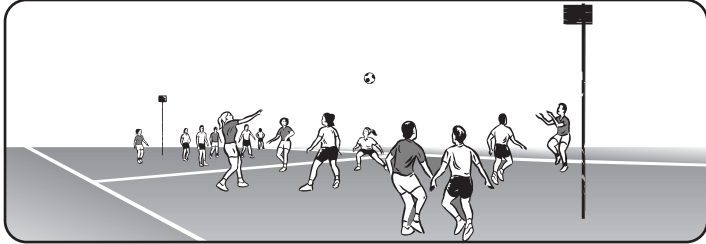


# Korfball Skills



## Skills 1 - Passing/catching

- Catch two-handed
- Catch one-handed (practice with each hand)
- Pass one-handed, overarm (practice with each hand)
- Pass to where receiver will be, not where s/he is

## Drills:

In pairs: receiver moves to left, passer 5m away passes to his/her left side, receiver passes back with left arm (swap arms, increase distance: 10m and 15m)

In threes: form three sides of a square (8m), pass around clockwise, run back to the missing side of the square after you have passed (swap directions)

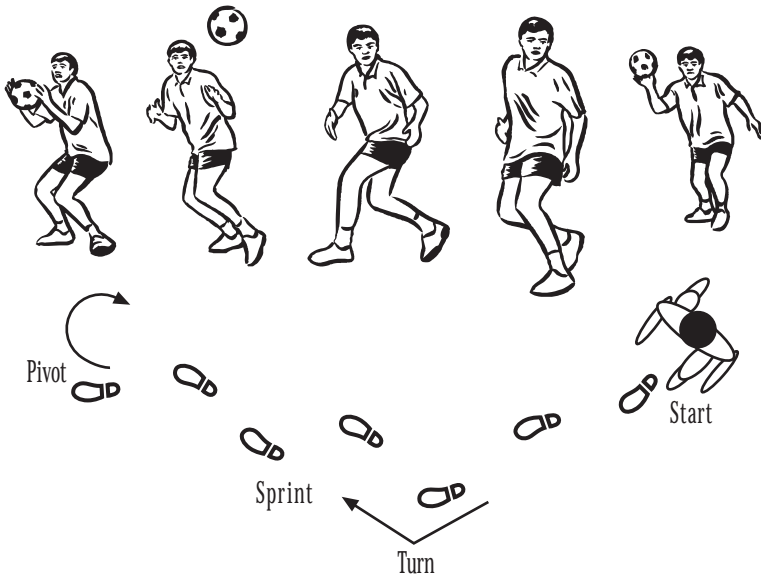
In larger groups: form two circles (inside and out) of pairs facing each other, pass around the circle (vary with two or more balls) form one circle, with one player over, player moves around inside the circle, passing and receiving from each other player in turn (swap places once circle is complete, go around the outside, have more than one "worker," with a ball each)

# Korfball Skills

## Skills 2 - V-cut

- Pass
- Move in at three quarter pace
- Switch direction
- Move out as quickly as possible
- Receive return pass on outside hand.

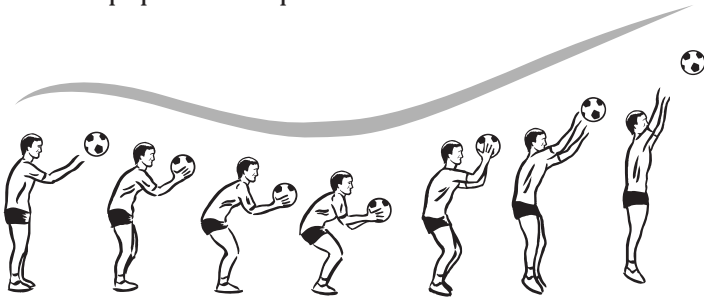
Maintain balance throughout – run forwards (i.e toes first with feet facing in the direction of your movement), but keep watching your team-mate, over your shoulder, for the pass.



# Korfball Skills

## Skills 3 - Shooting: Longshots

- Face square on to the korf
- Hands on the side of ball, fingers only, thumbs facing in, ball under chin
- Elbows tucked in, but relaxed
- Take ball down slightly
- Spring motion from legs - power
- Flick arms up - direction
- Release ball at arms' highest point to make an arc, to die and fall through korf from approx 50 cm above
- No top spin or back spin on the ball



## Drills:

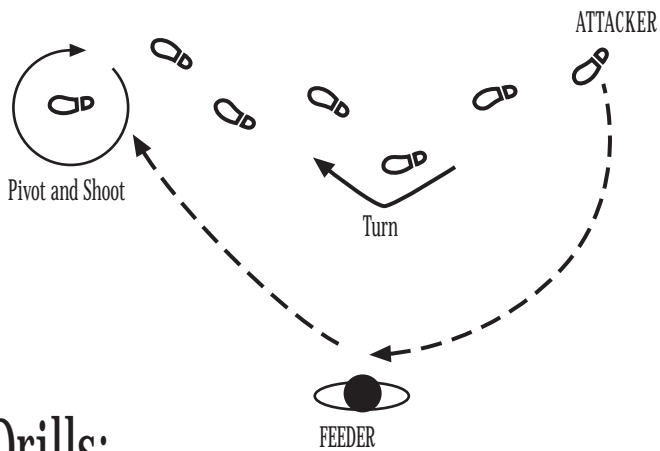
In pairs/groups: first to ten/best out of ten (alternate shooter/collector, vary distances) start beneath the post, continue shooting, take a step back (1m) after every successful shot, follow in to collect own shot, receive running left/right and put up shot as quickly as possible (vary with a defender in to make it more realistic).

