

# Session – Sunday Of Sport



## Situation

Complete Beginners to Korfball, who need to be entertained and given a reason to stay.

## Mission

Show them Korf. Make them enjoy themselves and get to know each other.

## Execution

### Set-up:

4 Posts, at least. Myriad balls. 6 coaches at stations, 6 'team captains'.

1. A Demo game, and posts for shooting are set up from the start, as people arrive. Oldies get people talking and explain everything.

3. Do stretches and introductions in a circle, while you set up the stations, each with a coach, who's already planned what to do.

5. Do some sort of passing drill that gets people talking/ knowing names as a group.

7. Play games. 4 teams on court, 2 playing post to post/ killer etc. Award points for goals/ wins/draws. Try give each team the same number of games.

2. Warm-up – A fun game such as Benchball. Two games may be needed depending on numbers

4. Divide everyone into six groups, each with a pre-chosen Oldie (Pref. one who's particularly charming..

6. Do the stations (opposite) and keep track of each team's score. Bring everyone in, read out scores.

8. Bring everyone in at the end, and hand out the prizes! Remember to tell everyone to come to the next session!

### Stations:

Feel free to do others, here's what I used:

Penalties  
Running in Shots  
'Long' Shots (3-5 metres)  
Veer Shots  
Passing  
Handling (Ball behind the back round the circle etc.)

Each station consists of a 'Practice Period' with the coach demonstrating the activity, and people can practice. And the 'Competition Period', where no. of goals/times round the circle/number of continuous passes without dropping is counted and added to the team's score.

This score is then added to the number of points gained in games (either by goals scored or points for win/loss etc.) to determine the winning team.

Prizes (Haribo etc.) for everyone, something extra-special for winners.