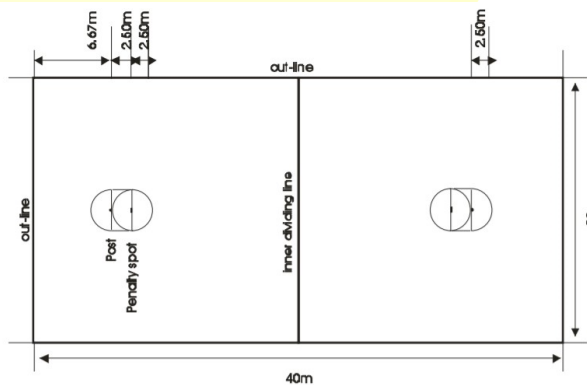


Korfball – Introduction of Rules and Play Week 1

Session objectives –

- ★ To understand what korfball is and to get familiar with the game.

<h3><u>Equipment</u></h3> <ul style="list-style-type: none">★ Certificates★ Cones★ Korfballs★ Basketball/Netball Posts	<h3><u>Warm Up – 10 Minutes</u></h3> <p>Everyone's It</p> <p>Every player will be a tagger. Once a player has been tagged they sit down. Now they must watch the person who tagged them, if that person gets tagged then the person is back up. If they tag at the same time it's rock, paper scissors to decide the winner. Coach can shout to restart. Everyone gets up and starts again.</p>	<h3><u>Dynamic Stretches</u></h3> <p>Pick stretches for the arms and upper body</p>
<h3><u>Mini Matches – 15 Minutes</u></h3> <ul style="list-style-type: none">★ Cover some basic rules of korfball, such as girls to mark girls, boys to mark boys. Cannot shoot once arms have been put up in front of you and you cannot move with the ball.★ Split the children up into four teams.★ Let children play, see if they are able to grasp the rules they have learnt. <h3><u>Coaching points–</u></h3> <ul style="list-style-type: none">★ Please see link in the explained rules of korfball: https://www.rulesofsport.com/sports/korfball.html★ Pause the game to reinforce rules and how to play. <h3><u>Progressions –</u></h3> <ul style="list-style-type: none">★ Every player must touch the ball before you can score.	<h3><u>One Big Match – 20 Minutes</u></h3> <ul style="list-style-type: none">★ Reinforce the rules that have been learnt and add another rule if children have understood the first few rules.★ Play for the correct points. <h3><u>Set up –</u></h3>  <h3><u>Regressions –</u></h3> <ul style="list-style-type: none">★ Pause game to reinforce rules. <h3><u>Progressions –</u></h3> <ul style="list-style-type: none">★ Add in 3 passes before you can score.★ Place cones round the hoop, this will be the area where you cannot score.★ Swap sides.★ Make new teams to keep it fresh.	
<h3><u>Cool Down and Debrief - 5 Minutes</u></h3> <ul style="list-style-type: none">★ Stretch the upper body.★ Ask what children have learnt and enjoyed in the session.★ Award certificate.		