

## Korfball – Match Play

### Session objectives –

- ★ Putting it all together

<u>Equipment</u> <ul style="list-style-type: none"><li>★ Certificates</li><li>★ Cones</li><li>★ Korfballs</li><li>★ Korfs/ Netball Posts/Basketball Hoops</li><li>★ Bibs</li></ul>	<u>Warm Up – 10 Minutes</u> <p>Body Parts</p> <p>Children jog round the area. If coach calls out a body part you need to match up that body part.</p> <p>E.g. if coach says 2 backs. It would be back to back.</p>	<u>Dynamic Stretches</u> <p>Pick stretches for the whole body. Have children suggest stretches.</p>
<u>Three Mini Matches – 15 Minutes</u> <ul style="list-style-type: none"><li>★ Divide children into 6 teams.</li><li>★ Does not matter how many on the pitch, include all the children.</li><li>★ 6-minute matches with 2 halves.</li></ul> <u>Coaching points–</u> <ul style="list-style-type: none"><li>★ Make sure all the children are now confident enough to play matches as well as knowing all the basic skills.</li><li>★ Pause matches to add in coaching points. E.g. where can we find space?</li></ul> <u>Regressions –</u> <ul style="list-style-type: none"><li>★ Change up the teams.</li></ul> <u>Progressions –</u> <ul style="list-style-type: none"><li>★ Add 5 passes in order to score.</li><li>★ 5 seconds with the ball.</li></ul>	<u>Two Separate Matches – 20 Minutes</u> <ul style="list-style-type: none"><li>★ Set up two pitches.</li><li>★ All children to play.</li><li>★ Teams to play each other. Implement a Kings court where winners will always stay on their side.</li></ul> <u>Coaching points –</u> <ul style="list-style-type: none"><li>★ Enforce as many rules as children can process.</li><li>★ Change teams around if there is a strong team.</li><li>★ Encourage the use of different passes and shots.</li></ul> <u>Regressions –</u> <ul style="list-style-type: none"><li>★ Change the teams up if they are struggling.</li></ul> <u>Progressions –</u> <ul style="list-style-type: none"><li>★ Add in specific shots you want to see.</li><li>★ 10 seconds with the ball.</li><li>★ Each player must have a touch of the ball before shooting.</li></ul>	
<u>Cool Down and Debrief - 5 Minutes</u> <ul style="list-style-type: none"><li>★ Stretch the whole body – On the Pond (see game glossary)</li><li>★ Ask what children have learnt and enjoyed in the session</li><li>★ Award certificate</li></ul>		