



## Korfball Basics

### Equipment

Korfball can be played inside or outdoors.

The size of the court is 20 x 40 m and has a centre line which splits the court into two halves. Each half has a 3.5 m tall post with a basket at the top. This is positioned two thirds of the distance between the centre line and the back of the half.

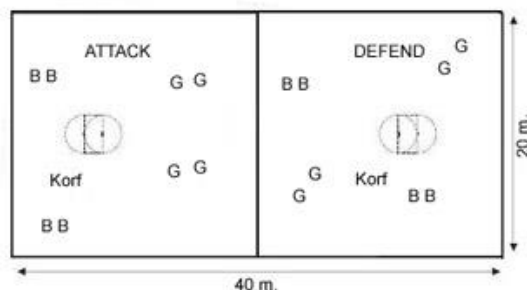
The ball is similar in size to that used in football but with more grip and bounce.



### Team

A korfball team consists of 8 players; 4 girls and 4 guys.

The team is then split into two groups (sections) each consisting of 2 girls and 2 guys. Each section will take positions at opposite ends of the pitch. One group in a team will attack and the other will defend.



### Match

Each section is assigned to a half; during the match they cannot cross the halfway line until two goals are scored. Then the teams swap halves: defenders become attackers and vice versa.

Players score by throwing the ball through the opponents' basket. Men and women play alongside each other, but each player can only mark their own gender.

The rules prevent physical strength dominating the game. Blocking, tackling and holding are not allowed, nor are kicking or punching the ball. Controlled contact however is allowed.

Once you have the ball, you cannot dribble, run or walk with it, however, you can pivot (move one foot as long the other remains on the same spot).

You can't shoot when defended, which occurs when the defender is all of the following:

- Between the attacker and the basket
- Facing his/her opponent
- Within 'torso touching' distance.
- Has an arm raised in a defensive position

## Types of Shot

### Standing Shot



The most basic shot. A player stands still and takes a shot with both hands. Ideally the shot should be quite high - it is harder to sink a "flat" shot and the ball is likely to get lost if you miss. You should bend your knees and use your legs for power.

For excellent technique your elbows should be by your sides and your hands should finish together not spread apart.



### Running-in Shot

The rules of korfball state that you are allowed to take two steps with the ball if you catch it whilst running or jumping. This shot takes advantage of that by allowing a player to run past their attacker, catch the ball and shoot from directly under the post.

Ideally you should have your hands under the ball and then stretch up high with both hands. Good players score a very high percentage of this type of shot.

### Veer Shot

The hardest shot to execute, it is basically a reverse running-in shot. A player catches the ball, takes two steps backwards (getting space away from an attacker) and puts the shot up. Footwork is key for this shot.

## Tips

Always know where your opposite player is on the pitch. **In defence do not turn away from your player.**

Keep moving into space on the pitch. **This means make a pass and move!**

Always **sharp big movements** in attack to loose your opposing player.

When you receive the ball you should check to see if you can **shoot** first (if you're **not defended** and there is a **collect** you can shoot). Don't be afraid to shoot!!

When shooting, **shoot high not flat.**

## Korfballing terms:

### Collect

The position under the post from which you *collect* the ball after a shot.

### Feed/Assist

Normally positioned in front of the post from here you can pass to someone in a shooting position.

### Shooter

The person in attack who is looking to take a shot.

### Party!

What you shout when you have got the ball off the attack from a defensive position

### Tight!

Shouted by the defender in under the post to tell the other players on their team that they can defend closer

