficult in korfball because of the defending rule so you need a variety of quick moves to get a free shot in. The feeder making a good pass is most important.

Shooting skills 2 L movement shots

A stands behind the post to collect the rebound

B stands in front of the post to feed the ball
C (along with others standing about 5 metres away in a semi-circle) moves towards B and does a quick move to left or right, then receives the ball from B and shoots. *(make sure to get balanced and facing the post before shooting)*

A collects the rebound and will then feed the ball to the next player doing an L movement shot.

C will then take up the rebound position.

A will join the semi circle for a turn shooting.

V with making the L movement quicker and more pronounced

M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter, 1 for collecting the rebound before it hits the ground.

P 3 Korfball Activity

Division groups of 4 at a post

You need to be able to shoot from anywhere so long shots are an exciting challenge and having someone to retrieve the missed shots

Shooting skills 3 long shots

A stands in front of the post with the ball
B stands next to the post to collect the rebound.

C (along with others standing about 5 to 7 metre metres away) collects the ball from A and takes a long shot.

After B has collected the rebound they replace A to pass the ball out. The shooter becomes B to take the next rebound.

V with shooter moving to side to collect for the long shot

V with shooter "feinting" - taking a step forward as though going to pass the ball then changing and shooting.

M collecting points; 3 for a goal, 1 for hitting the basket everyone have 3 consecutive shots from a point 5 metre from the post. See who gets most points. Can also play as a division group against the other division group

P 4 Korfball Activity

Division groups of 4 at a post

The running-in shot is an exciting shot but it needs a really good pass from the feeder to ensure success.

Shooting skills 4 running-in shots

A stands in front of the post with the ball
B stands next to the post to collect the rebound .

C (along with others standing about 5 to 7 metre away).

C runs in and is fed the ball by A and takes a running-in shot *(make sure ball is received at least 2 m from the post so an underarm running-in shot can be taken successfully)*

B collects the ball and goes to A (C takes up B position to get the next rebound and A goes to a shooting position).

V with a passive defender.

V with shooter feinting going in one direction then another before going around the defender for the running-in shot

M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter running-in, 1 for collecting the rebound before it hits the ground

P 5 Korfball Activity

Division groups of 4 at a post

Having a variety of shots is needed to beat your defending opponent- if defending you close then a running-in shot, if away then a long shot..

Shooting skills 5 long and running-in shots

A stands in front of the post with the ball
B stands next to the post to collect the rebound

C (along with others standing about 5 to 7 metre metres away) collects the ball from A and takes a long shot.

B collects the rebound and passes to A
Then C runs in and is fed the ball by A and takes a running-in shot

(C goes to B, B goes to A and A goes to a shooting position.

V with shooter moving to side to collect for the long shot against a passive defender (at least 2m away)

V with shooter feinting to take a long shot, the passive defender moving closer then shooter going around the defender for a running-in shot

M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter running-in, 1 for collecting the rebound before it hits the ground

P 6 Korfball Activity

Division groups of 4 at a post

Having a variety of shots is needed to beat your defending opponent. If defending you fairly close at medium distance then an L movement, if away then a long shot..

Shooting skills 6 long and L movement shots

A stands in front of the post with the ball
B stands next to the post to collect the rebound.

C (along with others standing in a semi-circle about 5 to 7 metre metres away) collects the ball from A and takes a long shot.

B collects the rebound and passes to A
Then C runs in and almost stops and makes an L movement to the left or right , collects the ball from A and takes a shot (*make sure to get balanced and facing the post before shooting*)

C goes to B, B goes to A and A goes to a shooting position.

V with shooter moving to side to collect for the long shot and with a passive defender

V with shooter feinting going in one direction then another before the L movement and shot - with a passive defender.

M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter on the L movement shot, 1 for collecting the rebound before it hits the ground

P 7 Korfball Activity

Division groups of 4 at a post.

You need to be able to shoot from anywhere including within a few metres of the post but these have to be quick to avoid being defended. Take special care to balance before shooting.

Shooting skills 7 standing and L shots

Group in semi-circle about 4m from the post.

A (the feeder) stands under the post to pass the ball out until everyone has a shot.

B is the rebounder for the round who collects and gives ball to feeder.

There is a passive defender for all shots.

First standing shot after moving to side of defender to take the shot.

Same shooter now takes a shot after doing an L move (move towards defender, move to side, collect and shoot).

V with shooting more quickly

V with defender less passive

M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See which group can get highest points after 3 rounds.

P 8 Korfball Activity

Division groups of 4 at a post.

To get a free shot often demands working your opponent out of position.

Shooting skills 8 Moving out and running-in shots

A (the rebounder) stands under the post to catch the rebound.

B (the feeder) stands in front of the post to pass the ball out to the shooter.

C, the shooter, moves in from 5m to 3m then runs out collects the ball about 6 m out, passes it back, then runs-in, collects and shoots.

Repeat with next player and maintain rebounder and feeder for one round then change.

V again but with a passive defender

V with a passive rebounder and passive opponent to feeder.

M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See which group can get to 10 points first making sure everyone has as many shots and rebounds.

P 9 Korfbal Activity

Division groups of 4 at a post

The penalty shot is a free shot without any hindrance allowed and no time limit. The pivot foot must remain behind the spot until the ball leaves the takers hand.

Shooting skills 9 Penalty shots

As division groups each player stand on the Penalty Spot and does an underhand reaching up to the basket shot. Take 3 shots each. Correct each other and see if you can get more shots in than the other division group in one round

M As individuals or groups have a short competition to see who get the most shots in.

P 10 Korfbal Activity

Division groups of 4 at a post

The free-pass is an indirect opportunity to shoot and demands excellent coordination between the taker and whoever assists with the return pass.

Shooting skills 10 Free Pass

Remember, the team taking the free pass has 4 seconds to set up after the whistle with all the attacking players 2.5m from each other and the taker at the free pass spot (and everyone at least 2.5m away from the taker of the free pass. The ball must be passed within 4 seconds of the second whistle and it is usually a return pass to a team mate followed by a shot.

Practise first without any defenders. Each player having 2 free passes. Discuss any improvements that can be made between the first and second pass.

Let the other division team also do this.

Then try with 4 defenders and have a point for getting an undefended shot in and 2 if the shot hits the basket and 3 if it's a goal.

P 11 Korfbal Activity

Division **groups** of 4 at a post.

Shooting is now made more difficult by having a defender. So group must work together to get someone free to shoot.

Attacking skills 1 3-1 with 2 defenders

A division group of 4 with one being the feeder under the post. There will be 2 defenders who are at will to defend any of the 3 attackers (shooters). The attackers must move around and try to be free of the defender so the feeder can pass to someone free to shoot. The feeder must look to help by passing the ball for any kind of shot the attacker tries to make and also gets the rebound.

Any kind of shot to start with.

V restrict the kind of shot (e.g. only running-in or long shot)

V have 3 defenders (against the 3 attackers) but passive at first

M collecting points;- as a group 3 for a goal, 1 for hitting the basket, 2 against for a blocked or defended shot and limit to 30 seconds shooting before a change

P 12 Korfbal Activity

Division **groups** of 4 at a post.

Shooting is now made more difficult by having a defender. So the feeder and other shooters must look to get someone free to shoot.

Attacking skills 2 2-2 with 2 defenders

A division group of 4 with one being the feeder under the post and one collecting rebounds. There will be 1 defender who is at will to defend any of the 2 shooters and 1 to try and intercept under the post The attackers must move around and try to break free. The feeder must look to help by passing the ball for any kind of shot the attacker tries to make.

Any kind of shot to start with.

V restrict the kind of shot (e.g. only L movement shots) *defenders now need to think how best to defend, e.g. close or away?*

V have 2 defenders (against the 2 attackers and one still under the post)

(defenders also need to make sure they are in a defending position -closer to post than attacker- and they can see the ball movement for possible interception)

V allow change of attackers with feeder and rebounder

M collecting points;- as a group 3 for a goal, 1 for hitting the basket, 2 against for a blocked or defended shot

P 13 Korfball Activity

Division **groups** of 4 at a post.

Shooting and maintaining possession is now made more difficult by having defenders on the rebounder or feeder..

