

SKA Coaching Development

Becoming a Coach: Guidance and Exercise Book



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Introduction

This document provides an introductory overview into the mindset and skills required to be a successful coach. The aim is for new potential coaches to refer to and use this document as a guide to start developing and applying some key coaching skills.

It is encouraged that new coaches also work with their current club or other experienced coaches, using them to discuss the ideas and concepts introduced in this document and to apply these to real life scenarios. Doing this will not only help coaches improve their skills, but also encourage them to take an active role in coaching korfball, whether that be as a head coach or someone who can occasionally run sessions/drills.

Even if you are an experienced korfball player/coach, this document places a greater emphasis on how to coach and as such more experienced coaches may benefit from refreshing and reflecting on the ideas presented in the document and understanding their own areas for development.

This document is key to the development of coaching, clubs and Korfball in Scotland as it provides support to new or aspiring coaches and equips them with knowledge of the vital skills required for coaching. Clubs looking to develop their own coaches should refer individuals to this document as part of their development to ensure a high quality of new coaches is developed. Furthermore, this will ensure more beginner and SKL2 teams have a dedicated coach who supports players to enjoy and develop at Korfball.



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Role and Responsibility of a Coach

A coach is anyone who is tasked with leading a team or group of people through korfball activities with the aim of trying to teach the game of korfball. This may mean they are the head coach of a whole club, or simply design and run the occasional drill/ session.

What all coaches have in common is a responsibility to encourage players to participate, develop and enjoy Korfball. No matter the level, players should be learning and having positive experiences with korfball and a coach is often the person most responsible for this.

Safety

If you are coaching a group or a team, a coach is ultimately responsible for ensuring everyone is able to play safely. If you are running a session or a matchday squad, make sure the playing area is free from hazards and that you are able to call for medical assistance should anyone need some (a mobile phone and knowledge of any first aid trained staff on site would suffice).

Accessibility and inclusivity

Korfball is a sport designed to promote equality and accessibility. As a coach you should be aware of this and make efforts for everyone who steps onto a court to feel safe and included in the sport, no matter the skill level.

As a coach you will often have complete beginners in your sessions. A coach should make every effort for beginners to feel welcome and



included. Even a simple friendly introduction and chat with every new player will make them feel more welcome.

Enjoyment

The final responsibility of a coach is to provide a framework and setting for players to enjoy playing korfball. How this is achieved will vary depending on competitiveness and skill levels of players. However, all players in Scotland play korfball for their own enjoyment. It is important to keep in mind if your audience is benefiting from and enjoying the sport as you coach.

A positive attitude and supporting players when they fail to try again will help people enjoy playing korfball while you are coaching them.



Planning drills and training sessions

This section will cover:

- Planning a training session
- Exploring various activities, drills and competitions
- Understanding why and how coaches use drills

What is a drill and why are they useful?

It will be valuable to understand what exactly a drill is, and why they are valuable tools for coaches.

Simply, a drill can be described as an activity or competition other than full match play. Drills come in many forms, from highly complex multi-station circuits to more simple passing exercises between two players.

“The main aim of a drill is to either teach a new concept or to practice and develop a relevant skill.”

In korfball, this means a drill can be used to teach the concept of the ‘defended’ rule or could be used to improve shooting accuracy.



How to choose which drills to include in a training session?

To select which drills a coach should include in their session, they can start by answering the following questions:

1) What skill or concept do I want to teach?

Start by thinking about what you want to coach, e.g. “how to score”

2) What type of drill will best help me achieve my objective?

Next, think about how you want to coach, e.g. “I want to practice long shooting, with a defender.”

3) Is it suitable for my audience/will they enjoy it?

Finally, and importantly, you should think about who you are coaching. If the drill is too complex, it may not be suitable for new/recreational players. If a drill is too passive, then it may not be suitable for experienced/competitive players.

