

Dundee Korfball Club

A basic introduction to Korfball

The Team

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

A team is split into two divisions, each consisting of 2 boys and 2 girls.

You can only mark someone of the same sex; otherwise you will give away a penalty.

A korfball court is divided into two halves, each of which will have one division from each team. At the start of a game, one division will be in attack, whilst the other will be in defence. Every two goals (not necessarily by the same team), the divisions swap ends, so the division that was in attack becomes defence and vice versa.

The aim is to score goals. A shot on goal will only count if the attacker is not being actively defended. Active defending is when the defender is within touching distance of the attacker as they take a shot **and** they have their hand up trying to mark the ball (they must be looking at the ball and the hand must be **above** the ball). If the shot is defended then the ball will be given to the defending team at the place the shot was taken.

Positions

There are no set positions (i.e. goal shooter etc), everyone can play every position on the court (although you must stay in your divisions). However, there are two main positions that you will hear being talked about; collect & feed.

Collect – this is the position held by one of the attackers, where they are standing under the post, ready to collect any missed shots. The collect should have their arm up, ready to 'collect' the ball.

Feed – this is the position held by one of the attackers, where they have the ball, somewhere near the post and are ready to feed it out to the other attackers. They must face out towards to attackers.

The feed position quite often develops from the collect position. If a shot is put up and it doesn't go in, the collect should catch it and step into the feed position.

Types of move

When players run around in circles or even run in a direct line across the court, this serves only to tire the attackers. Defenders can easily stick to attackers who move like this, and generally have less distance to run. Therefore attackers must **veer** to create space on court, to minimise the amount of effort they expel and to make it more difficult for the defender to mark them.

Veer - the veer is the main move used in korfball to create space and get away from a defender. It is angular movement (rather like the sections of a cake). The angle of the veer (or size of the piece of cake!) should be varied.

Types of shot

There are two main types of shot in korfball; a long shot and a running in shot.

Long shot – this is generally a more stationary shot taken from anywhere in the attacking half.

Running in shot – is as the name suggests a shot taken whilst running in towards the post.

Calls

You may hear defenders calling instructions to each other. Often the defenders can't see what is happening in other areas of the court, so these calls are important to ensure everyone knows what is happening.

Tight – is the call that a defender should make when their opponent is in the 'collect' position. This call is to let the rest of their team know that the opposition have a collect in place and so should stick tight to their player, so as to not allow them to put a shot up.

Feed – is the call that a defender should make when their opponent is in the 'feed' position. This call is usually preceded by the sex of the feed, such as 'girl feed' or 'boy feed'. This lets defenders know that the attackers will try to run past them for a 'running in shot'.

Party – is the call that a defender makes when they intercept the ball. This call is to let the rest of their team know that they now have the ball.

Switch – is the call that a defender would make if they need to switch to mark the other attacker of the same sex. The switch call can only be used within the same sex as you are only allowed to mark someone of the same sex. It is usually used under the post when an attacker is taking a shot (generally a running in shot).

If one defender loses their attacker (is run around) the **other** defender of the same sex can call switch, and then mark this opponent. The original defender must then mark their team mate's attacker.

See you – is the call that a defender would make to their team mate of the same sex, when they can see their team mate and would be able to switch to defend their team mate's attacker, should that attacker get past the defender.

