

## **Six Simple Coaching Tips for New Korfball Teams**

1. Never shoot unless you have a team-mate in the rebound position, or can take the rebound yourself. Even the very best teams will probably only score from 35-40 per cent of their shots. Players that 'shoot on sight', when no rebounder is in position, might as well just give the ball to their opponents.
2. As a korfball newcomer, your first instinct in defence will probably be to watch the ball. This is a mistake. You should focus almost 100 per cent on your personal opponent – watch them and stay with them at all times: forget about the ball. Only go for an intercept if you are absolutely sure you will make it. A competent attacker will quickly take advantage of a 'ball-watching' opponent to slip past for a running-in shot.
3. As a four, look to make space in attack by using the whole of the court. Try to ensure that you spread out from your team-mates and do not all 'clog up' around the korf.
4. Many inexperienced players try to make space in attack by running around and around the korf in a big circle. The most this will achieve is to make you tired and dizzy. Making sharp changes of speed and direction through the 'V-Cut' move is a far more effective way to lose your defender.
5. Unless you have a very good arm and team-mates with excellent catching skills, a big 'hoof' up the court is probably going to be intercepted. Short passes out of defence to team-mates moving into space are the safest way to go.
6. If you are in attack and waiting for the ball to come out of defence, avoid the temptation to 'hover' right on the halfway line – you are inviting your defender to intercept any pass that is made to you. By dropping back three to four metres from halfway, then timing your run to the line as the pass is made to you and indicating to your passing team-mate that you are going either left or right, you will cut the risk of interception to virtually zero.