Attacking skills 3 2-2 with 3 defenders

A division group of 4 with one being the feeder under the post and one collecting rebounds.

There will be 3 defenders who can defend or hinder any of the 4 attackers (i.e. can also go for the rebounds and intercept the ball going to the feed). The attackers must move around more and try to get shots in. All 4 attackers are now allowed to change roles.

Play 30 seconds then stop and players need to discuss what they need to do to improve chances of getting shots in and defenders how they can prevent them and even intercepting the ball..

V with less passive defenders

M game with points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket, if the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then the other team are the attackers

P 14 Korfball Activity

Division **groups** of 4 at a post.

Shooting is now made more difficult by all four defended. It may require more changes of the rebounder or feeds.

Attacking skills 4 2-2 with 4 defenders

A division group of 4 with one being the feed and one the rebounder. They can change roles during the 30 seconds activity. There will be 4 defenders who must hinder their respective opponent whatever role they take up but **passively** defending. Pause to discuss how and why they only got certain number of shots in. Then change over team groups and repeat.

V have less passive or non-passive defenders(e.g. defenders focus on defending only)

M game with points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket. If the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then other team are the attackers and they start on a centre line.

P 15 Korfball Activity

Division **groups** of 4 at a post.

Shooting is now made more difficult by varying the roles. So the attacks may commence with getting one assist – a rebounder who also may be the feeder (3-1)

Attacking skills 5 any system with 4 passive defenders to start with

A division group of 4 with who can play any system (e.g. 4-0, 2-2, 3-1, 1-3). They do this first with no defenders (30 seconds). Pause and introduce 2 defenders and play for 30 seconds. Pause and play with 4 **passive** defenders Pause to discuss how and why they only got certain number of shots in. Then change over team groups and repeat.

V the defenders less passive (e.g. focus on defending and not intercepting)

M game with defenders defender hard and points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket. If the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then other team are the attackers and they start on a centre line

A 1 Korfball Activity

These activities are needed for skills of ball handling and flexibility in movement required in korfball. Add to this the need to work together as a group of 4.

Division groups in a space about the 15m x 15m

A marker for place of the korfball post.

Passing around 4-0

Passing the ball around but always moving in and out and keeping roughly in a quarter of the court each – but you may change quarters. Do 15 passes then stop and other division group of 4 do the same.

V Now do with 2 defenders who may try to intercept the ball

M Play 10 ball trying to get 10 passes in without dropping the ball or the ball being intercepted. The other division group do the same with 2 defenders from your group. Repeat the game with a short rest in between and discuss how you can improve your possession and position play. (e.g. moving towards and away from the post, into space to receive the ball, strong direct passing). Try with 3 defenders. A point if the team makes 10 passes. A point if intercepted within the 10 passes.

A 2 Korfball Activity

Players need to be able to get shots in, pass and collect the ball and defenders, while staying in a defending position, also need to intercept the ball. This activity gets you to think about achieving these ends.

Division groups in a space about the 15m x 15m

A marker in place for the korfball post position.

Getting undefended shots in

Division attack group move about the division and have to pass the ball to each other and attempt shots. 3 defenders try to intercept passes but not after shots. Spare player can be the referee for this counting the passes and shots and noting any rule infringements, defended or undefended shots.

Attempt 15 passes which also include any shots at goal as a pass. Then change groups. Initially defenders only try to defend any shots and do not intercept the ball.

V defenders can also try to intercept passes but not the ball after a shot.

M Play the above for 10 passes or shots. 2 points for doing 10 passes or shots and bonus point for each undefended shot.

A 3 Korfball Activity

An attackers need to be able to break free from his/her defender to get a chance to shoot without being defended. This requires support from the other 3 attackers so this is about recognising the need to cooperate to have success.

Division groups in a space about the 15m x 15m

A marker in place for the korfball post position.

Breaking free

One attack division group and 2 defenders. 2 attackers try to get free to get shots in and they are marked by the 2 defenders. The other 2 attackers have to try to help the 2 shooting attackers get free to make undefended shots. Have up to 15 passes and then change roles.

A spare player can be the referee and decide if shots were defended or not.

V allowing the defenders also the chance to intercept the ball

M Play the above with 10 passes or shots. 2 points for getting 10 passes or shots and a bonus point for each undefended shot.

A 4 Korfball Activity

Being able to pass around the division using all space is important for checking out what the best attacking moves will be and getting team members in positions to assist.

Division groups in a space about 15m x 15m
A marker in place for the korfball post position.

Passing for set ups

Division group pass around using full outside space and change directions and have long passes across division. Then on signal one takes up a feeding position in front of post and is then included in passes. Then after 2 or 3 more passes one of the others goes into a rebounding position. The others now take some shots at the imaginary post for the rebounder to collect and pass out. Do about 15 passes/shots,

V Bring in passive defenders.

M Play 15 passes trying to get in at least 3 attempted shot and 3 passes from a feed (first with 2 defenders then with 4. Points 2 for completing 15 not intercepted passes and 1 point each shot.

A 5 Korfball Activity

Successful shooting is not so easy in korfball so it is important to have someone who can collect a missed shot – the rebounder. His/her defender also wants to get the ball.

Division groups in a space about the 15m x 15m

A marker in place for the korfball post position.

Focus on the rebound

An attacking group with one passive defender on an attacker who will be collecting the rebounds.

Attackers pass the ball around for at least 4 passes before the rebounder goes to the post (marked by the passive defender). The other attackers take shots at the imaginary post and the rebounder has to collect and pass the ball out again. Change rebounder after 4 shots so all have a go with the passive defender and change passive defender at the same time.

V Now a competitive defender

M Play the activity as above but with 2 defenders (1 against rebounder and 1 can defend any of other 3 players shooting. Play for 10 shots. Then other group plays attack. Points only for defended shots or rebound defender getting the ball. Shots must be on target above the imaginary post.

A 6 Korfball Activity

This is a set play activity practising taking a free pass which should be an opportunity to score if skilled in taking which means getting a good return pass.

Free pass

Division groups in a space about the 15m x 15m

Practice taking a free pass with an imaginary post marker without defenders to start with. Remind all attackers 2.5m from each other and at least 2.5m from the taker of the free-pass.

One player to be referee. Calls 4 seconds for all to position then whistle and 4 seconds to take free-pass.

Change roles.

V Then with passive defenders
Then competitive defending

Note importance of accurate quick passing and movement. Discuss how to make it a better chance to get an undefended shot in.

M As 2 division teams each attempts a free pass and see which team can get most points – 3 for goal (undefended), 1 for hitting the basket (undefended)

A 7 Korfball Activity

Attackers are restricted to long shots unless they have someone in a position (e.g. in front of the post) to assist by feeding the ball to them giving the attackers the options of other shots, e.g. L movements or others resulting from getting away from their defender

Division groups in a space about the 15m x 15m **Focus on the feeder**

Pass the ball around the outside of the division and then one player moves into a feeder position in front of the post. Then 10 passes including at least 3 to the feeder then change the feeder so all have a go. Introduce 2 then up to 4 passive defenders

V Introduce some shooting but the feeder or one of the other attackers collects the rebound and then continue with feeder.

M Play the routine as a game with no shooting but completing 10 passes with 3 at least using the feeder and at least 1 shot attempted. Defenders try to intercept. If they do they take over as attackers.

A 8 Korfball Activity

The attacker needs options resulting from the positioning of his defending opponent. – close up restricts the taking of long shots – but moving around the defender and doing a running-in shot is an option.

Division groups in a space about the 15m x 15m

An imaginary post marker

3-1 long shot or running-in shot option

3 attackers and one feeder near the post. 4 passive defenders. Start shooting long shots with defenders standing off and allowing these.

Change to a little passive and defenders up close (so long shots can't be taken). Attacker then passes back to feeder and does a running-in shot.

V Change to attackers pretending to take a long shot, defenders come up close, attack passes to feeder and runs around defender to take a running-in shot.

V Other group repeats above.

M 12 Ball with 12 passes and at least 2 attempts with both undefended long shots and running-in shots. Have a point for each undefended shot and 3 for any goals.

