

# KORFBALL

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Course: Nontraditional Games

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# What is korfbal?

- Korfbal (Dutch: korfbal) is a ball sport with similarities to netball and basketball. It is played by two teams of eight players with four female players and four male players in each team. The objective is to throw a ball into a netless basket that is mounted on a 3.5 m (11.5 feet) high pole.

- <https://www.youtube.com/watch?v=InNSU4kbVvl>



# History of korfbal

- Korfbal was invented by Dutch school teacher Nico Broekhuysen in 1902.
- Nico Broekhuysen got inspired by „ringboll” when he was in Sweden. Ringboll is Swedish game in which one could score points by throwing the ball through a ring that was attached to a 3 m pole
- When Nico came back to Netherlands, he replaced the ring with a basket ( Korf means basket in Dutch) and also replaced some rules from ringboll and after that korfbal was born in Netherlands

- Korfball was criticized back in the days, because both sexes were included in the game
- The oldest non-emerged club in history of korfball is H.K.C. ALO
- H.K.C. ALO is Dutch club from Hague which was found in 1906.
- The International Korfball Federation was founded in 1933 in Antwerp, Belgium

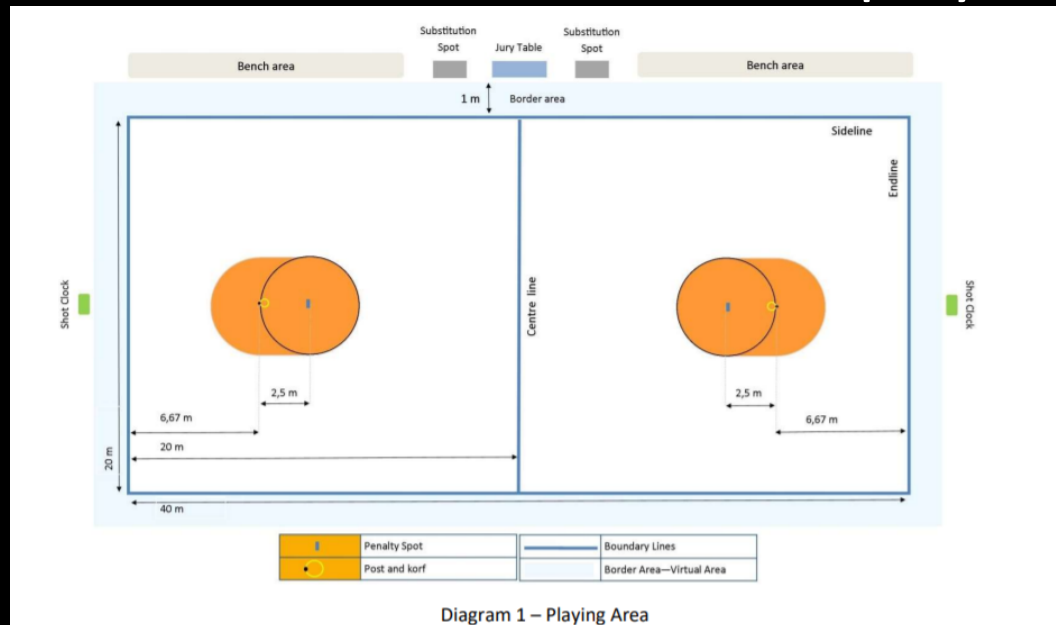


Korfball match

(as a part of Olympic demonstration sports)  
at the 1928 Summer Olympics in Amsterdam

# Basic rules and regulations of the game

- The size of the court is 20m x 40m(it can be played indoor or outdoor)
- The court is divided into two halves which are called „zones”
- In each „zone” there is 3.5m pole with a basket at the top of it
- Each „team” consists of 8 players: 4 male and 4 female players



# Basic rules and regulations of the game

- A match is played in two halves of 25 minutes of real playing time and each half is divided in two equal periods by a technical time-out of a one minute break.
- Four players of each team are in one zone and the other four are in the other zone. Within each zone, a player may only defend a member of the opposite team of the same gender.
- It is not allowed to dribble, kick or walk with ball
- There is not much physical contact allowed (no tackling, blocking..)
- The team with the most goals (points) at the end of the match is declared as a winner. If the score at the end is same, the game is declared as draw