Top tips:

- It is also useful to think about how players will rotate positions in your drill (i.e. the shooter will become the rebounder, who will move to be the assist, who will become the defender, who will take the shooting role). Visualizing and drawing a drill out can help you understand if a drill will work and the best rotation.
- If you are unsure whether a drill will be successful, discuss your plans with a more experienced coach or contact the SKA for details on setting up a mentorship with another coach.



- When you see, partake in or use a drill successfully, make a note of it for future reference. Very soon you will have a bank of drills you can rely on.

Exercise 1: Come up with a drill that will target either of the following skills: rebounding, shooting on the move or defensive technique.

Feel free to draw inspiration from drills you have experienced. Try drawing it out.



Taking drills and adjusting them to suit yours, and your players', needs

A helpful practice a coach can use is to slightly alter common drills. There are benefits to doing this.

- Adds variety without having to create a brand-new exercise.
- Keeps players engaged with the session.
- Allows you to change the emphasis of a drill and the skills being developed.
- Allows you to make drills suitable for the levels of players involved.

“By adjusting familiar drills, you can keep players engaged and enjoying korfball.”

For example: You want players to be able to use both hands to pass with.

The first thing to come to mind might be passing drills that train players to use their weaker hand.

However, another way of improving this could be to set up a shooting drill, but stipulate that the assist player can only pass with their weak hand. By altering the basic shooting drill, the coach has still achieved their aim of improving passing ability.



Exercise 2: How can you alter the drill you created in Exercise 1 to:

- a) teach an additional skill,
- b) reduce the difficulty for newer players?

Top tip: If you are struggling for inspiration, check out this [link](#) to a wide variety of Korfball exercises



Having a template for your training session

When planning a full session, coaches should be mindful of how much time they have, the space and equipment available, the number of players likely to attend, and the ability/needs of the players attending.

In thinking about the session, it can be helpful to use the following format:

- 1) Introduction
 - 2) Warm Up
 - 3) Drills
 - 4) Matchplay
 - 5) Review and clear up.
- The introduction from the coach can be helpful to explain what the focus of the session will be. This can help to engage the players and let them know where their focus should be.
 - Setting time for a warmup is important. This can either be run by the coach or can just be time set out at the start of the session to allow players to go through individual warm up exercises. This is great for letting players mentally prepare for a training session. In general, stretches and warm up exercises that target the lower part of the body and shoulders are a good starting point for a warm up. Include some light jogging to get the blood flowing.
 - Using drills to introduce new skills/concepts or to improve existing skills.
 - A period of matchplay can be helpful in order to take the skills and concepts into a game situation and reinforce the improvements that have been made.
 - After the session has finished, it might be useful to review the concepts or skills that have been coached, before ensuring equipment is put away.



This is just a basic format for planning a training session and there is no requirement to follow this exact timeline. You may choose to include some of these blocks to build your session, but perhaps reorder them (e.g. running a drill, putting it into matchplay practice, reviewing the skill, then starting a new drill).

As a coach, you may also be responsible for longer term planning. It could be beneficial to plan a series of training sessions that gradually build a set of skills or that the complexity and intensity of sessions increases over time.

Planning your training session

As a coach, there are several things to consider when planning a session.

- Setting objectives for the session.
- Planning how the session will progress.
- Converting skills from drills into match situations.
- Concluding the session and reinforcing the concepts that have been introduced.

Begin by setting a clear objective, or goal, for the session: What do you want the session to achieve and what should players learn from it?

By doing this you can start to add drills, activities and competitions to achieve the planned outcomes.

“Training sessions don’t have to focus on producing elite players, your goal could simply be for players to have fun whilst exercising and socialising!”



The objective will be dependent on the players attending and will vary according to the ability of players as well as their needs. The objective or theme of the session could be a specific skill, a rule/concept, or something more general such as communication or just having fun. Whatever it is, the session should be planned with that objective in mind.