A 9 Korfball Activity

While attackers will have systems (e.g. 2-2) they can use for positioning and moves to get a shot in attackers also need to be aware of opportunistic shots in this case fairly close to the post.

L movement opportunities

Division groups in a space about the 15m x 15m An imaginary post marker.

Attack group have a feeder and a rebounder who have passive defenders. Other two attackers move around within the range of 2 to 5 m from the post. At first with passive defenders they try to get clear by moving forwards, backwards and to the side (e.g. L moves) to get shots in.

Have 10 passes altogether between them and see how many shots they can get in first with passive and then with active defenders.

V Then change attack positions and then reverse with defenders.

M Play 12 passes as above with all competitive positions for each team. See which team can get most in after 1 try each (ball must look as though going into a full height korf). Repeat but discuss first any changes around you will make to increase your chances of success (e.g. movement of attackers, change rebounder/feeder).

A 10 Korfball Activity

Attackers need to be able, as a group, to see what opportunities there are for certain types of shots And then all be aware of roles to contribute.

Mixed shots

Division groups in a space about the 15m x 15m

With a marker for an imaginary post.

Start with passive defenders. Attackers move the ball around and within 5 passes set up and take a long shot, followed after 5 more passes someone to take a running-in shot followed after 5 more passes an L movement shot. After each one stop and discuss what you might have done better or why you were successful.

V Play with 2 active defenders

M Play a 20 pass game in which you must try at least 3 different kinds of shots. 5 points for making the 20 passes without interception and 2 for each shot of each kind. If the ball is intercepted you only count the successful shots made. Change over after each 20 shots or interception. (can play with 2 or 3 defenders only)

A 11 Korfball Activity

It is important that defenders understand that they have a duel role and that is to defend their opponents so they get no goals and also to intercept the ball so they can get it through to their attack. This means defenders need to position so they know where the ball is and likely to go and also where their opponent is so they don't get a chance to shoot. It is like a triangle –ball, opponent and yourself

Mixed shots defence triangle

Division groups in a space about the 15m x 15m

With a marker for imaginary post.

Start movements around with no shots and defenders keeping in a triangle like position with opponent, ball and themselves. Then with attackers trying to get shots in.

Defenders do not try to intercept the ball.

Change around every 15 passes or 5 shots undefended whichever comes first

M Play a 20 pass game. Points are only awarded to defending team who have 10 points for the game. Deduct 1 point for every undefended shot. (shots must be possibilities of going in the imaginary basket) Defenders do not try to intercept the ball only defend the shots.

A 12 Korfball Activity

Often there can be congestion even in top games with too many players under the post so attack needs to open up by getting at least 2 attackers moving out and a feeder and the rebounder in this best position. This is sometimes done by a short pass to the feed and the rebounder walking around the feeder close too so he/she can get into a good rebounding position under the post (the rebounders defender will follow or risk getting a shot against them).

Focus on rebounder's position

Division groups in a space about the 15m x 15m with marker for the post.

Division group and roles are feeder, rebounder and 2 attackers. With 4 passive defenders.

Start with all near the post and rebounder with the ball. 2 other attackers move out with their defenders. Rebounder passes (almost giving) the ball to the feeder in position near the post and walks around the feeder to get a better position to rebound (passive defender follows). Then a couple of shots are taken by each attacker and rebounder does the same as above.

V Repeat with different positions taken and then defender group become attackers.

M A 12 pass game with competitive defenders. After each collected rebound, rebounder passes ball to feeder then continue play. Decide on appropriate scoring.

A 13 Korfball Activity for Korfball8

This last activity allows the division group to select the kind of activity they wish to practise so they are taking responsibility for their training. You will need to come to an amicable decision with the other group in your activity

Free choice per group

Division groups in a space about the 15m x 15m with a marker in position as an imaginary post.

Group select the activity to practice and the other group contribute as requested. Then other group have their choice.

M After 60% of period for activity they can play a modified game (s) remembering they have only a marker for a post.

A 13 Option for Korfball4 only class

On a turnover a Korfball4 team needs to get the ball down the court as quickly as possible to get a shot in before the defenders can position themselves.

Turnover move

Have an area approximately Korfball4 court size (30m x 15m) with markers for posts.

From one post “turnover” is called and attack then moves from a line behind the post down court and attempts to set up an attack and get as many undefended shot in within 30 seconds.

M play this as a game (without actual goals noted but undefended shots are noted)

A LESSON FORMAT

1		Youth Korfball 4 / 8	
		V = variation M = mini game	
Feature Points	<ul style="list-style-type: none"> Meeting the challenge of the rules for this game The basic team movements and shooting skills 		
Activities	<p>P 1 Korfball Activity Division groups of 4 at a post. <i>Shooting is more difficult in korfball because of the defending rule so technique is very important and collecting a missed shot too because less shots go in</i> Shooting skills 1 standing shots One stands under the post to catch the rebound and then pass out to players standing in semi circle about 3m from the post to shoot. When all have had a turn replace the player under the post. After a successful shot near the post move a little further away for the next shot.</p> <p>V with shooting more quickly</p> <p>V with collecting to left or right before shooting</p> <p>V with another player collecting rebounds each shot</p> <p>M collecting points; - 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See who can get to 10 points first making sure everyone has as many shots and rebounds. Can compete between division groups</p>	<p>A 1 Korfball Activity <i>These activities are needed for skills of ball handling and flexibility in movement required in korfball. Add to this the need to work together as a group of 4.</i> Division groups in a space about the 15m x 15m A marker for place of the korfball post. Passing around 4-0 Passing the ball around but always moving in and out and keeping roughly in a quarter of the court each – but you may change quarters. Do 15 passes then stop and other division group of 4 do the same.</p> <p>V Now do with 2 defenders who may try to intercept the ball</p> <p>M Play 10 ball trying to get 10 passes in without dropping the ball or the ball being intercepted. The other division group do the same with 2 defenders from your group. Repeat the game with a short rest in between and discuss how you can improve your possession and position play. (e.g. moving towards and away from the post, into space to receive the ball, strong direct passing). Try with 3 defenders. A point if the team makes 10 passes. A point if intercepted within the 10 passes.</p>	<p>P 2 Korfball Activity Division groups of 4 at a post <i>Shooting is more difficult in korfball because of the defending rule so you need a variety of quick moves to get a free shot in. The feeder making a good pass is most important..</i> Shooting skills 2 L movement shots A stands behind the post to collect the rebound B stands in front of the post to feed the ball C (along with others standing about 5 metres away in a semi-circle) moves towards B and does a quick move to left or right, then receives the ball from B and shoots. <i>(make sure to get balanced and facing the post before shooting)</i> A collects the rebound and will then feed the ball to the next player doing an L movement shot. C will then take up the rebound position. A will join the semi circle for a turn shooting.</p> <p>V with making the L movement quicker and more pronounced</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter, 1 for collecting the rebound before it hits the ground.</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Meet the challenge of the rules. When ball is lost or won change roles to attacker or defender quickly 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Meet the challenge of the rules Remember your main role in your division (attacker or defender) 	