# Kinesiology of korfbal

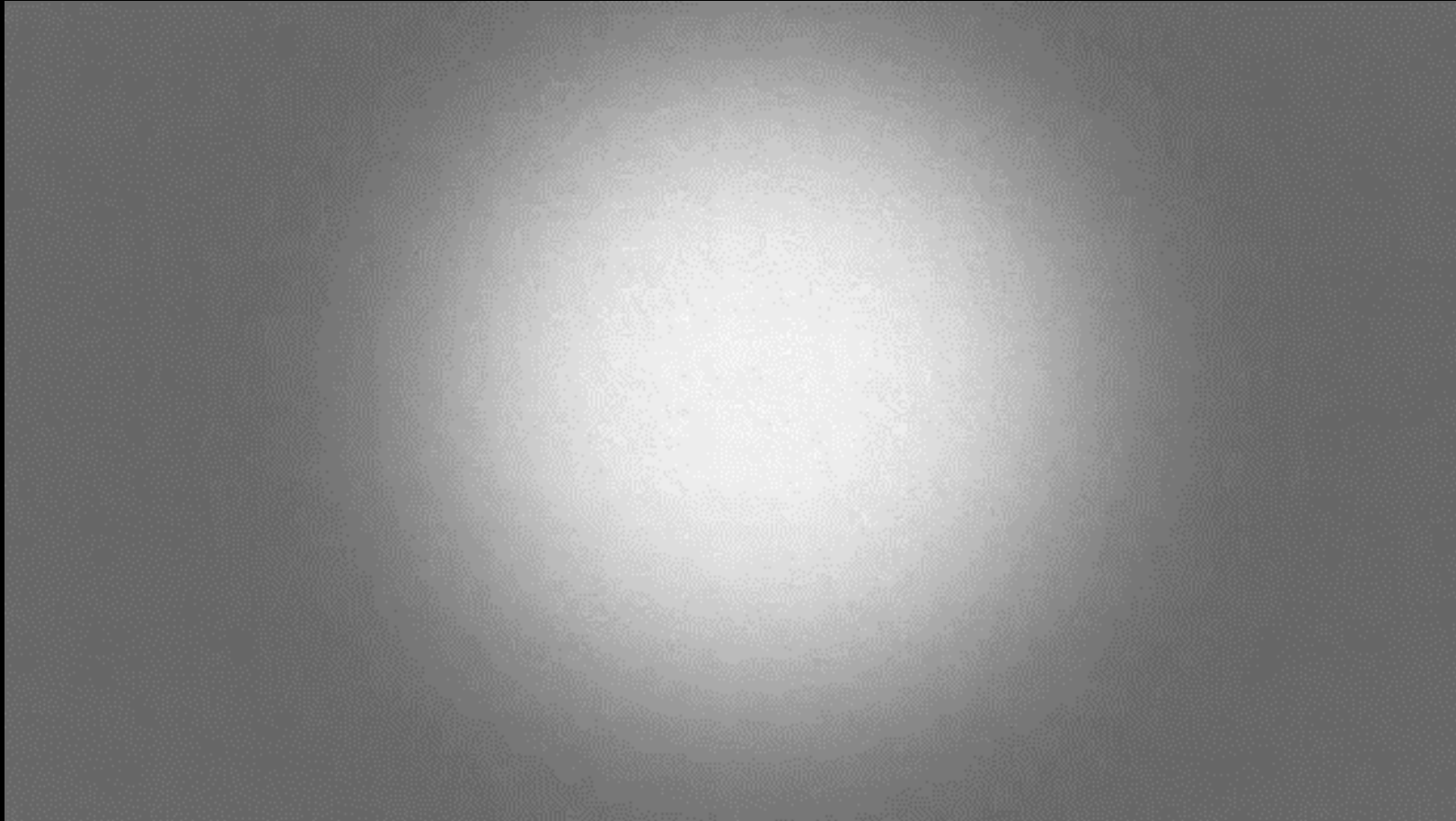
- Korfbal is sport with both aerobic and anaerobic energy systems involved, so it develops cardiovascular system and it increases anaerobic capacity
- It has impact on developing motor abilities such as coordination, speed & agility
- It is team sport, so it combines cognition with movement



