

IKF Coach Course

**INTERNATIONAL
KORFBALL
FEDERATION**



Level I

Participants Handbook



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IKF Coach Course



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Introduction

Welcome to the IKF Coach Course Level I. In the coming days, you will dive into the mixed-gender sport korfball. You will learn the basic rules, the leading principles and the standard techniques while getting to know the sport in practice. After successfully participating, you will be able to teach others the basics of korfball.

This participants handbook consists of two main sections:

1. Handbook for the course
This handbook contains all information you need to successfully participate in the IKF Level II Coach Course. The handbook outlines the aim and focus of the course, as well as the structure and content of all sessions. Furthermore, there is a lot of space in this handbook reserved for your notes.
2. Supplementary documents
In this document, you can find additional information and inspiration about korfball coaching. These documents are included to help you design your training and coach your team during matches in the future. The documents are not directly part of the course but serve as practical tools for you after completing the course.

Aim of the course

The IKF aims to spread korfball around the world and wants to teach as many persons as possible about this mixed-gender sport. One of the methods for doing so is the IKF Level I coaching course. During this course, you will learn the basics of korfball. This includes rules, techniques and principles. Furthermore, you will learn how to successfully transfer your knowledge to others. This way, the course prepares you to be a korfball (assistant) coach. We believe that a fun and practical approach is the best way for you to learn about korfball. Therefore, the IKF instructor will include a lot of practical, fun and game-like exercises in the program. These will allow you to get familiar with the sport and embody the techniques while learning from each other in practice.

Success criteria

At the end of the course, you will

- Understand and have experienced the basic characteristics of korfball
- Be able to explain and demonstrate what are the basic concepts and skills of korfball
- Be able to prepare and lead a drill
- Have completed the 16 hours program
- Have passed the final test

Content of the course

Structure

The content of the course combines theory with practice and allows you to experience multiple aspects of the sport. Each session will focus on a specific part of korfball. Attention will be given to different ways of shooting, passing, defending and basic rules and their consequences (e.g. infringements). Furthermore, throughout the whole course, you will experience how you can design and implement an isolated drill.

Throughout the course, you will get familiar with multiple aspects of korfball by experiencing those yourself. The course is very much focused on the experience of korfball and the embodiment of certain skills. The course is designed in such a way that you will get familiar with separate aspects of the sport while experiencing game-like situations. It is important to note that the focus will not be on the perfect execution of certain korfball techniques. Rather, we want to encourage you to practice and repeat korfball actions in such a way that they work for you and your level.

Throughout the course, you will learn about the four korfball actions and their counter – actions. These four actions are practical handles to learn about the sport. Furthermore, they serve as focus points when you are analysing and coaching your team. The four korfball actions are:

1. Shooting to score versus preventing or making it difficult to score
2. Passing to get a player in shooting position versus preventing or making it difficult to pass
3. Moving to get into a position to receive a pass versus preventing or making it difficult to get into a free position
4. Keeping ball possession versus trying to get in ball possession



Notes:

Session 1: Introducing Korfball

This introducing session is designed to introduce the instructor and participants to each other. Furthermore, the instructor will explain what will be covered in this course.

The instructor will explain multiple exercises which allows you to get to know the sport practically. Some basic rules will be introduced, and during the exercises, the instructor will address the key characteristic of the sport. This way, you will get a first impression of the sport while playing.

Supplementary documents: Korfball in its most elementary form.

Session 2: Shooting to score versus preventing or making it difficult to score

The session will start with a recap of session 1, in which you or other participants have to lead a 'korfball – like' game or exercise.

The remainder of the session will focus on the introduction of different kinds of shooting. We will also focus on the counter action of shooting, which is preventing or making it difficult to score. You will be introduced to 1) running-in shot, 2) long-distance shot, 3) middle-distance shot, 4) short distance shot. You will experience these types of shots in practice, and watch clips which explain the action and accompanying skills in more detail.

Video's:

Running – in shot



<https://bit.ly/3o1TiJq>

Short distance shot



<https://bit.ly/3q4DuYo>

Long distance shot



<https://bit.ly/37atAvr>

Running – in shot



<https://bit.ly/2HFFlfo>

Shot



<https://bit.ly/3l6gNSM>

Long distance shot



<https://bit.ly/37jplZc>

Defence



<https://bit.ly/37atJ1X>

Session 3: Passing to get a player in shooting position versus preventing or making it difficult to pass

This session again starts with a recap of the previous session with an exercise designed and lead by participants. The remainder of the session will be a continuation of session 2, with a focus on multiple types of passes: 1) short distance (one hand and two hands), 2) long-distance (one hand and two hands). We will also focus on the reaction to passing, which is the prevention of passing or making it difficult for your opponent to pass. This will be combined with shooting exercises.