2		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> The challenge of getting undefended shots The need for variety in shooting 		
Activities	<p>P 3 Korfball Activity Division groups of 4 at a post <i>You need to be able to shoot from anywhere so long shots are an exciting challenge and having someone to retrieve the missed shots</i> Shooting skills 3 long shots A stands in front of the post with the ball B stands next to the post to collect the rebound. C (along with others standing about 5 to 7 metre metres away) collects the ball from A and takes a long shot. After B has collected the rebound they replace A to pass the ball out. The shooter becomes B to take the next rebound.</p> <p>V with shooter moving to side to collect for the long shot V with shooter “feinting” – taking a step forward as though going to pass the ball then changing and shooting.</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket everyone have 3 consecutive shots from a point 5 metre from the post. See who gets most points. Can also play as a division group against the other division group</p>	<p>A 2 Korfball Activity <i>Players need to be able to get shots in, pass and collect the ball and defenders, while staying in a defending position, also need to intercept the ball. This activity gets you to think about achieving these ends.</i> Division groups in a space about the 15m x 15m A marker in place for the korfball post position. Getting undefended shots in Division attack group move about the division and have to pass the ball to each other and attempt shots. 3 defenders try to intercept passes but not after shots. Spare player can be the referee for this counting the passes and shots and noting any rule infringements, defended or undefended shots. Attempt 15 passes which also include any shots at goal as a pass. Then change groups. Initially defenders only try to defend any shots and do not intercept the ball. V defenders can also try to intercept passes but not the ball after a shot.</p> <p>M Play the above for 10 passes or shots. 2 points for doing 10 passes or shots and bonus point for each undefended shot.</p>	<p>P 4 Korfball Activity Division groups of 4 at a post <i>The running-in shot is an exciting shot but it needs a really good pass from the feeder to ensure success.</i> Shooting skills 4 running-in shots A stands in front of the post with the ball B stands next to the post to collect the rebound . C (along with others standing about 5 to 7 metre away). C runs in and is fed the ball by A and takes a running-in shot (<i>make sure ball is received at least 2 m from the post so an underarm running-in shot can be taken successfully</i>) B collects the ball and goes to A (C takes up B position to get the next rebound and A goes to a shooting position).</p> <p>V with a passive defender.</p> <p>V with shooter feinting going in one direction then another before going around the defender for the running-in shot</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter running-in, 1 for collecting the rebound before it hits the ground</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> back-up the shooter marking all opponents quickly on turn-over to other team 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> attackers back-up the shooter defenders in position to defend and intercept 	

3		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> The challenge of supporting the shooter Developing those basic shooting and movement skills further 		
Activities	<p>P 1 Korfball Activity Division groups of 4 at a post. <i>Shooting is more difficult in korfball because of the defending rule so technique is very important and collecting a missed shot too because less shots go in</i> Shooting skills 1 Standing shots One stands under the post to catch the rebound and then pass out to players standing in semi circle about 3m from the post to shoot. When all have had a turn replace the player under the post. After a successful shot near the post move a little further away for the next shot.</p> <p>V with shooting more quickly</p> <p>V with collecting to left or right before shooting</p> <p>V with another player collecting rebounds each shot</p> <p>M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See who can get to 10 points first making sure everyone has as many shots and rebounds. Can compete between division groups</p>	<p>A 3 Korfball Activity <i>An attackers need to be able to break free from his/her defender to get a chance to shoot without being defended. This requires support from the other 3 attackers so this is about recognising the need to cooperate to have success.</i> Division groups in a space about the 15m x 15m A marker in place for the korfball post position. Breaking free One attack division group and 2 defenders. 2 attackers try to get free to get shots in and they are marked by the 2 defenders. The other 2 attackers have to try to help the 2 shooting attackers get free to make undefended shots. Have up to 15 passes and then change roles. A spare player can be the referee and decide if shots were defended or not. V allowing the defenders also the chance to intercept the ball</p> <p>M Play the above with 10 passes or shots. 2 points for getting 10 passes or shots and a bonus point for each undefended shot.</p>	<p>P 2 Korfball Activity Division groups of 4 at a post <i>Shooting is more difficult in korfball because of the defending rule so you need a variety of quick moves to get a free shot in. The feeder making a good pass is most important..</i> Shooting skills 2 L movement shots A stands behind the post to collect the rebound B stands in front of the post to feed the ball C (along with others standing about 5 metres away in a semi-circle) moves towards B and does a quick move to left or right, then receives the ball from B and shoots. <i>(make sure to get balanced and facing the post before shooting)</i> A collects the rebound and will then feed the ball to the next player doing an L movement shot. C will then take up the rebound position. A will join the semi circle for a turn shooting.</p> <p>V with making the L movement quicker and more pronounced</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter, 1 for collecting the rebound before it hits the ground.</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Quick into attack with everyone supporting Making sure you have a rebounder and a feeder 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Defenders keep in position attackers breaking free – keep moving towards and away from the post vary the shooting – some running- in shots 	

4		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> maximise cooperation – everyone involved in an attack or defence 		
Activities	<p>P 5 Korfball Activity Division groups of 4 at a post <i>Having a variety of shots is needed to beat your defending opponent- if defending you close then a running-in shot, if away then a long shot..</i> Shooting skills 5 long and running-in shots A stands in front of the post with the ball B stands next to the post to collect the rebound C (along with others standing about 5 to 7 metre metres away) collects the ball from A and takes a long shot. B collects the rebound and passes to A Then C runs in and is fed the ball by A and takes a running-in shot (C goes to B, B goes to A and A goes to a shooting position.)</p> <p>V with shooter moving to side to collect for the long shot against a passive defender (at least 2m away) V with shooter feinting to take a long shot, the passive defender moving closer then going around the defender for a running-in shot</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter running-in, 1 for collecting the rebound before it hits the ground</p>	<p>A 4 Korfball Activity <i>Being able to pass around the division using all space is important for checking out what the best attacking moves will be and getting team members in positions to assist.</i> Division groups in a space about 15m x 15m A marker in place for the korfball post position. Passing for set ups Division group pass around using full outside space and change directions and have long passes across division. Then on signal one takes up a feeding position in front of post and is then included in passes. Then after 2 or 3 more passes one of the others goes into a rebounding position. The others now take some shots at the imaginary post for the rebounder to collect and pass out. Do about 15 passes/shots,</p> <p>V Bring in passive defenders.</p> <p>M Play 15 passes trying to get in at least 3 attempted shot and 3 passes from a feed (first with 2 defenders then with 4. Points 2 for completing 15 not intercepted passes and 1 point each shot.</p>	<p>P 6 Korfball Activity Division groups of 4 at a post <i>Having a variety of shots is needed to beat your defending opponent. If defending you fairly close at medium distance then an L movement, if away then a long shot..</i> Shooting skills 6 long and L movement shots A stands in front of the post with the ball B stands next to the post to collect the rebound. C (along with others standing in a semi-circle about 5 to 7 metre metres away) collects the ball from A and takes a long shot. B collects the rebound and passes to A Then C runs in and almost stops and makes an L movement to the left or right , collects the ball from A and takes a shot (<i>make sure to get balanced and facing the post before shooting</i>) C goes to B, B goes to A and A goes to a shooting position.</p> <p>V with shooter moving to side to collect for the long shot and with a passive defender V with shooter feinting going in one direction then another before the L movement and shot and with a passive defender.</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter on the L movement shot, 1 for collecting the rebound before it hits the ground</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Holding the play to get support when attacking vary the shooting –with running-in shots defenders mark all attackers 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Attack pass around first before getting a position on the post to feed the ball Vary the shots defenders vary distance from opponent –bigger further out 	

5		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> • developing those shooting options skills • keeping possession 		
Activities	<p>P 3 Korfball Activity Division groups of 4 at a post <i>You need to be able to shoot from anywhere so long shots are an exciting challenge and having someone to retrieve the missed shots</i> Shooting skills 3 long shots A stands in front of the post with the ball B stands next to the post to collect the rebound. C (along with others standing about 5 to 7 metre metres away) collects the ball from A and takes a long shot. After B has collected the rebound they replace A to pass the ball out. The shooter becomes B to take the next rebound.</p> <p>V with shooter moving to side to collect for the long shot V with shooter “feinting” - taking a step forward as though going to pass the ball then changing and shooting.</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket everyone have 3 consecutive shots from a point 5 metre from the post. See who gets most points. Can also play as a division group against the other division group</p>	<p>A 5 Korfball Activity <i>Successful shooting is not so easy in korfball so it is important to have someone who can collect a missed shot – the rebounder. His/her defender also wants to get the ball.</i> Division groups in a space about the 15m x 15m A marker in place for the korfball post position. Focus on the rebound An attacking group with one passive defender on an attacker who will be collecting the rebounds. Attackers pass the ball around for at least 4 passes before the rebounder goes to the post (marked by the passive defender). The other attackers take shots at the imaginary post and the rebounder has to collect and pass the ball out again. Change rebounder after 4 shots so all have a go with the passive defender and change passive defender at the same time.</p> <p>V Now a competitive defender</p> <p>M Play the activity as above but with 2 defenders (1 against rebounder and 1 can defend any of other 3 players shooting. Play for 10 shots. Then other group plays attack. Points only for defended shots or rebound defender getting the ball. Shots must be on target above the imaginary post.</p>	<p>P 4 Korfball Activity Division groups of 4 at a post <i>The running-in shot is an exciting shot but it needs a really good pass from the feeder to ensure success.</i> Shooting skills 4 running-in shots A stands in front of the post with the ball B stands next to the post to collect the rebound . C (along with others standing about 5 to 7 metre away). C runs in and is fed the ball by A and takes a running-in shot (<i>make sure ball is received at least 2 m from the post so an underarm running-in shot can be taken successfully</i>) B collects the ball and goes to A (C takes up B position to get the next rebound and A goes to a shooting position).</p> <p>V with a passive defender.</p> <p>V with shooter feinting going in one direction then another before going around the defender for the running-in shot</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter running-in, 1 for collecting the rebound before it hits the ground</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> • Attack pass around and get someone in rebound position for every shot • defender with rebounder to contest rebound 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> • Attack pass around get someone in rebound position for every shot • defender with rebounder to contest rebound 	

