



## Youth Korfball Programme 2013

### AIMs

The basic goal is to get as many teams of 4 boys and 4 girls as we can, ready to play two-division korfball in a one-day youth tournament (on June 15<sup>th</sup>) that will end the programme.

- The players will need to know how to defend as individuals (one-on-one gender-specific defence), and to attack as teams (ideally with some sense of spatial awareness).
- They will need to know how to behave at restarts and how to take penalties (we do not plan to use "free passes" in the competition. The 4-second rule applies at restarts, but not at penalties. Opponents must not "hinder" (within 2.5m) at restarts, and no-one is allowed within 2.5m of the taker or the post for "penalties" – taken 2.5m from the post.

All players need to know:

- To respect other players, as well as the referees ("the ref's decision is final")
- That it's a non-contact sport – contact with either the player or the ball (when someone's got it!) is not allowed.
- That you can't "travel" with the ball (no dribbling, but pivoting is encouraged!).
- That you can't punch or kick the ball (no contact "below the knee").
- That you can't shoot while defended (where defended = closer to the post, within arm's reach of (and facing) your attacker, and trying to block the path of the ball with your hand).
- That you can't either defend, or hinder, someone of the opposite sex ("boys mark boys, girls mark girls").

### TASTER SESSIONS

It is easy to get across the very basics of the game in the kids' first introductory session, which can be anywhere from 30 to 60 minutes long. I normally get the kids to play some shooting games in teams to start with (e.g. "the bib game": see Week 1), then get them to mock-"defend" each other (one-on-one) in a little run-around and freeze-on-the-whistle game (with no balls). I then get them to play an end-to-end game of "mono-korf" to finish the session (this works well if you just tell them (i) not to "travel" with the ball and (ii) not to contact each other before the game starts. You can then gradually introduce more and more rules - like over-hindering, "out of hands" (/contact!), "out of bounds", "football" - as and when they go along.

### STRUCTURED SESSIONS

After their initial introduction, we should be able to build them up as teams quite rapidly....

#### Week 1 (w/c 20/5?)

- Shooting and passing games: e.g. passing in pairs (chest-passes, one-handed passes, bounce passes). "The bib game": teams split evenly in circles (2m radius) around multiple posts, one ball per post. First player shoots, collects the ball and passes it on

to next player in circle. If he/she scores, he collects a bib from a central point between all of the posts and takes it back to his own post (placing it on the base). Once all of the bibs have been taken from the central location, teams are allowed to steal from other posts (and teams are not allowed to guard or “hog” their own bibs - if they do so, they lose all of them back to the middle). First team to collect 5 bibs wins (after placing 8 or 9 in the middle to start with (for a class of 16-20): you can always sneakily add a few more, one by one, as the game goes on and you want someone to win!).

- Recap defending rules, using one pair of children to demonstrate.
- Play 2-division game (introduce attack and defence zones – “nobody is allowed over the half-way line”. Switch ends and roles after every two goals, or after every 3-5 minutes without a goal).

#### Week 2 (w/c 27/5?)

- Develop long-shot technique – demonstrate good 2-handed shooting technique, with hands forming “W-shaped” grip on ball held in front of neck/chin and arms extending fully upwards to release ball at the end of a synchronised, flowing “pencil-jump”. Give individual tuition, using line(s) of players shooting at one basket (per coach).
- Use 2-division game to develop teamwork – encourage attacking divisions to make and use space effectively (passing to moving/free shooters).
- Use 2-division game to develop one-on-one marking in defence.

#### Week 3 (w/c 3/6?)

- Continue to develop long-shot technique – introduce movement before shooting (e.g. gradually building up towards a proper “veer shot”).
- Develop attacking teamwork / support play (using a “feeder” to assist someone taking a veer shot). Introduce two-person pass-and-move drill: start by passing from A to B along half-way line, A then runs to spot 1m in front of post, B then passes back to A, B then runs up to touch the ball that A is holding, B backs off (/veers away) a short distance, A “feeds” (passes to) B, B shoots (and scores!). Works well with short queues of players waiting to become A and B on half way line, with A and B joining back of “the other queue” once they’ve finished the drill themselves.
- Keep plugging at one-on-one defence in 2-division game.

#### Week 4 (w/c 10/6?)

- Develop attacking teamwork / support play (using a “collect” to recycle the ball when a shot misses the post). Drill: have two queues of players ready to shoot into one post from around 3-4m. Bring front player from each queue to stand on either side of post. Give (one) ball to player now at the front of one of the queues, and let them shoot (re-cap good long-shot technique). Encourage the two “collectors” (players by the post) to compete for any stray shots. Whoever collects the ball passes it back to the front of his/her own team. Both collectors now rejoin the back of their own queue and the process repeats.
- Yes, keep on plugging away at one-on-one defence in a 2-division game!