

## Korfball – Bouncing Bounce Pass

### Session objectives –

- ★ To be able to perform a bounce pass and know when to use it.

<p><b><u>Equipment</u></b></p> <ul style="list-style-type: none"> <li>★ Certificates</li> <li>★ Cones</li> <li>★ Koftballs</li> <li>★ Netball Posts/Basketball Hoops</li> </ul>	<p><b><u>Warm Up – 10 Minutes</u></b></p> <p>Foxes and Wolves</p> <p>Create two end zones, one of which the children will start in. Choose a Wolf to come into the middle between the two end zones. Give the rest of the children bibs and instruct them to tuck the bib in the back of their shorts to make a tail. All these children will be foxes. When the coach says go the foxes must try and reach the other end zone without the wolf taking away their tail. If the child loses their tail they become a wolf. Last foxes standing are the winners.</p>	<p><b><u>Dynamic Stretches</u></b></p> <p>Pick stretches for the arms and upper body. Ask children to come up with some dynamic stretches.</p>
<p><b><u>Bounce Pass – 10 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ In partners, children stand opposite each other with a ball.</li> <li>★ Ball should bounce <math>\frac{3}{4}</math> of the distance between the thrower and the catcher, for the catcher to receive the ball into their chest.</li> </ul> <p><b><u>Coaching points–</u></b></p> <ul style="list-style-type: none"> <li>★ Hold the ball in a W shape at your chest.</li> <li>★ Ball needs to bounce <math>\frac{3}{4}</math> between the passer and receiver. Hands need to be ready in order to receive the ball.</li> <li>★ Aim the ball towards the floor, there should only be one bounce.</li> <li>★ As the ball is released, step forward and extend the arms.</li> </ul> <p><b><u>Regressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Step closer to each other.</li> </ul> <p><b><u>Progressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Move further apart.</li> <li>★ Put children into 4 groups and this time create squared bounce passing.</li> <li>★ Get them to change the direction of passes and children will need call names out so they know who they are passing too.</li> <li>★ Children to follow their pass.</li> </ul>	<p><b><u>2 v 2 – 10 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ Focus on bounce passes.</li> <li>★ Teams need to make three bounce passes to score.</li> <li>★ Once a team has made three passes, the ball goes to the other team to start again.</li> <li>★ When someone intercepts the ball, the passes must start again.</li> </ul> <p><b><u>Regressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Change the teams up.</li> </ul> <p><b><u>Progressions –</u></b></p> <ul style="list-style-type: none"> <li>★ Increase the number of passes to 6 passes.</li> <li>★ Change teams.</li> <li>★ Add in a challenge for how many passes to make.</li> <li>★ Move onto a match, for every bounce pass made successfully point be added onto the score.</li> </ul> <p><b><u>Small sided games – 10 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ Split children into four equal teams, have each team play each other.</li> <li>★ Use end zones instead of Korfs to shoot in.</li> <li>★ Each successful bounce pass used scores the team a point.</li> </ul>	
<p><b><u>Cool Down and Debrief - 5 Minutes</u></b></p> <ul style="list-style-type: none"> <li>★ Stretch the whole body – Silent Ball (see game glossary)</li> <li>★ Ask what children have learnt and enjoyed in the session</li> <li>★ Award certificate</li> </ul>		