6		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> • developing skills with more pressure • keeping possession with 2-2 format 		
Activities	<p>P 7 Korfball Activity Division groups of 4 at a post. <i>You need to be able to shoot from anywhere including within a few metres of the post but these have to be quick to avoid being defended. Take special care to balance before shooting.</i> Shooting skills 7 Standing and L shots Group in semi-circle about 4m from the post. A (the feeder) stands under the post to pass the ball out until everyone has a shot. B is the rebounder for the round who collects and gives ball to feeder. There is a passive defender for all shots. First standing shot after moving to side of defender to take the shot. Same shooter now takes a shot after doing an L move. (move towards defender, move to side, collect and shoot). V with shooting more quickly V with defender less passive M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See which group can get highest points after 3 rounds.</p>	<p>A 6 Korfball Activity <i>This is a set play activity practising taking a free pass which should be an opportunity to score if skilled in taking which means getting a good return pass.</i> Free pass Division groups in a space about the 15m x 15m Practice taking a free pass with an imaginary post marker without defenders to start with. Remind all attackers 2.5m from each other and at least 2.5m from the taker of the free-pass. One player to be referee. Calls 4 seconds for all to position then whistles and 4 seconds to take free-pass. Change roles. V Then with passive defenders Then intense defending Note importance of accurate quick passing and movement. Discuss how to make it a better chance to get an undefended shot in. M As 2 division teams each attempts a free pass and see which team can get most points – 3 for goal (undefended), 1 for hitting the basket (undefended)</p>	<p>P 8 Korfball Activity Division groups of 4 at a post. <i>To get a free shot often demands working your opponent out of position.</i> Shooting skills 8 Moving out and running-in shots A (the rebounder) stands under the post to catch the rebound. B the feeder) stands in front of the post to pass the ball out to the shooter. C, the shooter, moves in from 5m to 3m then runs out collects the ball about 6 m out, passes it back, then runs-in, collects and shoots. Repeat with next player and maintain rebounder and feeder for one round then change. V again but with a passive defender V with a passive rebounder and passive opponent to feeder. M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See which group can get to 10 points first making sure everyone has as many shots and rebounds.</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> • Use all space get 2-2 attack (rebounder + feeder on the post) • Change the roles if not working 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> • Use all space get 2-2 attack (rebounder + feeder on the post) • change the roles if not working 	

7		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> taking free-pass and penalty focus on good feeder positioning and action 		
Activities	<p>P 9 Korfball Activity Division groups of 4 at a post <i>The penalty shot is a free shot without any hindrance allowed and no time limit. The pivot foot must remain behind the spot until the ball leaves the takers hand.</i> Shooting skills 9 Penalty shots As division groups each players stand on the Penalty Spot and does an underhand reaching up to the basket shot. Take 3 shots each. Correct each other and see if you can get more shots in than the other division group in one round</p> <p>M As individuals or groups have a short competition to see who get the most shots in.</p>	<p>A 7 Korfball Activity <i>Attackers are restricted to long shots unless they have someone in a position (e.g. in front of the post) to assist by feeding the ball to them giving the attackers the options of other shots e.g. L movements or others resulting from getting away from their defender</i> Division groups in a space about the 15m x 15m Focus on the feeder Pass the ball around the outside of the division and then one player moves into a feeder position in front of the post. Then 10 passes including at least 3 to the feeder then change the feeder so all have a go. Introduce 2 then up to 4 passive defenders</p> <p>V Introduce some shooting but the feeder or one of the other attackers collects the rebound and then continue with feeder.</p> <p>M Play the routine as a game with no shooting but completing 10 passes with 3 at least using the feeder and at least 1 shot attempted. Defenders try to intercept. If they do they take over as attackers.</p>	<p>P 10 Korfball Activity Division groups of 4 at a post <i>The free-pass is an indirect opportunity to shoot and demands excellent coordination between the taker and whoever assists with the return pass.</i> Shooting skills 10 Free Pass Remember, the team taking the free pass has 4 seconds to set up after the whistle with all the attacking players 2.5m from each other and the taker at the free pass spot (and everyone at least 2.5m away from the taker of the free pass. The ball must be passed within 4 seconds of the second whistle and it is usually a return pass to a team mate followed by a shot. Practise first without any defenders. Each player having 2 free passes. Discuss any improvements that can be made between the first and second pass. Let the other division team also do this. Then try with 4 defenders and have a point for getting an undefended shot in and 2 if the shot hits the basket and 3 if it's a goal.</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Defenders gender teamwork –same gender can switch with each other free pass attackers 2-2 but change shooters sometimes 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Defenders gender teamwork –same gender can switch with each other in running-in shots free pass attackers 2-2 but change shooters sometimes 	

8	Youth Korfball 4 / 8		
Feature Points	<ul style="list-style-type: none"> challenge to use appropriate option to get a shot in defenders “reading” the attack’s move and being prepared for any option 		
Activities	<p>P 5 Korfball Activity Division groups of 4 at a post <i>Having a variety of shots is needed to beat your defending opponent- if defending you close then a running-in shot, if away then a long shot..</i> Shooting skills 5 long and running-in shots A stands in front of the post with the ball B stands next to the post to collect the rebound C (along with others standing about 5 to 7 metre metres away) collects the ball from A and takes a long shot. B collects the rebound and passes to A Then C runs in and is fed the ball by A and takes a running-in shot (C goes to B, B goes to A and A goes to a shooting position.</p> <p>V with shooter moving to side to collect for the long shot against a passive defender (at least 2m away) V with shooter feinting to take a long shot, the passive defender moving closer then going around the defender for a running-in shot</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter running-in, 1 for collecting the rebound before it hits the ground</p>	<p>A 8 Korfball Activity <i>The attacker needs options resulting from the positioning of his defending opponent. – close up restricts the taking of long shots – but moving around the defender and doing a running-in shot is an option.</i> Division groups in a space about the 15m x 15m An imaginary post marker 3-1 long shot or running-in shot option 3 attackers and one feeder near the post. 4 passive defenders. Start shooting long shots with defenders standing off and allowing these. Change to a little passive and defenders up close (so long shots can’t be taken).Attacker then passes back to feeder and does a running-in shot.</p> <p>V Change to attackers pretending to take a long shot, defenders come up close, attack passes to feeder and runs around defender to take a running-in shot. V Other group repeats above.</p> <p>M 12 Ball with 12 passes and at least 2 attempts with both undefended long shots and running-in shots. Have a point for each undefended shot and 3 for any goals.</p>	<p>P 6 Korfball Activity Division groups of 4 at a post <i>Having a variety of shots is needed to beat your defending opponent. If defending you fairly close at medium distance then an L movement, if away then a long shot..</i> Shooting skills 6 long and L movement shots A stands in front of the post with the ball B stands next to the post to collect the rebound. C (along with others standing in a semi-circle about 5 to 7 metre metres away) collects the ball from A and takes a long shot. B collects the rebound and passes to A Then C runs in and almost stops and makes an L movement to the left or right , collects the ball from A and takes a shot (<i>make sure to get balanced and facing the post before shooting</i>) C goes to B, B goes to A and A goes to a shooting position.</p> <p>V with shooter moving to side to collect for the long shot and with a passive defender V with shooter feinting going in one direction then another before the L movement and shot and with a passive defender.</p> <p>M collecting points; 3 for a goal, 1 for hitting the basket, 1 for a good pass to the shooter on the L movement shot, 1 for collecting the rebound before it hits the ground</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Attackers move in out to create options for long and running-in shots - defenders position accordingly Start using students to help referee the game. 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Attackers move in out to create options for long and running-in shots - defenders position accordingly Start using students to help referee the game. 	