Making progress through a session

When setting out your training session, try to provide a progression throughout. Start with the basics before moving on to more complex activities.

For example: If your objective is to improve a player's ability to create opportunities and to score running-in shots, you could start with coaching the shooting technique, then coaching how to run past your defender, and then finally putting this into a match type situation so that they can reinforce these skills.

An example of how to build a block of progressive drills could be:

Drill 1	Penalty shots in order to introduce the technique of shooting the ball upwards whilst moving towards the basket.
Drill 2	Now practicing this shot on the move, essentially introducing the basics of taking a running-in shot.



Drill 3	Mix the type of passes from the assist (early/late) in order to encourage adjustments whilst shooting.
Drill 4	Have the attacker receive the ball before passing into the assist and running in.
Matchplay	Add in a rule that running-in shots are worth two goals to encourage players to work on what has just been drilled.

Exercise 3: Try planning a full training session. To help decide an objective, look at your own team and see what concept or skill they would benefit developing. Once you have a session, talk a teammate or experienced coach through your plan to see if it makes sense or how it could be improved.



Matchplay

Using matchplay to reinforce the skills or concepts in drills is a great way to put these into practice right away. It helps players to remember key points, and to see how they can be implemented in matches. It will also give a coach a good chance to see whether the drills have had the desired outcome.

“When you add in defenders and dynamic movements, it takes a lot of focus to replicate skills learnt in drills. But the payoff from successfully recreating those scenarios is a surefire way for players to receive the positive reinforcement required to retain those skills.”

If the outcome desired from the session is the introduction of a concept or the improvement of a skill, then it is often beneficial to adjust matchplay rules in order to emphasise that concept or skill. The above example of giving two goals for a running-in shot shows how you can provide rewards for players to repeat what they have learned previously.

It is also important to recognise the abilities and needs of the players involved. There is not much benefit from having a team of new/recreational players trying to play against experienced/competitive players. Coaches can either separate these players into two halves and have them play against themselves or ensure there is a mix of abilities between the teams.

Matchplay can also be a good chance to stop play and discuss tactical decisions, or to help with individual decision-making. With newer players, taking some time to explain the rules and basic tactics is also beneficial. For more experienced players, however, the constant stop/start of games can interrupt the rhythm of play and



coaches should take care to recognise the moments where stopping is the right thing to do.

End of session

At the end of the session, it might be useful to leave some time to gather the players and to reiterate the key points from the session. It can be useful to take any questions from players, too. Make sure you leave enough time to clear away equipment in the hall.

Following the session, take some time to reflect upon how the session went. What were the positives and negatives from each of the drills or activities that were planned? How can they be adjusted and improved upon? Be sure to note down what went well and if anything might need to be altered. This way it is easier to revisit the session at a later date and understand how successful it was.

Discussing the session with experienced players and other coaches will also provide some valuable feedback.



Teaching the basics

This section will cover:

- What are the basics of korfball?
- Introducing the core concepts and skills to beginners.
- Key points for coaching new players.

“It is not important to have great technique or to understand all of the rules immediately. The most important thing for any new player is for them to enjoy themselves.”

There are a number of unique aspects of korfball that set it apart from other sports and it is always worth highlighting the positive aspects of the sport at an early stage.

- Male and female players compete together, and against each other, encouraging an environment of equality.
- Korfball was designed with equal opportunity at its core. There is no dribbling in korfball, and to create scoring opportunities you must cooperate with your teammates.
- The defended rule also means that a single player cannot just shoot by themselves and further reinforces the need for teamwork.
- After every 2 goals, the sections swap ends. Unlike other sports where there are set positions, korfball gives opportunities to attack and to defend. Even in defence, good communication and teamwork are required to succeed.



Key rules

The full rules of korfball can be found at www.scotlandkorfball.co.uk under the resources section of the website, but it is not encouraged to expect new players to know and understand all of the rules immediately.

