
ERASMUS+

Sports Booklet



JULY 31, 2020

Contents

Overview	5
Erasmus plus	5
4 Ball 4 Country Event	5
Catchball	6
History	6
Object of the Game	6
The Game - The Court	6
Teams	7
Game Rules	7
Faults	7
The Playing Phase and the Completed Game Phase	7
Consequences of Winning a Game Phase	8
To Win the Match	8
Team Start Formation	8
Game Situations	8
Simultaneous Contacts	8
Games in Game	9
The Ball in the Direction of the Net	9
Balls After the Net	10
Binding in the Net	10
Player Contact with the Net	10
Passing Before the Net	10
Interference on the Submission	10
Mistakes of the Player to the Net	11
Service	11
The Libero Player	11
Score Sheet	12
The Playing Game (The Match)	12
Substitution	12
Official Balls	12
Equipment	13
Conduct of Athletes	13
Useful Links	13
Catchball - 4 weeks of training plans – week 1	14
Catchball - 4 weeks of training plans – week 2	17

Catchball - 4 weeks of training plans – week 3	20
Catchball - 4 weeks of training plans – week 4	23
DODGEBALL	26
History.....	26
Object of the Game	26
Links	28
Korfball	29
History.....	29
Object of the Game	29
Players & Equipment.....	30
Scoring	30
Primary Rules of Korfball.....	31
Teaching Korfball	31
Mini-Korfball	31
Drills	31
Links	32
Netball	33
The History of Netball	33
What is Netball.....	33
What Will You Need.....	34
The Rules	34
Starting the game – centre pass.....	35
Footwork in the Centre Circle.....	36
Offside Rule	36
Footwork	36
Obstruction.....	36
Obstruction of a Player Not in Possession of the Ball	37
Contact and Contest	37
Penalties against a player.....	38
Taking free passes and penalties.....	38
Shooting.....	39
Throw in	39
Over a third	39
Replayed ball	39
Jewellery	40
Nails	40

Substitutions	40
Links	40

Overview

Erasmus plus

Building on the success of the StreetMotions project, the Sport Chapter in the Erasmus+ Programme continues to support European partnerships on grassroots sport in order to pursue the following objectives:

Tackle cross-border threats to the integrity of sport, such as doping, match fixing and violence, as well as all kinds of intolerance and discrimination;

To promote and support good governance in sport and dual careers of athletes;

To promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity, through increased participation in, and equal access to sport for all.

Focus is to be given to grassroots sport.

4 Ball 4 Country Event

[Super Training Week at the SAPC](#)

[Street Motion Project](#)

Catchball

History

Catchball started in Israel combining sports with social activity. It is known to unify communities, empower women, entice them to participate in physical activity and build their leadership skills. Catchball has encouraged women to become active in sports, often after years of physical inactivity.

The rise of catchball in Israel began in 2005, when Ofra Amramovich started Mamanet, a league for mothers in the central city of Kfar Saba, where she lives. She learned the sport from Haim Borovski, an Israeli gym teacher from Argentina. Thanks to Amramovich's entrepreneurship, dozens of municipalities have since started their own Mamanet leagues.

In 2009, the Israel Catchball Association branched off from Mamanet in an effort to make the sport more competitive. The association welcomed non-mothers and allowed women to form their own teams rather than requiring them to participate through their children's schools — though they maintained Mamanet's age minimum of 30.

Since then catchball spreading around the world. Leading sports associations and community organizations recognise that Catchball has the potential to unify communities, empower women and built women's participation and leadership.

Object of the Game

The goal of the game is to send the ball over the net on the opponent's side and avoid touching the ball from the ground on your side. Each team is entitled to 3 touches of the ball before sending it to the opponent (no blocking is considered).

The ball is served, and the player who operates must send the ball over the net to the opponent's court.

The ball is played until it lands (play phase), is sent to the opposing field or until a team fails to send it correctly to the opponent.

In the catchball, the team that wins the game phase receives a point (the point system at each stage of the game). When the receiving team wins the stage, they will win a point and the right to serve, and the players of that team rotate, moving in a clockwise position.