9 Youth Korfball 4 / 8		
Feature Points	<ul style="list-style-type: none"> • Quick opportunistic shots near the post but with back-up • Defenders prepared to block close in shots 	
Activities	<p>P 7 Korfball Activity Division groups of 4 at a post. <i>You need to be able to shoot from anywhere including within a few metres of the post but these have to be quick to avoid being defended. Take special care to balance before shooting.</i> Shooting skills 7 Standing and L shots Group in semi-circle about 4m from the post. A (the feeder) stands under the post to pass the ball out until everyone has a shot. B is the rebounder for the round who collects and gives ball to feeder. There is a passive defender for all shots. First standing shot after moving to side of defender to take the shot. Same shooter now takes a shot after doing an L move. (move towards defender, move to side, collect and shoot). V with shooting more quickly V with defender less passive M collecting points;- 3 for a goal, 1 for hitting the basket, 2 for catching a rebound before it hits the ground. See which group can get highest points after 3 rounds.</p>	<p>A 9 Korfball Activity <i>While attackers will have systems (e.g. 2-2) they can use for positioning and moves to get a shot in attackers also need to be aware of opportunistic shots in this case fairly close to the post.</i> L movement opportunities Division groups in a space about the 15m x 15m An imaginary post marker. Attack group have a feeder and a rebounder who have passive defenders. Other two attackers move around within the range of 2 to 5 m from the post. At first with passive defenders they try to get clear by moving forwards, backwards and to the side (e.g. L moves) to get shots in . Have 10 passes altogether between them and see how many shots they can get in first with passive and then with active defenders. V Then change attack positions and then reverse with defenders. M Play 12 passes as above with all competitive positions for each team. See which team can get most in after 1 try each (ball must look as though going into a full height korf). Repeat but discuss first any changes around you will make to increase your chances of success (e.g. movement of attackers, change rebounder/feeder).</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> • Attackers keep moving – look for opportunistic shots – backup shooter • defenders go for interceptions – triangle positioning 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> • Attackers keep moving – look for opportunistic shots – backup shooter • defenders go for interceptions – triangle positioning

10		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> Using 3-1 and 2-2 options in attack 		
Activities	<p>P 11 Korfball Activity Division groups of 4 at a post. <i>Shooting is now made more difficult by having a defender. So group must work together to get someone free to shoot.</i> Attacking skills 1 3-1 with 1 defender A division group of 4 with one being the feeder under the post. There will be 1 defender who is at will to defend any of the 3 attackers (shooters). The attackers must move around and try to be free of the defender so the feeder can pass to someone free to shoot. The feeder must look to help by passing the ball for any kind of shot the attacker tries to make and also gets the rebound. Any kind of shot to start with. V restrict the kind of shot (e.g. only long shot) V have 2 defenders (against the 3 attackers)</p> <p>M collecting points;- as a group 3 for a goal, 1 for hitting the basket, 2 against for a blocked or defended shot and limit to 30 seconds shooting before a change</p>	<p>A 10 Korfball Activity <i>Attackers need to be able, as a group to see what opportunities there are for certain types of shots And then all be aware of roles to contribute.</i> Mixed shots Division groups in a space about the 15m x 15m With a marker for an imaginary post. Start with passive defenders. Attackers move the ball around and within 5 passes set up and take a long shot, followed after 5 more passes someone to take a running-in shot followed after 5 more passes an L movement shot. After each one stop and discuss what you might have done better or why you were successful. . V Play with 2 active defenders</p> <p>M Play a 20 pass game in which you must try at least 3 different kinds of shots. 5 points for making the 20 passes without interception and 2 for each shot of each kind. If the ball is intercepted you only count the successful shots made. Change over after each 20 shots or interception. (can play with 2 or 3 defenders only)</p>	<p>P 12 Korfball Activity Division groups of 4 at a post. <i>Shooting is now made more difficult by having a defender. So the feeder and other shooters must look to get someone free to shoot.</i> Attacking skills 2 2-2 with 1 defender A division group of 4 with one being the feeder under the post and one collecting rebounds. There will be 1 defender who is at will to defend any of the 2 attackers (shooters). The attackers must move around and try to break free. The feeder must look to help by passing the ball for any kind of shot the attacker tries to make. Any kind of shot to start with. V restrict the kind of shot (e.g. only L movement shots) <i>defenders now need to think how best to defend, e.g. close or away?</i> V have 2 defenders (against the 2 attackers) <i>(defenders also need to make sure they are in a defending position -closer to post than attacker- and they can see the ball movement for possible interception)</i> V allow change of attackers with feeder and rebounder</p> <p>M collecting points;- as a group 3 for a goal, 1 for hitting the basket, 2 against for a blocked or defended shot a</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Keep varying your distance from the post in attack to create more options Use 3-1 and 2-2 options in attack defenders triangle positioning 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Keep varying your distance from the post in attack to create more options Use 3-1 and 2-2 option in attack defenders triangle positioning 	

11		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> • 2-2 with changing roles • Defending with triangle positioning 		
Activities	<p>P 13 Korfball Activity Division groups of 4 at a post. <i>Shooting and maintaining possession is now made more difficult by having defenders on the rebounder or feeder..</i> Attacking skills 3 2-2 with 3 defenders A division group of 4 with one being the feeder under the post and one collecting rebounds. There will be 3 defenders who can defend or hinder any of the 4 attackers (i.e. can also go for the rebounds and intercept the ball going to the feed). The attackers must move around more and try to get shots in. All 4 attackers are now allowed to change roles. Play 30 seconds then stop and players need to discuss what they need to do to improve chances of getting shots in and defenders how they can prevent them and even intercepting the ball..</p> <p>V with less passive defenders</p> <p>M game with points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket, if the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then the other team are the attackers</p>	<p>A 11 Korfball Activity <i>It is important that defenders understand that they have a duel role and that is to defend their opponents so they get no goals and also to intercept the ball so they can get it through to their attack. This means defenders need to position so they know where the ball is and likely to go and also where their opponent is so they don't get a chance to shoot. It is like a triangle –ball, opponent and yourself</i> Mixed shots defence triangle Division groups in a space about the 15m x 15m With a marker for imaginary post. Start movements around with no shots and defenders keeping in a triangle like position with opponent, ball and themselves. Then with attackers trying to get shots in. Defenders do not try to intercept the ball. Change around every 15 passes or 5 shots undefended whichever comes first</p> <p>M Play a 20 pass game. Points are only awarded to defending team who have 10 points for the game. Deduct 1 point for every undefended shot. (shots must be possibilities of going in the imaginary basket) Defenders do not try to intercept the ball only defend the shots.</p>	<p>P 14 Korfball Activity Division groups of 4 at a post. <i>Shooting is now made more difficult by all four defended. It may require more changes of the rebounder or feeds.</i> Attacking skills 4 2-2 with 4 defenders A division group of 4 with one being the feed and one the rebounder. They can change roles during the 30 seconds activity. There will be 4 defenders who must hinder their respective opponent whatever role they take up but passively defending. Pause to discuss how and why they only got certain number of shots in. Then change over team groups and repeat.</p> <p>V have less passive or non-passive defenders(e.g. defenders focus on defending only)</p> <p>M game with points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket. If the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then other team are the attackers and they start on a centre line.</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> • Attack focus on moving to 2-2 play – change roles if not working • defenders focus on interceptions at post positions 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> • Attack focus on 2-2 play – change roles if not working • defenders focus on interceptions at post positions 	