The key rules, put simply to begin with, are:

'General playing'

- Each team consists of 8 players, 4 female and 4 male.
- The team is split into two divisions with 2 female and 2 male players in each.
- After 2 goals are scored, the divisions change ends and swap roles between attacking and defending.
- You cannot have possession of the ball while outside of your playing zone.

'Defending'

- Players must not shoot whilst being 'defended'. A defender has to be of the same sex and fulfilling the following criteria:
 - a) is actively trying to block the ball;
 - b) is within one (1) arm's length of the attacker;
 - c) is nearer the post than the attacker;
 - d) they have their face turned towards the attacker.

If an attacker shoots while "defended" then the ball is turned over

- Players cannot hinder an opponent of the opposite sex in throwing the ball and the following two conditions are satisfied:
 - a) the player who is in possession of the ball is actually trying to throw it;



b) the distance between the two players is less than the combined lengths of their arms.

'Team play'

- Players cannot intentionally play the ball, avoiding cooperation with a teammate.
- Players cannot run with the ball.
- Players cannot hand the ball directly to a teammate.

'Controlled contact'

- Players cannot knock or take the ball out of the hands of an opponent.
- Players should avoid hitting or colliding with an opponent.

For beginners, it may be prudent to ignore free passes and penalties to begin with in order to avoid overwhelming players with information. These can be added in during later sessions, along with more guidance on rules such as kicking the ball and restarting the game within 4 seconds, among others.

Key basic techniques

Shooting

The traditional korfball style of shooting with two hands can be coached with the following basic concepts:

With one hand on either side of the korfball, the index fingers and thumbs of each hand should form a 'W' shape. This will give stability to the ball during the shooting motion and ensure that it follows the direction that the arms push the ball in.



Players should aim their shots to pass through an imaginary point, 1m in front and 1m above the basket, which will allow the ball to follow a parabolic trajectory and give the shot the best chance of passing through the korf. A good way to practice this is to have players try to “shoot” the ball above them and have it come straight down. From there it is easier to just use the same technique but aim at the korf.

This is the traditional korfbal shooting technique, but players may find that they are not comfortable shooting in this style. If a player is more comfortable shooting, for example, one handed and are relatively accurate with that shooting style then this should not be discouraged.

Running-in shooting

As with the above, there is a traditional style of korfbal shooting whilst on the move, which is to shoot the ball underarm with two hands. There are other styles that players may be more comfortable with, but for those with no prior shooting experience then the traditional technique is a good starting point.

This technique can be coached with the following basic concepts: When receiving the ball on the move, players should have two hands underneath the ball but spread outwards so that the ball does not fall out of the hands.

The forward momentum of the player moving towards the basket should provide the ball with the same direction, so the player should only need to lift their arms up above their eyeline in order to give the ball the upward trajectory needed to lift it over and into the basket.

Passing

Passing with two hands may be more comfortable for newer players to begin with. Starting with the ball at their chest and elbows extended, players can pass with power and accuracy by pushing through the ball and extending elbows and wrists forward, aiming their hands to where they want the ball to go to.



For one handed passes, starting with one foot in front of the other and the ball in the hand on the same side as the back foot, rotate the body through the hips and bring the back leg forward. Using this swinging motion will give the ball momentum and then the arm and hand can be used to give direction to the pass.

It is beneficial to encourage players to practice using both right and left hands when passing. Learning to use both hands will mean that they are more versatile in match situations and able to pass themselves out of difficult situations.

Defending

Using the rules for defended shooting is a good place to start when coaching how to defend. Ensuring that the player is nearer the post, is within arm's length and facing their opponent, and actively trying to block the ball. If players are trying to maintain all of these criteria then they will naturally find a comfortable way to defend their player.

To progress, players will then need to start to become aware of where the ball is as well as where their opponent is. When players are ready for this progression, have them stand in a defensive stance with feet apart, positioned so that they are able to see both their opponent and the ball in their peripheral vision. They should be staying on their toes and be ready to react to the attacker's movement.