Videos:

One – handed pass



<https://bit.ly/2HGDbRO>

Two – handed pass



<https://bit.ly/2HKPH2Q>

Assist



<https://bit.ly/2VgTFoQ>

Session 4: Moving to get into a position to receive a pass versus preventing or making it difficult to get into a free position

Session 4 starts with a recap of session 3 with exercises designed and lead by participants.

This session is mainly focused on running free, which means getting into a position where a teammate can pass the ball to you without the opponent intercepting. The exercises are focused on learning how to get into this free position. In addition, there will be exercises focused on the reaction of preventing your opponent to get into a free position. There are multiple strategies to perform these actions, which will be explained by the instructor.



Notes:

Session 5: Keeping ball possession versus trying to get in ball possession

Just like previous sessions, this one starts with a recap of session 4 with an exercise designed and lead by participants. Following session 4, this session will focus on the rebound position; keeping ball possession after a missed shot. There will be a focus on intercepting the ball in game situations and stealing a rebound. Keeping and obtaining ball possession will be introduced.

Video:

Rebound



<https://bit.ly/3mcGxv5>



Notes:

Session 6: Other elements of korfball: free pass, penalty, ...

Session 6 starts with a recap of session 5 with an exercise designed and lead by participants. The remainder of the session focuses on specific actions that are a consequence of infringements. The key actions are the penalty and free pass, which can be awarded to the attack as a consequence of an infringement by the defense. In the playing rules, you can read more about the exact infringements that lead to a penalty or free pass.

Penalty



<https://bit.ly/2V7Z8MP>

Free pass



<https://bit.ly/3l8oiSV>



Notes:

Session 7: Aspects that still need (more) attention

Session 7 starts with a recap of session 6, in which participants lead an exercise designed by themselves. The remainder of the session will be designed by the instructor, who will pay attention to aspects he feels need more attention. One of the standard subjects of this session is 'leading a game'. As a beginner coach training a group, you oftentimes have to take on the role of referee during training matches. The course addressed basic tips and tricks to do this.

Supplementary document: referee tips and tricks.

Session 8: Evaluation

This concluding session of the course focuses on the evaluation, testing and certification.

Notes:

Supplementary documents

These documents serve to deepen your knowledge after successfully participating in the IKF Level II Coach Course. The documents cover a wide range of topics, but all focus on the practical implementation of korfball.

Korfball in its most elementary form

Author: Rob Lof, 1995

Updated by Geke Maat, 2020

Essential rules of korfball.

Korfball is a sport in which a team tries to score employing collective play. It is about making more points than the opponent. So, scoring is the most important objective of the game. Main characteristics of korfball are described as all-round skills, cooperative play, controlled physical contact, gender equality, players' right to protected ball possession and scoring from 360° around the korf. Korfball is explained as skill-based sport, not a game of strength. To stimulate this, two rules are essential:

1. A player who is in ball possession is not allowed to run, dribble or in any other way travel with the ball.
2. A player is not allowed to play solo

Besides the rules to stimulate collective play, there are a couple of other important rules:

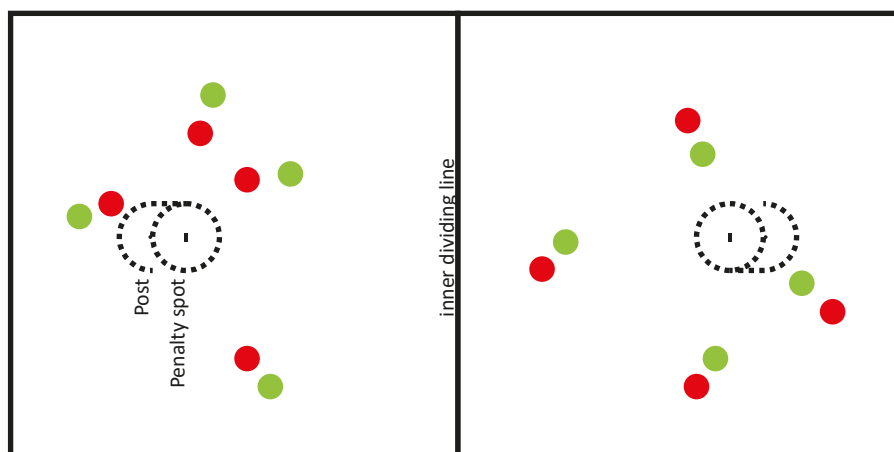
3. Ball possession is protected, which means that it is prohibited to knock or steal the ball out of an opponent's hand.
4. Physical contact is not allowed. Sometimes, physical contact occurs during a match. If it not disturbing the game, it can be allowed by the referee.
5. The defender can prevent a shot at the basket by 'defending' the attacker. To do so properly, the defender should comply with three rules: 1) the defender should be nearer to the post than the attacker, 2) the defender should be standing straight up at an arm's length away from the attacker, 3) the defender should try to block the ball/prevent the shot, 4) the defender has his face turned towards the attacker.

Of course, there are more game rules, which you can read in the document 'Korfball Rules'. However, these are the basic rules that determine the nature of the sport.

Standard set- up

There are various ways in which korfball can be played. In classic korfball, the playing field is divided into two zones. One zone has four attackers of the first team and four defenders of the second team; the other zone has four defenders of the first team and four attackers of the second team. Korfball is played in mixed teams: four women and four men, who are equally divided into the zones (two men and two women for each zone). Women play directly against women and men play against men.

Each time two goals have been scored, the players change zones, so the attackers become defenders and vice versa.



Attack

As said, scoring is the most important objective of the game. As a result of the before mentioned game rules, a team is forced to play collectively. The purpose of this collective play is to get one of the players in a position from which it is possible to shoot at the korf.

To achieve this, the players have to agree on how to play collectively. For example, they can make agreements about the direction in which the ball is thrown, the running lines, the function/role of all players, the timing of actions and the patterns of attack.

An attacker can have various functions:

- The function of the attacker, who tries to score.
- The function of an assist, who feeds to the attacker.
- The function of rebound, who tries to collect the ball after a shot, has been taken.

All of these functions are not static; a player can fulfil multiple functions during one attack.

Several skills are needed to set up an attack. Players should have certain control of the techniques of catching and throwing to play collectively. The type of techniques that are used depends on the game situation, e.g.: what function the ball possessor has at that moment, what the level of resistance of the defenders, where the player that should receive the ball is positioned.

The different ways of passing the ball have been discussed in sessions 2 and 3.

When building an attack, players must find space in the field and free themselves from their defender in such a way that the ball can be passed around. The choice of direction, speed of running and timing of the action, especially in relation to the actions of the defender, is important.

Defence

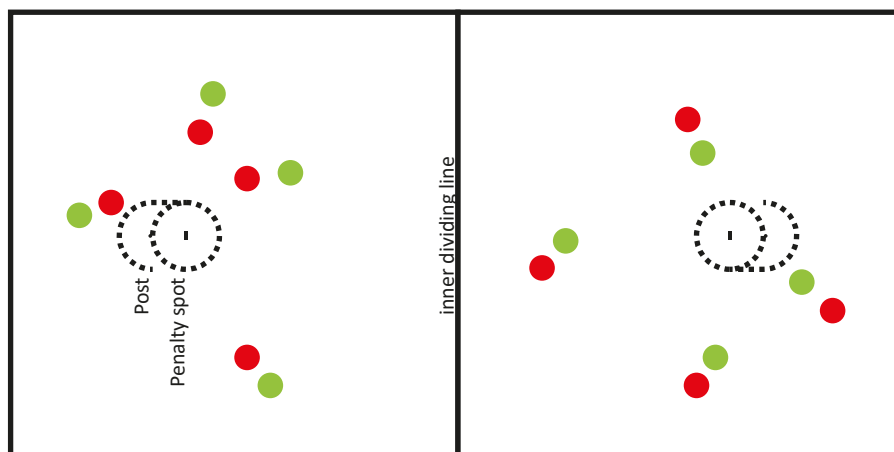
While the attackers try to score, the defenders try to prevent this by disturbing the build-up. Furthermore, they try to intercept the ball. The defenders can disturb the attack, the assist and the rebound.

