Korfball – The Tournament

Session objectives –

- Use everything we have learnt and put it together in a tournament.

Equipment

- Certificates
- Cones
- Korfballs
- Korfs/ Netball Posts/Basketball Hoops

Warm Up – 10 Minutes

Let the children choose a warm up game as it is the last week.

Dynamic Stretches

Pick stretches for the whole body. Have children pick some stretches.

The Tournament – 20 Minutes

- Put children into four equal teams.
- Each team to play each other.
- The team that wins the match will get a point.
- Winners are the team with the most points.

Coaching points–

- Assign a captain to keep count of their points.
- Have each team pick a team name.

Regressions –

- Coach to help any struggling team.

Progressions –

- Place cones round hoop, cannot shoot from within the cones.
- 3 passes before you can score.

The Finale – 20 Minutes

- Put children in new teams.
- Have 8 v 8.
- If there are extra players, have them as subs or have a child as umpire etc.
- Play two 10-minute halves.

Coaching points -

- Change players around if one team is struggling.
- Remind children about the passes and shots they have learnt – see if they are able to use them in the game.

Regressions –

- Create a second pitch if this does not work.

Progressions –

- Add in 4 passes before you can score.
- No steps allowed.
- Only 5 seconds allowed with the ball.

Cool Down and Debrief - 5 Minutes

- Stretch the whole – Shoot out Competition – let all children have a shot. If they miss they are out. Last one standing is the winner.
- Ask what children have learnt and enjoyed in the session
- Award certificate