12		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> focus on support roles rebounder and/or feeder 		
Activities	<p>P 11 Korfball Activity Division groups of 4 at a post. <i>Shooting is now made more difficult by having a defender. So group must work together to get someone free to shoot.</i> Attacking skills 1 3-1 with 2 defenders A division group of 4 with one being the feeder under the post. There will be 2 defenders who are at will to defend any of the 3 attackers (shooters). The attackers must move around and try to be free of the defender so the feeder can pass to someone free to shoot. The feeder must look to help by passing the ball for any kind of shot the attacker tries to make and also gets the rebound. Any kind of shot to start with.</p> <p>V restrict the kind of shot (e.g. only running-in or long shot)</p> <p>V have 3 defenders (against the 3 attackers) but passive at first</p> <p>M collecting points;- As a group 3 for a goal, 1 for hitting the basket, 2 against for a blocked or defended shot and limit to 30 seconds shooting before a change</p>	<p>A 12 Korfball Activity <i>Often there can be congestion with too many players under the post so attack needs to open up by getting at least 2 attackers moving out and a feeder and the rebounder in this best position. This is sometimes done by a short pass to the feed and the rebounder walking around the feeder close too so he/she can get into a good rebounding position under the post (the rebounders defender will follow or risk getting a shot against them).</i> Focus on rebounder's position Division groups in a space about the 15m x 15m with marker for the post. Division group and they are feeder, rebounder and 2 attackers. With 4 passive defenders. Start with all near the post and rebounder with the ball. 2 other attackers move out with their defenders. Rebounder passes (almost giving) the ball to the feeder in position near the post and walks around the feeder to get a better position to rebound (passive defender follows). Then a couple of shots are taken by each attacker and rebounder does the same as above. V Repeat with different positions taken and then defender group become attackers.</p> <p>M A 12 pass game with competitive defenders. After each collected rebound, rebounder passes ball to feeder then continue play. Decide on appropriate scoring.</p>	<p>P 12 Korfball Activity Division groups of 4 at a post. <i>Shooting is now made more difficult by having a defender. So the feeder and other shooters must look to get someone free to shoot.</i> Attacking skills 2 2-2 with 2 defenders A division group of 4 with one being the feeder under the post and one collecting rebounds. There will be 1 defender who is at will to defend any of the 2 shooters and 1 to try and intercept under the post The attackers must move around and try to break free. The feeder must look to help by passing the ball for any kind of shot the attacker tries to make. Any kind of shot to start with. V restrict the kind of shot (e.g. only L movement shots) <i>defenders now need to think how best to defend, e.g. close or away?</i> V have 2 defenders (against the 2 attackers and one still under the post) <i>(defenders also need to make sure they are in a defending position –closer to post than attacker- and they can see the ball movement for possible interception)</i> V allow change of attackers with feeder and rebounder M collecting points;- as a group 3 for a goal, 1 for hitting the basket, 2 against for a blocked or defended shot</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> Moving into attack – opportunity shot or hold to get attack positions 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Attack keep under post clear – rebounder getting position defenders getting best position against attackers' roles 	

13		Youth Korfball 4 / 8	
Feature Points	<ul style="list-style-type: none"> attacking options with 2-2 strategy 		
Activities	<p>P 13 Korfball Activity Division groups of 4 at a post. <i>Shooting and maintaining possession is now made more difficult by having defenders on the rebounder or feeder..</i> Attacking skills 3 2-2 with 3 defenders A division group of 4 with one being the feeder under the post and one collecting rebounds. There will be 3 defenders who can defend or hinder any of the 4 attackers (i.e. can also go for the rebounds and intercept the ball going to the feed). The attackers must move around more and try to get shots in. All 4 attackers are now allowed to change roles. Play 30 seconds then stop and players need to discuss what they need to do to improve chances of getting shots in and defenders how they can prevent them and even intercepting the ball..</p> <p>V with less passive defenders</p> <p>M game with points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket, if the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then the other team are the attackers</p>	<p>A 13 Option for Korfball4 only class <i>On a turnover a Korfball4 team needs to get the ball down the court as quickly as possible to get a shot in before the defenders can position themselves.</i> Turnover move Have an area approximately Korfball4 court size (30m x 15m) with markers for posts. From one post “turnover” is called and attack then moves from a line behind the post down court and attempts to set up an attack and get as many undefended shot in within 30 seconds.</p> <p>M play this as a game (without actual goals noted but undefended shots are noted)</p>	<p>P 14 Korfball Activity Division groups of 4 at a post. <i>Shooting is now made more difficult by all four defended. It may require more changes of the rebounder or feeds.</i> Attacking skills 4 2-2 with 4 defenders A division group of 4 with one being the feed and one the rebounder. They can change roles during the 30 seconds activity. There will be 4 defenders who must hinder their respective opponent whatever role they take up but passively defending. Pause to discuss how and why they only got certain number of shots in. Then change over team groups and repeat.</p> <p>V have less passive or non-passive defenders(e.g. defenders focus on defending only)</p> <p>M game with points for attack group over 30 seconds.:- 3 for a goal, 1 for hitting the basket. If the ball is intercepted or the shot is defended before the 30 seconds are up then time is up for that attacking team. Then other team are the attackers and they start on a centre line.</p>
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> moving into attack options – quick shots or hold play defenders into position to mark opponents 		<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> Revise focus back on basics of position in divisions thinking together as a group in your division roles

14	Youth Korfball 4 / 8		
Feature Points	<ul style="list-style-type: none"> • Player/division group analysis of their strengths and weaknesses 		
Activities	P Revision A (with a post) In consultation with coach/teacher select an activity to revise and/or practise a strategy you have devised to give you an edge for your team in the round-robin competition.	A14 Revision (without post) In consultation with coach/teacher select an activity to revise and/or practise a strategy you have devised to give you an edge for your team in the round-robin competition.	P Revision B (with a post) In consultation with coach/teacher select an activity to revise and/or practise a strategy you have devised to give you an edge for your team in the round-robin competition.
Highlight Game	<p style="text-align: center;">Korfball4 Game</p> <ul style="list-style-type: none"> • As required focus on player game analysis • Player referees and coaches 	<p style="text-align: center;">Korfball8 Game</p> <ul style="list-style-type: none"> • As required focus on player game analysis • Player referee and coaches 	

15	Youth Korfball 4 / 8		
Feature Points	<p style="text-align: center;">A round-robin type competition</p>		
Activities	Organise a round-robin type competition preferably with division groups as in Lesson 14. Encourage a role for a coach (player or non-player) Expect each team to provide a referee or have some dedicated referees from players. Have administrative roles (e.g. time keeper, scorers)		



Rules and tips for Youth Korfball4 and Korfball8

The rules are designed to promote

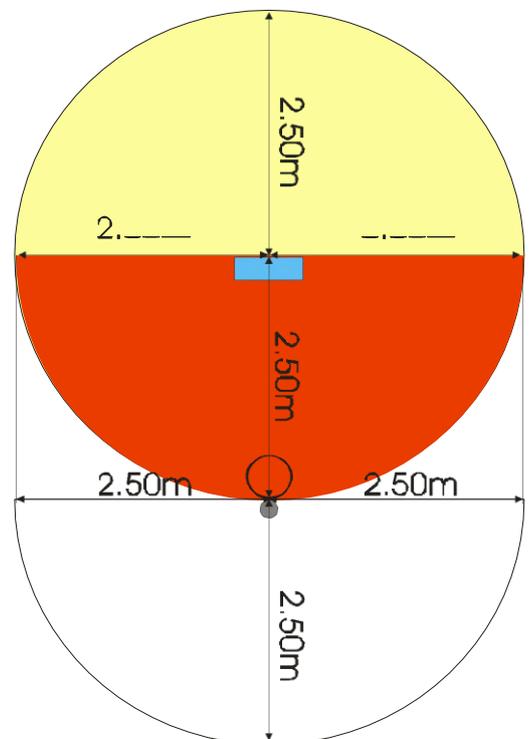
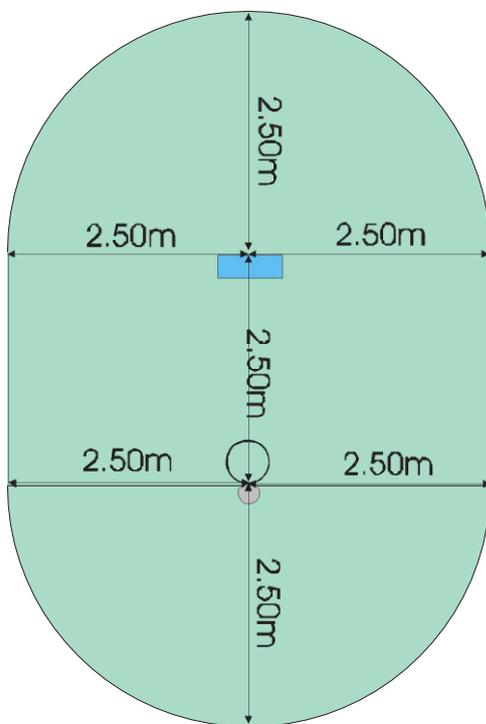
- Cooperation
- All round ability
- Ball handling and movement skills

Italic references are to the full official rules and guidance notes found at <http://ikf.org/documents>

The green shaded area in the diagram on the left below shows the area where no player may stand during the taking of a **penalty** except the taker who must stand immediately behind the penalty spot. No other player may enter the shaded area until the ball has left the taker's hands.