In principle, what applies to the attackers, applies to the defenders as well. They have to combine the insight of the game with skills too. The decision on which style of defence a player would like to adopt depends on his opponent, and the actions of that opponent. For example, a defender might prefer to allow a long-distance shot over a running-in shot, as the chances of scoring chance of a running-in shot is higher.

The basic rules of korfbal

Korfbal is a sport played by hand within a rectangular field of play whereby a team of four female players and four male players try to shoot a ball into a korf (basket). The players of the team are split into two zones, attack and defence, each consisting of two men and two women. After every two goals, the divisions switch so attackers become defenders and vice versa. The players can only defend players of the same sex.

The pitch contains of two zones with on each half a post with a korf. Between the two zones is an inner dividing line. The measurements of the pitch are 40 metres x 20 metres, the measurements of the zones are 20 metres x 20 metres. The post is situated 6.67 metres from the outline. In front of the post, at 2.5 metres, is the penalty spot. At 2,5 metres from both the post and the penalty spot two circles are drawn. These circles mark the required distance between opponents when taking a free pass and penalty shot.



A korfball match consists of two halves and the overall objective is to score as many goals as possible by throwing the ball from above through the korf. The referee does not allow the goal in the following circumstances:

- If he has blown (or the signal has gone) for the end of a half of the match. However, if the ball has left the hands of a shooting attacker and was outside the reach of any other player at the moment that the whistle or signal goes, a goal stands if this shot passes through the korf;
- He has observed an infringement committed by the attacking side before the ball has gone through the korf;
- The ball has fallen through the korf following a throw from the defence zone of the attacking team or direct from a free pass or re-start
- He has previously observed an unfair advantage for the attacking side.
- The ball was first thrown from underneath the korf and had fallen back through the korf afterwards.

During the game it is prohibited:

- To run/walk with the ball. It is only allowed to pivot on one foot when having the ball;
- Solo-play;
- To hand the ball to another player of one's own team;
- To knock, take or run the ball out of an opponent's hand;
- To push, cling to, hold off or hinder an opponent;
- To hinder an opponent of the opposite gender in throwing the ball;
- To play outside one's zone;
- To shoot from a defended position;
- To score from the defence zone of the attacking team or directly from a free pass or re-start;
- To influence a shot by moving the post;
- To take hold of the post when jumping, running or in order to move away quickly;
- To exceed the allowed time-limit in the attack zone (25 seconds without touching the korf or a score). This rule only applies in professional and international korfball.

If any of these rules has been violated, a re-start is awarded to one of the sides, a free pass is awarded to the attacking side or a penalty is awarded to the attacking side.

A re-start is taken from the spot where the infringement was committed or where the person on who the infringement was committed was standing. The taker has four seconds to pass the ball, which has to travel at least 2.5 metres from the place of the re-start before a player of either team may touch it. It is not allowed to hinder the taker of the re-start.

A penalty is taken from 2.5 metres in front of the post. All of the other players must be at least 2.5 metres away from the post and from the penalty spot. This area is indicated by the two circles. It is prohibited to enter this zone until the ball has left the hand of the penalty taker.

A free pass is taken from the penalty spot; however, in this case, all the players except the taker must be 2.5 metres from the penalty spot. Further, the attacking players must be 2.5 metres from each other. After the whistle, the taker has four seconds to pass the ball to a team-mate, who isn't allowed to touch the ball, nor enter the 2.5 metre zone, until the ball has travelled 2.5 metres from the point of the free pass. Once the ball moves, the defenders can enter the 2.5 metre zone.

The ball is out of play as soon as it touches a boundary line of the field of play; the ground, a person or an object outside the field of play; the ceiling. The game will be re-started by the opposing team outside the outlines.

The rules of korfball

The rules of korfball



<https://bit.ly/3lrZQ28>

The rules of beach korfball



<https://bit.ly/3byeof9>

The basics of refereeing

10 guidelines for the refereeing coach

1. Know the playing rules, study them beforehand, make yourself familiar with the details.
2. Make sure your players know the rules and the correct interpretation of the rules.
3. Make it clear to all players when you use special or adapted rules for training purposes (for example; if you allow boy/girl defence).
4. If possible, include all players in the game-like exercises and practice matches.
5. Don't referee from aside or the middle line, always try to adapt your position to see all players and the actions closely.
6. When you whistle, do it with confidence, make sure you are heard.
7. Use a proper whistle with a strong tone.
8. Make sure every player understands why you whistle (use the referee signals), and take your time to explain the fault and the consequence.
9. Be consistent and make clear you expect a positive attitude from the players when a referee takes a decision.
10. Try to educate the players so they can referee and you can coach.

