

# RKC

## Riccarton Korfball Club



**MIXED TEAM SPORT · EXCITING · FRIENDLY · DYNAMIC**

[www.rkc.korfbal.org.nz](http://www.rkc.korfbal.org.nz)

## Junior Korfball

## 2010/2011

### What?

Over the summer, Riccarton Korfball Club will be running Junior Korfball for Year 3 to 6/7 children. Weekly sessions will consist of 45 minutes training followed by 30 minutes game time. At the end of each term there will be a social week with parents, siblings, grandparents invited to join their kids on the court for a friendly game.

### When?

4.15pm-5.30pm Tuesdays  
Term 4 2010 : 19 October to 7 December 2010  
Term 1 2011 : 1 February to 23 March 2011

### Where?

This will be held outdoors (on grass)  
at Hagley Cricket Oval, South Hagley Park  
(off Riccarton Ave)

### How Much?

Juniors: \$20 per player  
(includes Club t-shirt)

### Have a Go!

Your first korfbal session is a free have-a-go.

### Registration!

Registration forms are available from  
[rkcjuniors@gmail.com](mailto:rkcjuniors@gmail.com) or  
via the RKC website

### To Find Out More!

For more information please contact  
Sarah Kedzlie, Junior Coordinator  
([rkcjuniors@gmail.com](mailto:rkcjuniors@gmail.com) or 351 2999)

#### **A bit about Korfball ...**

Korfbal is a ball sport played by hand. It is in the same sporting family as netball and basketball, with the object of the game being to score through a 'korf' (Dutch for 'basket') on a pole. It also has similarities with sports such as soccer and touch.

It is fast, dynamic and a challenging aerobic workout. By passing and quick movement players must elude their personal opponents to shoot the ball through the korf. In the standard game, teams consist of eight players – four male and four female. The korf is set in from the end of the playing area, enabling shots from 360 degrees. Players assume either attack or defence roles. After two goals, defenders and attackers switch – placing emphasis on the development of all-round skills: each player should be able to defend, attack, shoot and support his or her team-mates.

Korfbal is the world's only mixed team sport. As such, it has a unique social dimension. It takes just a few minutes to learn, but for those who take it seriously, a lifetime to perfect.

#### **Korfbal for Kids**

Korfbal was originally developed for school children in Amsterdam in 1902. Although it is now played by all ages, it remains an ideal sport for children to play.

As a mixed team sport, korfbal is particularly well suited to families. Because the defending rule promotes equality and teamwork, young players of varying ability, experience and age can enjoy a game of korfbal together while learning the importance of co-operation within the structure of the game.

Korfbal's rules are simple and can be picked up quickly by anyone, especially children.