Leading a training session

This section will cover:

- Preparing for a session
- Delivering a session
- Adding a range of soft skills

“Leading a session may seem daunting to start with, but remembering the 5 ‘P’s will help to get you off to a great start: Prior Preparation Prevents Poor Performance”

Preparation

Make sure to plan your session beforehand and try to prepare alternatives and adjustments in advance so that if you have more or fewer players attending then you can quickly update your plans. It might be useful to run through your session plan with a more experienced coach to make sure that it will be effective.

When planning your session, know how long you expect each section to last. There are many ways of approaching this, but one possible solution is to have a timetable with notes included:



Start	End	Exercise	Notes
18:00	18:10	Warm up time	Set up equipment and allow players to warm up individually
18:10	18:15	Footwork exercise - practice shooting movement	Demonstrate how to move dynamically to the side to escape the defender and then set up to take a balanced shot
18:15	18:25	Shooting drill 1 - moving sideways and shooting from mid distance	Players should focus on being balanced when receiving the ball and taking their shot, making sure to be facing the basket
18:25	18:35	Shooting drill 2 - same as above but adding in a defender to lightly pressure	Same technique should be applied and the attackers should not panic or rush their movements or shooting technique
18:35	18:45	Shooting drill 3 - this time the attacker will fake the shot and move past their defender for a running-in shot	The attacker should still follow the movements as if they were going to shoot, once the defender has stepped out to try and block the shot then the attacker can pass and move forwards
18:45	18:50	Water break	Allow some time for players to get some water and recover
18:50	19:00	1 v 1 competition	Players will rotate from rebound > assist > defender > attacker, the attacker will use the attacking movements practiced in the shooting drills to gain a scoring chance
19:00	19:30	Match play	Normal match play, but ask the attack to set up with an assist in place so that players can practice the attacking movements in a match play situation

As well as knowing which drills and activities you will be coaching, it is also good to prepare how you will introduce each of these. Make notes on what you want to say and how you will describe each of the drills.

Make sure that you remember to take any equipment with you that you will need to run the training session. This could include a whistle, a stopwatch or a notepad and pen, as well as your session plan.



During the session

Making sure you arrive to training with time to spare can be the best way to start your session. Getting the equipment out and checking on attendance can take longer than expected and leaving enough time for these activities can help to alleviate pre-session anxiety.

Delivering the session is just about having the confidence in your preparation. If you show belief in what you are saying and doing, then the players will naturally follow. When you are explaining drills, or speaking to players generally, make sure that you are clearly heard. Facing your audience is the best way to ensure that you can be understood and it can be useful to ask if there are any questions after demonstrating exercises. It is often easier for players to understand drills if they can see them in action, so as well as describing what will happen, you can demonstrate it too.

Soft skills

Soft skills are a combination of people, social and communications skills that enable coaches to work well with others and to achieve their goals.

As a coach you will develop these skills naturally with practice, but it is good to keep them in mind before, during and after any coaching activities.

Communication

It is likely in a coaching career that you will be responsible for coaching players with a variety of experience, needs, backgrounds and desires. As a result, players will talk to you and listen to you in a multitude of ways and to effectively coach you will need to adapt your delivery style accordingly.



Do not be worried if there are disagreements between players and the coach, they can be a good learning moment for both parties. By discussing the issue and having a resolution, either the coach is able to explain the concept to the player in a way they understand and can agree with, or the player makes a reasonable point that the coach may not have thought about. Both of these outcomes can be positive for development and it is important to keep communications open and honest with the players you are responsible for.

Relationship management

Building relationships with players is important in understanding how to coach an individual. It is also an opportunity for the player to understand the coach as well. Some players might not want to ask questions in front of a group and providing opportunities for one-to-one conversations is a good way to ensure that everyone involved is getting the most out of the situation. It is important to remember that situations change over time too, so do not presume that an answer given at the start of a season will always be the same.