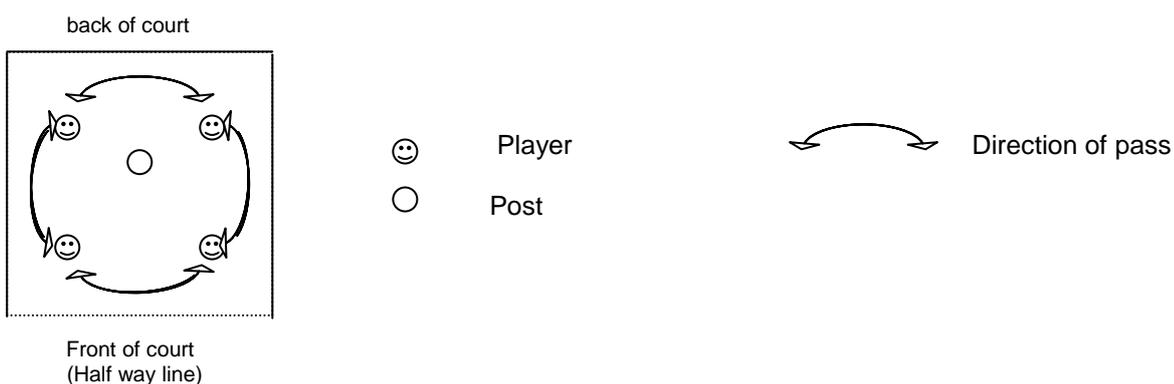
Set play

There are a number of formations that are used in korfball. The game won't follow the set formations all the time but they are a good way to get things going when in attack.

For the following formations, the name comes from the position of the players on the court, in relation to the post. The first number indicates how many players are out in the court and the second number indicates how many are under the post.

Four - zero

For this formation, all four players in the division are out from the post, with no one underneath it.



For this set play the ball is passed around the court, either in a clockwise and anti clockwise direction, or both.

Four - zero then leads into the next set play which is known as three - one.

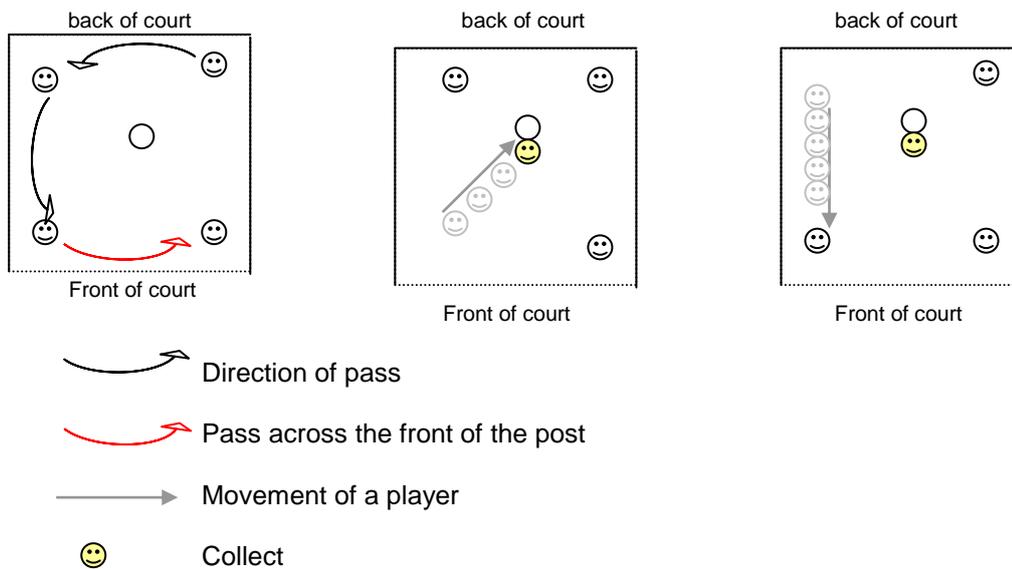
Three - one

For this formation, three players in the division are out from the post, with one player underneath the post in the 'collect' position.

Although there are many ways of setting this formation up, the easiest and most effective is shown below.

This happens when one of the two players at the front of the court, passes the ball across the front of the post. They then run into the post and take up the collect position.

The player at the back of the court, who is closest to where the collect ran from, then runs up the court into the space that has been created.



Two - two

For this formation, two players in the division are out from the post, and two are underneath the post.

There are numerous way in which this can be set up. These will be covered in training, but an example is given below.

For example:

The attack are already in three – one formation. One of the players at the front of the court puts a shot up. If the shot doesn't go in, the collect catches the ball and then faces out from the post to become the feed.

The player that took the shot then runs in and becomes the new collect. This leaves two players out in the court and two under the post.

If there is still a player at the back of the court, they can run up the court into the space that has been created.

