

“What’s Needed”

Situation

Players are not taking the initiative to take roles themselves. They can be told to do a job, but get stuck in that position, and don't do anything else. There's a general lack of confidence on court.

Mission

Make them able to take roles depending on the game, and not get stuck in them on court. Make them able to lead themselves. Show them they do know what they're doing.



Execution

Set-up:

Game Posts, one ball. Best done with 12 or 16, people. Very good for a team/squad. Create divisions of 4. If you have 4 divisions, play a normal full game, if you have 3 play Canadian Korf.

1. This activity can take up a good 45mins - 1 hour. Combine it with a warm up and some passing/shooting drills, and you have yourself a complete training session.

2. You'll also need 3/4 sets of four pieces of paper. Each set should be on one colour of paper to keep easy track. Post-it notes work well.

3. On these pieces write the set of four: "Collect", "Assist", "Main Attacker" and "Whatever's Needed". Colour-coding these sets means you will be able to keep track of each set.

4. Create, and keep secret, 3/4 additional sets of papers, using the same 3/4 colours - they have to look the same. Write "Whatever's needed" on **every** piece of paper. Don't let anyone else know about these - put them in a pocket of your trackies and remember they are there.

5. It is **essential** that you don't explain what you're doing with this drill, else it simply won't work. It is all a big lead up to a final lightbulb moment. Explain that you just want to see them play, and that you might look into coaching roles etc.

6. Get them playing first off, for a good amount of time. If you're using this session, chances are the play will be static, laboured and just not very good. Bring them in and ask how it's gone. They'll not be too confident or happy about their play.

7. Explain that you are giving everyone roles for the next set of play. Now, give each division a set of the first (non-secret) pieces of paper, and explain that these are their roles for the next set of play. Tell them to keep the papers safe, and not to tell anyone, not even their team, what role they have.

8. Get them playing again, for a good amount of time. The play should be more structured, but, as the defences figure out who is doing what role, it will get hard again. Collects might get rebounded, feeds cut etc. Bring them back in and ask how it's gone. They should feel better.

9. While they're in, split the divisions apart, and ask the group what role they thought each person in that division had. After a bit of debate, get that person to reveal his/her role on the paper. Do the rest of the division and then do each remaining division separately.

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10. Pay special attention to the people who were "Whatever's needed" and ask them what they thought and how they did. They'll talk of how they started to take collect when the "Collect" couldn't get it anymore, or offered another attacking option/assisting option when it was needed.

11. Gather in the pieces of paper and put them in your pocket, that doesn't have the secret papers in it. Give everyone a water break.

12. After the break, bring them back in and say you're going to repeat the exercise. **Take the Secret papers** out of your pocket - they will assume they are the same roles. Give them out as you did before, making sure no-one lets on which role they are this time round.

13. Get them playing for the final time. The play should be much better, and more structured. You'll be able to see people taking on roles, but they will not stick to a single role. Bring them in for the final time.

14. Again, go round the divisions, asking what role people thought each person had. The first person discussed will reveal himself to be a "Whatever's needed". The people in his division will look confused. If they don't say anything, carry on with the process. After the mini-debate, the second person will reveal herself also as "Whatever's needed". Get everyone to reveal their pieces of paper. **Lightbulb moment.**

15. The team will now have played good, structured korfball having only been told to do "whatever's needed". Debrief them, and explain that "they knew how to play all along!" etc etc. I found it useful to keep up the "Whatever's needed" tagline as a mantra to play by - it reflects a good team attitude to help each other out and take it on themselves to step up.

16. Have a sip of water and bask in your coaching brilliance, as the team stare in amazement at this epiphany you have created within them all. ... Or you know, something like that.