Giving feedback

Whether at a match, during training or away from the korfbal court, players will likely want to receive feedback on their performances. It may be about how they are doing in general, what they can be improving, or it could be about how they are carrying out a particular exercise. As a coach, it is important to observe what players are doing so that you can have a measure of any objectives and outcomes that you have set. Giving feedback is a skill that can be developed with practice, and it is important that you are able to give positive encouragement through feedback. If a player is not performing as expected, telling them what they are doing wrong will not help them to improve, so always approach the situation with a solution in mind and focus on how to improve.

A well-known method is to sandwich any potential negative between two positive remarks. For example, if a player is not shooting very well,



start with a remark on how well they are moving into space to shoot before mentioning that they could improve their shooting technique and then add at the end a remark about how many goals they could be scoring if they get that right.

Feedback can be individual or to a group and can range from verbal confirmation and instruction, to a thumbs up and clapping. Players won't always recognise non-verbal praise as feedback, but they'll notice its absence. Using players names in courtside praise and making it specific to the action is also well received and remembered.

Feedback can be about anything, so If someone has been vocal on court and quick on communication, tell them they are doing a good job and to keep it up.

Keeping feedback brief helps to focus on the key message, but it may also require a longer discussion to fully appreciate the situation. Knowing when to give brief or detailed feedback will likely take time to develop, but use player's reactions to gauge whether your feedback is being received well.

Try asking a beginner team after a game what they did well in the match.

It will likely be a challenge to get players to say they are pleased with their performance, especially if the team lost. If you were to ask the same group, what the person standing next to them did well, they will likely have much more to offer in a highly complementary manner. Players need you to increase confidence in their own abilities, and to encourage the praised actions to be repeated.

Be specific and remember feedback is a conversation rather than a statement:

- Specific fixable suggestions will be more valuable than vague statements (e.g. your shooting needs work vs lets work on your



footwork, so you feel more comfortable when shooting on the move).

- Listen and discuss the areas for improvement – when talking to a player they may be able to shed more light on the root of the issue or a reason why they are struggling with a certain concept. This will allow you to better understand how it can be fixed.
- Remember: **Specific, Useful and Sincere.**



Long term coaching and progression

Coaching a team over a season (and longer)

You may be responsible for coaching a set team through a season, here are some key ideas for longer term coaching:

- Set objectives, this helps to guide week to week progress and will allow you to measure progress.
- Review progress periodically and adjust objectives if required.
- Involve players in setting objectives and reviewing progress. This will ensure the cooperation required for a team to succeed.

Selecting players for a team

Player selection may be the responsibility of the coach. If this is required for your role, here are some things to bear in mind:

- Keep in mind the level of the team and if they are focused more on competitive, or recreational korfball. This may influence which players are suitable for the team.
- It is worth assessing a player's potential. They might not be quite as good as another player now but with development they could be in a short amount of time.
- Team selection should be balanced. The best players do not always make the best team. You will need to assess what skills the players have and how they work together.
- When making selections, players may be upset about not making the team. Be prepared to give honest feedback and try to offer feedback on how the player can work towards selection in the future.



Building a Team Culture

If you are responsible for a team, part of your role will be creating a culture. Even if you do not actively think about this, your actions and coaching style will influence the culture that emerges.

All teams should have a culture that is inclusive, safe and makes korfball enjoyable for its players. How this is achieved may be different across teams. It is important as a coach to understand what type of culture will suit your team and its objectives.

For example, a beginner team's objective is often to attract new players to the sport and maximise enjoyment and development for its players. It follows that a suitable culture is one that encourages players to provide positive support to each other constantly and one where players are free to make mistakes with the aim of constantly improving every session.