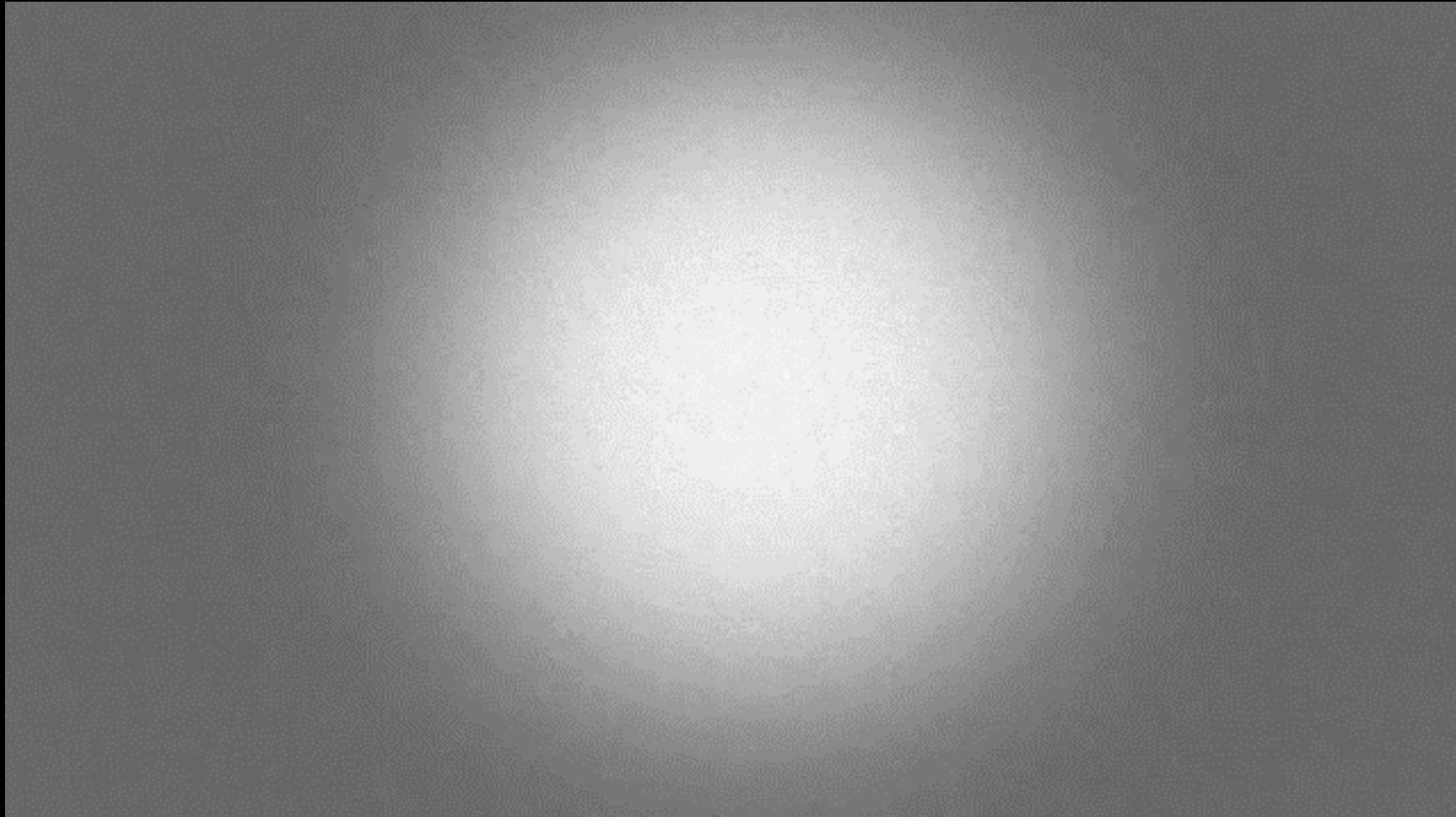
# Movement structures in korfbal

- The game consists of different movements structures which are done in offense (with or without ball) and in defense
- Usually there are a lot of passes, different types of shots ( running in shot, standing shot, penalty shot..), changes of direction and defensive movements without ball
- The game is dynamic, so ball movement and player movement is very important

# Standing shot



# Running in shot

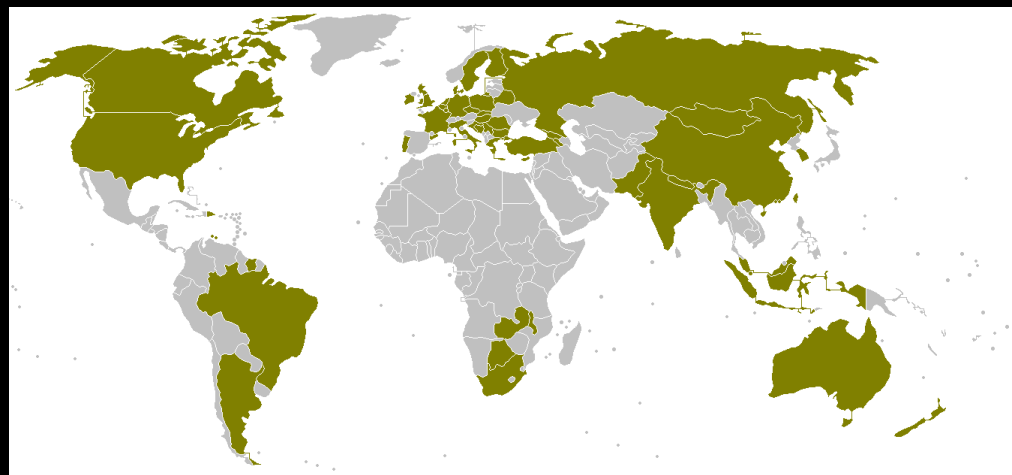


# Example of real game



# Popularity of korfball in the World

- It is officially played in 69 countries (5 continents) including Czech Republic
- It is most popular in Netherlands, Belgium, China, Taiwan..
- In Netherlands there are more than 500 clubs and more than 90 000 people playing it



Countries-members of the International Korfball Federation

# Fun facts

- There is a korfbal klub in Brno
- Besides usual korfbal, beach korfbal is also played in some countries
- Joy In Leeuwarden (We Are Ready) is the song by Half Man Half Biscuit which sings about korfbal
- In history, women which played korfbal were criticized because of showing bare knees and ankles

# References

- <https://korfball.sport/wp-content/uploads/2017/09/The-Rules-of-Korfball-2020.pdf> (official rules of korfball 2020.)
- <https://www.rulesofsport.com/sports/korfball.html>
- <https://en.wikipedia.org/wiki/Korfball>
- <https://korfbalbrno.cz/korfbal/historie-korfbalu/>

If you have any questions about korfbal, don't hesitate to ask as on:

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THANKS FOR YOUR TIME AND DON'T FORGET TO  
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