Links to interesting videos

The World Games Association –
A Beginners Guide to Korfball



<https://bit.ly/33EHx3P>

Video: Did you know...?
#korfball, The World Games



<https://bit.ly/33DJ4ai>

Korfball rules

The Rules of Korfball Explained:



<https://bit.ly/3lvtUd5>

Rules of korfbal:



<https://bit.ly/2JGMTEh>



<https://bit.ly/3lw8QmT>

YouTube channel with a lot of video's showing all kind of korfbal exercises. The voice-over and text are Dutch, but the visuals and videos are also helpful for non-Dutch speakers.

Korfbal strategies

Dynamic Korball, interview with Kees Rodenburg and Wim Scholtmeijer:



<https://bit.ly/2VuPwMc>

Notes:

Exercises

1001 Korfbal exercises – Harke van der Wal (pdf)



<https://bit.ly/2l8Mr1u>

Additional exercises

SCORING

1. Score3 – game

Organisation:

- 2 korfs, 2 situations
- 1 cone to mark a two-meter distance from the korf
- 1 cone to mark a three – meter distance from the korf
- 4 players, per korf one player for rebound and one player for attack

Goal:

- The player that is the first to score three times wins

Rules:

- The shooting player starts at the two-meter marker, scores twice.
- After scoring twice, the shooting player continues to the three-meter marker and scores ones.
- Afterwards, players switch functions, rebounder becomes the attacker and vice versa.

Tips to score:

- Hands are positioned on the back of the ball, near the face
- Ball in front of the nose, player looks over the ball towards the korf
- The player jumps when shooting

2. Two persons per korf.

One shooter, one rebounder. The shooter has to score two goals in a row to get a point. If he manages to do so, he yells 'score'. All rebounders become shooters and vice versa and do the same. The couple that is the first to have 10 points wins.

3. Two persons per korf.

One shooter, one rebounder. The shooter hops on one leg in front of the korf. The rebounder passes the ball to the shooter, who shoots. During the entire action, he keeps his balance on one foot

4. One korf.

Multiple cones to mark different distances from the korf (e.g. 2 meters, 3 meters, 5 meters, 7 meters). One rebound, one shooter. The shooter has one minute to collect as many points as possible. A goal from the 2-meter mark is worth 1 point; a goal from the 3-meter mark is worth 2 points etc. He is free to pick a distance.

5. Same set – up as 4.

Player now has to start at 2 meters, moving on to 3 meters, moving on to 5 meters, moving on to 7 meters. He has one chance per distance. Every goal is worth one point, bonus point if he scores all. Continue until a certain number of points has been collected, e.g. 10 points.

PASSING

1. Pass game

Organisation:

- 8 players: 2 teams of 3 players, 1 joker, 1 referee

Goal:

- One team tries to pass the ball six times, the other team tries to intercept.

Rules:

- Passed six times = 1 point
- The joker joins the team that is trying to pass as many times as possible
- After interception or point, functions switch (team that has passed the ball around now tries to intercept and vice versa)
- It is not allowed to smash the balls out of the hands
- Physical contact is not allowed.

Tips to pass:

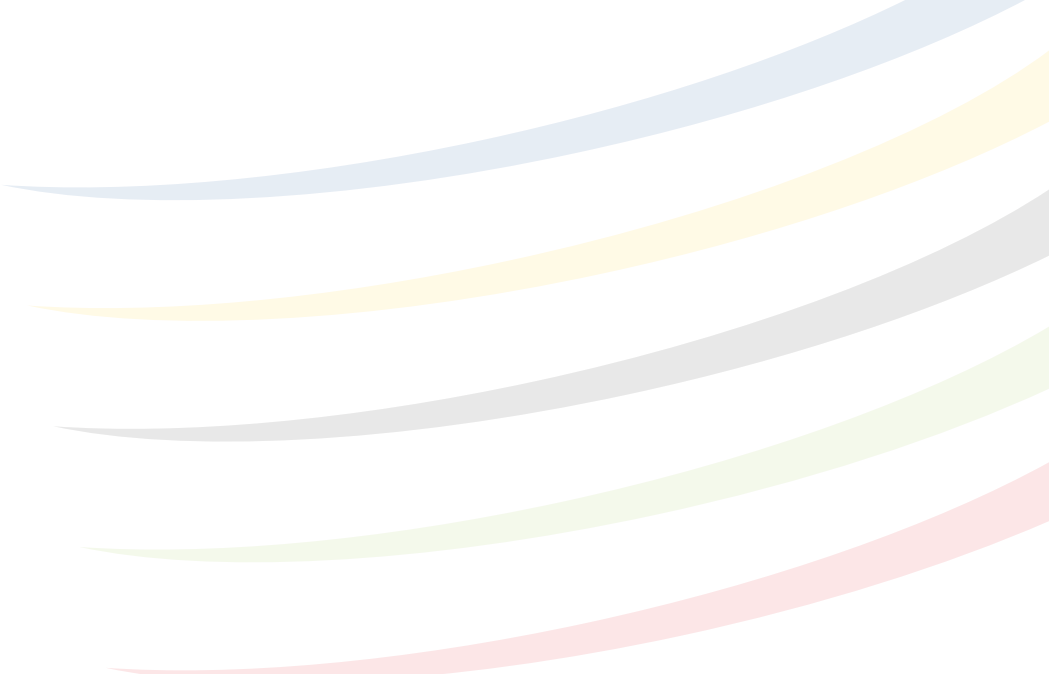
- Try to move on the leg to create space, while the other leg stands still
- Position the ball behind you, on one hand, move it forward past your ear when throwing

GAMELIKE EXERCISES

There are a lot of variations of gamelike exercises:

4 vs. 4, 3 vs 3, 2 vs 2. But you can also try 4 vs 3, 3 vs 2, 3 vs 1, 2 vs 1.

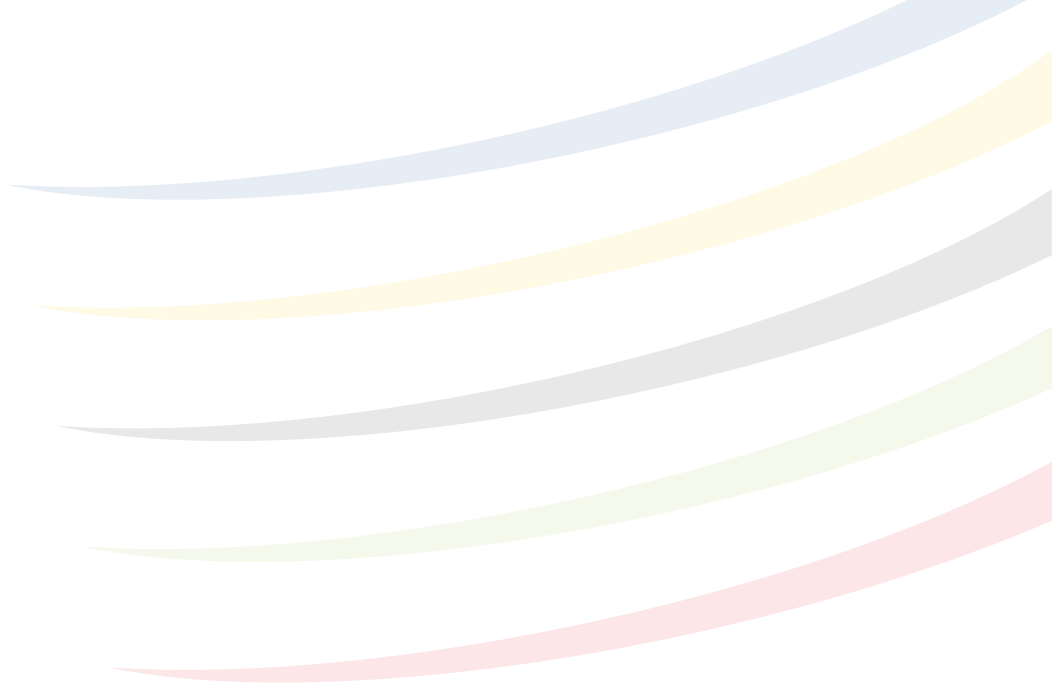
Notes:



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International Korfball Federation
De Weerelt van Sport
Orteliuslaan 1041
3528 BE Utrecht
+31 30 3077899
office@ikf.org