To help promote this, a coach may implement rules or activities that encourage a specific culture to be fostered. For the above example, a coach could ask players to come up with something they did well or learned after each match, no matter the result. This will help players focus on the positives of their own and teammates' play. It also reinforces the idea that success for this team is not based off results, but rather that everyone is getting better every time they play a game.

Alternatively, a more experienced team may have a culture that encourages direct and open communication between players during a game as all the players are confident in their ability and the aim is to perform at the highest level possible and win games



Developing as a coach

Reflection

Much in the same way as players should reflect on their own performances in order to find areas to improve, coaches should follow the same process. Following training sessions, matches or other key points throughout a season, take some time to reflect on what has gone well, what could be improved, and think of areas of personal development.

Having a record of your coaching, whether it is drills you have used, a reminder of the goals you have set, or a note of player development, is a great way to keep track of your development. Reflecting takes practise but can be a great way to avoid falling into a negative mindset where you are only focused on what is not going well and what needs to improve. Make sure to record the positives in as much detail.

As a new coach, getting used to the time constraints involved may take some time. A note of how much time sessions are taking to plan and deliver will allow you to manage your time well and can give you a push to ask for assistance when life gets busy.

Do not feel like you need solutions for all of the issues that arise. Making a note of these can provide a reminder to ask a more experienced player or coach for advice.

Coaching discussions

Speaking to other coaches is a great way to gain experience and insights. This doesn't have to always include more experienced



coaches. Having a discussion with a coach at the same level as you can help to ease any fears you have and can provide support. In particular, it can be good to speak to coaches from other clubs to see and learn from different styles. Seeking out coaches from different clubs or settings will expose you to different ideas and philosophies, which should improve your coaching skills.

Have discussions with the players that you are coaching to see how they feel. They may have ideas about drills that could help or could let you know that they really enjoyed a particular aspect.

Even if you receive feedback you do not implement, you will be exposed to other points of view which will help to build your knowledge and experience.

If you are coaching a team, it might also be worth having a mid-season review, perhaps with anonymous feedback for those players who might be too shy to make suggestions in person.

If you have other experienced coaches at your club, then they will be a great resource in helping your development. Ask if they can provide feedback on your session plans or provide ideas for drills.

Making mistakes

A good coach never spontaneously appears. As with any skill or profession, there is a learning curve. Particularly as a coach there are many things to learn and develop. As such, there is a constant pattern of making mistakes and learning from them.

Making mistakes is vital to this development and no one will expect your first forays into coaching to be perfect. There are experienced coaches who make mistakes. The good ones are able to accept the mistake and learn from it.

“Like a good coach would say, trying and making mistakes is the best and only way to improve.”



So, if a drill is not quite working, feel free to adapt it or move on with the session. If a tactic fails, do not worry. Take some time to reflect and try again with something new. One mistake does not define a performance whether you are a player or a coach. Just like a player has their teammates to pick them up, coaches have a wider coaching community to rely on. Do not be afraid to reach out if you have concerns or struggles with coaching.

Developing as a coach

Coaching players and teams can provide reward when progress is made. The skills that can be learned and developed as a coach are also hugely beneficial in other aspects of life, from building and maintaining personal relationships, to helping to achieve career goals. Furthermore, seeing players you coach developing and enjoying korfball is extremely satisfying and a great way to help grow the sport.

“Coaching and volunteering is often a generous donation of time and effort, but it is not without reward.”

This document provides a detailed introduction to what might be expected of a new coach. However, this is just the first step on the coaching ladder within Scotland and there are many resources that will help you progress further.

The SKA has resources available for aspiring coaches, from learning material, to the ability to set up contact with experienced coaches. Contacting the SKA may be the best way to assess your needs as a coach and to help to take the next step.



Useful links:

1001 Korfball exercises-

http://www.cambskorfball.co.uk/1001_Korfball_Exercises.pdf

Scotland korfball Association website-

<http://www.scotlandkorfball.co.uk/wordpress/>