

Korfball – Champions Chest Pass

Session objectives –

- ★ Understand how to perform a chest pass and work on catching.

<u>Equipment</u> ★ Certificates ★ Cones ★ Koftballs ★ Netball Posts/Hoops	<u>Warm Up – 10 Minutes</u> Frogger Like the video game. 4-6 straight row of cones frogger (tagger) will be stood in the zone of cones will be acting like a car. Can run along the zone. Other players will start at one end and must run to the other side avoiding the car taggers. Children in the safe zones where there are no cars can't be tagged. Once tagged you join that zone. Last one to be left will be the winner.	<u>Dynamic Stretches</u> Pick stretches for the arms and upper body. See if children can suggest some stretches.
<u>Chest Pass – 15 Minutes</u> ★ Have children in pairs passing the ball to each other. ★ To make it harder, increase the distance between the cones. <u>Coaching points–</u> ★ Create a W shape with your hands on the ball. You want the ball on your chest bending your elbows. ★ Put one foot forward transferring your weight onto your front foot as you release the ball. ★ Straighten your arms as the ball leaves your hands. ★ Keep your eyes on your target. ★ Use your fingers to direct the pass by extending them as well. <u>Regressions –</u> ★ Get closer to your partner. <u>Progressions –</u> ★ Increase distance between partners. ★ Get into three's and place one person in the middle to try and intercept.	<u>4 Way Passing – 15 Minutes</u> ★ Put children into groups of 4s. Children will be standing on a cone in a square shape. They are now performing a chest pass too each other round the square <u>Regressions –</u> ★ Get closer if they are struggling to reach the distance. <u>Progressions –</u> ★ To make harder pass the ball in different directions and attempt to follow the pass. ★ Make the square bigger. ★ Focus on calling for the ball and having hands raised up. Communication is key. <u>Matches - 10 Minutes</u> ★ Play a game of possession. ★ 5 v 5 ★ Reinforce rules. ★ One point to be scored for each time a team completes 10 clean passes.	
<u>Cool Down and Debrief - 5 Minutes</u> ★ Head it catch it (see game glossary). Stretch out the upper body. ★ Ask what children have learnt and enjoyed in the session. ★ Award certificate.		