# Korfball Skills

## Skills 4 - Shooting: Veering off shots

Combining V Cut (Skills 2) with Long Shot (Skills 3) techniques

- Foot position, running forward, feint out, face back towards feed
- Outside arm to receive ball
- Correct timing/direction of the feed
- Pivot to shoot from stable/balanced position, facing the post



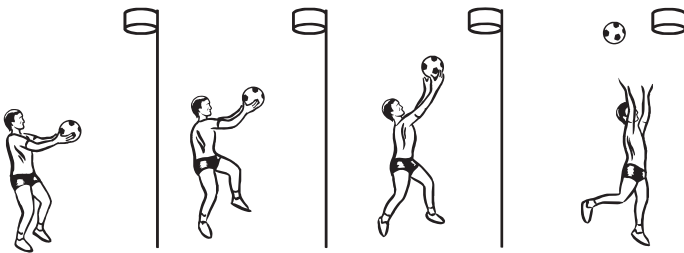
## Drills:

Practice going left and right, move as quickly as possible without losing balance – trust your feet to do the work, you do not need to look at them, watch your team mate and the ball throughout the move.

# Korfball Skills

## Skills 5 - Shooting: Penalties

- Balance
- 2.5m from korf
- Face the korf throughout
- Underarm shot (both hands)
- Hands on the sides of the ball, fingers only
- Take-off leg slightly behind
- Forward and upward motion
- Take-off leg and arms in one movement
- Release ball at highest possible point, arms extended



## Drills:

Practice in pairs, or larger groups

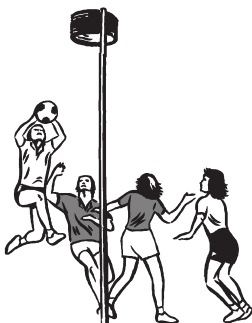
First to ten (etc)

Best out of ten (etc)

# Korfball Skills

## Skills 6 - Shooting: Running in shots

- Footwork: small steps, change of pace (slow/fast)
- Pass to feeder (under basket), follow pass
- Run direct at basket
- Receive ball at correct distance from basket (judging speed of run)
- Two foot impacts allowed before ball is released
- Underarm shot as per penalty, ('Skills 5')
- Release ball at highest possible point, at the top of the jump, arms extended (minimal distance to basket)
- Follow through with run



## Drills:

In pairs: feeder/shooter alternate and collect own shot.

In groups of more than two: wait to collect, keep the line moving as fast as possible.

In larger groups: two lines, one to rebound/feed, one to shoot, rebounders time run appropriately.

Add a '75 per cent effort' defender to make it more realistic.

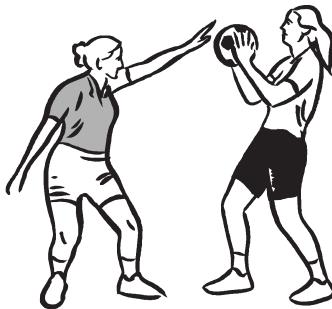
First group to 25

Best group out of 25

# Korfball Skills

## Skills 7 - Defence

- Small shuffling steps
- Knees bent
- Keep focusing on opponent at all times - but be aware of the ball
- Close down opponent when s/he receives the ball – drop back when they do not have it
- Side on stance to enable to switch angle/direction as quickly as possible
- Remain closer to the korf
- Stay within touching distance of your opponent's torso
- Arm up to prevent shooting chance
- Maintain correct distance to prevent both long shot and running in shot



## Drills:

Practice without ball, attacker driving defender back, feint to go around.

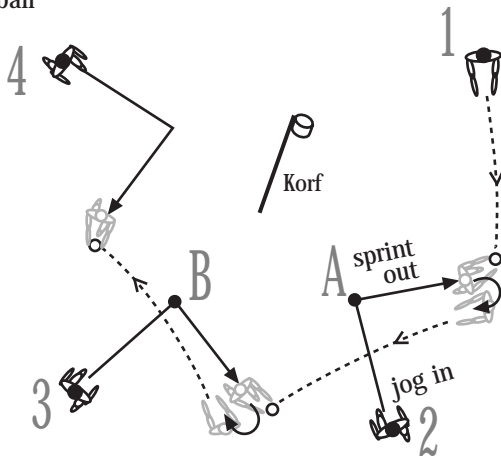
# Korfball Skills

## Tactics - Four-Zero Attack

- Four players, space out around the post
- Windmill formation
- Keep making V cut moves around the korf ('see skills 2')
- Pass to outside hand
- Follow the pass
- Use all the space
- Don't 'cross over' in front of team mates
- Anticipate next move and next pass at all times – but keep watching the ball

Player 4 starts  
move when  
Player 3 reaches  
point 'B'

Player 3 starts  
move when Player  
2 reaches point 'A'



## Drills:

Practice, move as fast as possible, keep passes flat and hard, pass to space, not to player, keep vee movements distinct. Alternate directions to give variety.

Identify opportunities to move to two-two formation.

Each player able to react to movements of team-mates.

# Korfball Skills

## Skills 8 - Rebounding

- To ensure your team holds possession, no player should attempt to shoot unless a team-mate has the 'rebound position'
- You can take the 'rebound' position from in-front or behind the korf as long as you are closer to the korf than your opponent - but not so close that you cannot move
- The rest depends on good timing, anticipation and jumping ability