In the diagram on the right the shaded area is where no player, except the taker of the **free pass** can stand until the pass is made. The taker of the free pass cannot move into the red area until he/she has made the free pass. For more information on taking see 3.10 and 3.11 in the full official rules.

● Post ■ Penalty spot ○ Korf outline



Korfball4	Korfball8 differences	Notes and references
1 Play on a single court approximately 30m x15m	Court divided into 2 square divisions –whole court approximately 40m x 20m	1.1-1.2
2 Korfball posts between 3m-3.5m to top of basket and positioned in from back lines approximately 1/6 th of court length		1.3-1.4
3 Use #5 size ball		1.5
4 Teams of 4 on the court equal number of male and female .	Teams of 8 with gender ratio same for each team in each division (2 of each gender in each division means total of 8 on court.	<i>Where possible have equal number of male and female or same ratio for each team.</i> 2.1-2.5
5 Referee controls the game and blows the whistle to stop and start all play	Referee may have an assistant in both forms of the game.	2.3-2.5
6 Game starts with a throw off from penalty spot of other team	Starts with “Home” team throw off from near centre of centre line in their attack division	<i>Second half starts with the throw off by non-start of game(home) team.</i> 3.1- 3.5
7 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	3.2
8 Start of play is at the penalty spot of the opposing team..It is the same position after every goal but by a member of the non-scoring team.	Whichever team is to take it do so from near the centre just inside their Attack division.	3.3
9 Game length is up to the organisers to decide but should be no longer than 15 minutes for each half. Game may be divided into quarters.	After half time the teams change direction therefore shoot into the other goal. They change ends and therefore the roles (attacker or defender) remain the same as at half time.	3.4
10 Substitutions are gender based and can be at anytime when the team doing this has possession. The player going off must do so before the substituting player goes on court.	Gender based but substitution only when play is stopped. Substituted player must not return to the same division (leave in attack so return into defence so there is no specialisation)	<i>Other requirements might be made for competitions, e.g. substituted for at least 10 minutes.</i>

Infringements of the rules At a high competitive level, as in most sports, interpretations can become very complex. We need to keep them simpler at this level for players and potential youth referees.

Basically there are what are considered;-

- Light infringements (eg running with the ball) punished with a re-start to non-offending team.
- Heavy infringements (e.g.against attack team like unfair contact) punished with a free-pass
- Very heavy infringements (e.g.loss of a scoring chance such as knocking a player while shooting) punished with a penalty shot. *See 3.6 for more detail*

Below are the prohibition rules using the official rule numbers.

During play it is prohibited to:

3.6a Touch the ball with leg or foot		<i>An advantage can be played if it goes to the opposing team</i>
3.6b Hit the ball with a fist		<i>Tapping is allowed.</i>
3.6c Take hold of, catch or tap the ball when any part of the body other than the feet is touching the ground		<i>If already caught and then falls down can hold it and stand up and play the ball.</i>
3.6d To run 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 step contacts with the ground to come to a halt or continue running and pass the ball on or shoot within 3 steps.		<i>Referee must be aware from the moment the player receives the ball.</i> <i>The rule is to encourage cooperative rather than solo play.</i>
3.6e Solo-play is when it is seen as deliberate avoidance of cooperation		<i>Closely associated with Rule 3.6d above.</i>
3.6f To hand the ball to another player of one's own team		<i>The ball must pass freely through the air, however small so there is an opportunity for interception.</i>
3.6g To delay the game		<i>Especially when close to full-time and in the lead e.g. holding the ball too long and not attempting to get a shot in.</i>
3.6h To knock take or run the ball out of an opponent's hands – the key factor is the opponent has control		<i>The challenge and skill is to get the ball when it is free</i>
3.6i To push, cling to, or hold off an opponent – when done by a defender can lead to a free-pass		<i>The challenge and skill is to beat an opponent without contact or obstruction</i>

3.6j To hinder an opponent excessively e.g. stopping free movement of body or bringing hand arm on to opponent when they have the ball		<i>Encourage standing off an opponent and trying to block the path of the ball</i>
3.6k to hinder an opponent of the opposite sex in throwing the ball – essentially be at least 2m away		<i>There are aspects of both genders cooperation together and with the same gender</i>
3.6l to hinder an opponent who is already hindered by another player		<i>It's a one on one challenge so gender cooperation needed to mark all opponents</i>
3.6m not applicable since only one division	3.6m To play outside one's division (zone)	<i>The division is two dimensional so can go over line as long as playing from own division.</i>
3.6n to shoot from a defended position To be defended the defender must be -closer to the post than the shooter -within touching distance, -facing the shooter -attempting to block the ball's path at the instance the ball leaves the shooters hands to be awarded a defended shot.		<i>The rule is to promote cooperation to get shots in.</i>
3.6o to shoot after cutting past another attacker this is similar to the action of 'screening' or "blocking"		<i>The challenge in korfbal is to beat you're your opponent by speed and agility</i>
3.6p not applicable since only one zone/division	3.6p to score from the defence division (zone)	<i>Only attack division players may score which means the ball must be touched by a player in attack division before the ball goes in.</i>
3.6q to shoot when one plays without a personal opponent		<i>The coach informs which player will not be shooting and limited changes can be made on informing other team and referee (see 3.6q for more detail)</i>
3.6r to influence a shot by moving the post		<i>If deemed deliberate then by an attacker no goal and a restart to defence. If done by a defender possibly a penalty.</i>
3.6s to take hold of the post when jumping,running or in order to move away quickly		<i>Infringement by an attacker then a re-start, by a defender then a free pass</i>
3.6t to violate the conditions laid down for a free pass or penalty		<i>Violations by an attacker – a re-start By a defender – retake free-pass or a penalty</i>
3.6u to play in a dangerous manner		<i>e.g. causing a collision,over rubust play</i>

<p>3.6v to violate the conditions laid down for a re-start includes hindering the taker and the ball must travel 2.5m. Re- start from where the offence took place</p>		<p><i>The ball must travel at least 2.5m before being touched by any other player</i></p>
<p>The following special situations are covered in more detail within the Official Rules</p>		
<p>3.7 Outball when it touches a boundary line or area outside and the ceiling or object above the field of play</p>		
<p>3.8 Referee throw-up when simultaneous seizure of the ball by two opponents or when play stopped suddenly with no entitlement to have possession for either team</p>		
<p>3.9 Re-start by non-offending team from the spot where the offence took place or, no interference until ball has gone 2.5m from the spot.</p>		
<p>3.10 Free pass is awarded for a heavy infringement by a defending side. Taken from the penalty spot with everyone except the taker 2.5m away and all attackers 2.5m from each other. It is indirect so a pass must be made first before a shot can be taken.</p>		<p><i>See the details of taking at 3.10</i></p>
<p>3.11 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>Everyone, including spectator are not allowed to interfere with a penalty by moving about or calling out. To distract the taker. 3.11</i></p>
<p>3.12 Change of divisions not applicable in K4</p>	<p>In K8 there is a change of divisions after every 2 goals. At this youth level you can have an additional case of a change after 5 minutes if there have not been 2 goals.</p>	<p><i>In K8 this additional rule makes sure all players have the opportunity to play in both attack and defence in a game situation since all round ability is expected.</i></p>