The Game - The Court

The playing area - the COURT - is a rectangle of 18 x 9 m, surrounded by a free zone of 3 meters on each side. The ceiling of the playing area should be at 7 meters high. Above the centre line of the rectangle a net shall be installed in a vertical position. The top edge must be set to a height of 2.24 m.

Catch ball is a sport played by two teams on a field divided by a net.

The playing area is a rectangle, measuring 18x9, surrounded by a free zone with a width of at least 3 m wide on all sides. The net has a width of 1 m and a length of 9,50-10 m. The net is placed vertically above the centre of the yard and the tip is set at a height of 2.24 m

Teams

A team consists of a maximum of 6 players on the field, a coach and 2-6 reserves. One of the players (not Libero) must be identified as team captain and mentioned in the match card.

The mixed team must always have 3 players representing each sex on the pitch at any time of the game. The Referee may disqualify a team that does not comply with this rule.

Each team will consist of at least 6 players and may include a coach and an assistant coach. A team can contain up to 2 special defines players: Libero

There are always six players in the field who have to rotate a clockwise position whenever their team wins the right to serve. Only the three players in the net (the first-line players) can throw the ball / or block the net.

Game Rules

A team wins a point:

1. can succeeds to send the ball into the side of the opposing team;
2. if the opposing team commits a mistake;
3. if the opposing team is penalized with a penalty.

Faults

A team commits an error if they perform an action contrary to the rules of the game (or otherwise violate them). The referee judges the mistakes and decide the consequences according to these rules as follows:

if two or more mistakes are committed successively, only the first one is taken into account;

- if two or more mistakes are made simultaneously by the opponents, it is considered DOUBLE FAULTS and the game phase is replayed.

The Playing Phase and the Completed Game Phase

A play phase is a succession of actions that begin at the time of the service and end when the ball is out of the game. A completed game phase is considered to be the succession of gambling actions that results in winning a point by one of the teams. This also includes the issue of a penalty and the loss of service as a result of exceeding the time limit forth service.

Consequences of Winning a Game Phase

if the team at work wins the game, it earns a point and will continue to serve;

If the receiving team wins the game, it wins a point and the right to serve.

To Win the Match

The match is won by the team with the most points at the end of the two halves of 10 minutes each. In the event of a tie a maximum of 5 phases of play will be played in the elimination rounds and in the finals.

Catchball uses a scoring system for the game phase. Teams score one point at each stage of the game regardless of the team they served. The team that wins the game stage registers a point. When the receiving team wins the game, it wins a point and the right to serve, and its players rotate in a clockwise direction.

Team Start Formation

Each team must have six (6) players in play at all times. The starting team of the team indicates the rotation of the players on the field. This order must be maintained throughout the set.

Before starting the game, each coach must present the initial team training through a position report. This report, filled in correctly and signed, is given to the second referee or the enrolling player.

Players who are not part of the starting team are considered backups in that set (except for Libero players).

Game Situations

ball in play: The ball is in play from the time of the service shot which has been authorized by the first referee.

ball out of play: the ball becomes out of play as soon as a whistle signal is committed by one of the referees; and in the absence of a mistake, from the moment of whistle signalling.

ball in the field: The ball is "in the field" if touching the playing court, including the boundary lines, during contact with the floor.

out of the ball: All the parts of the ball touching the floor are completely outside the boundary lines; it touches an object outside the playing court, the ceiling or a person outside the game; it touches the antennas, cable, strings, pillars or netting itself outside the side strips; crosses the vertical plane of the netting both partially and totally out of the passage; it completely crosses the lower space.

Simultaneous Contacts

Two or three players can (allowed) to touch the ball at the same time. When two (three) teammates touch the ball simultaneously, there are two (three) strokes (except the jam). If they try to play the ball, but only one of the players touches it, one shot is counted. A clash between players is not a mistake. When two opponents touch the ball simultaneously over the

net and the ball remains in play, the team receiving the ball is entitled to three more strikes. If such a ball falls out of the field, the mistake of the team is placed on the other side of the net. In the event of a simultaneous strike over the two opposing sides leading to prolonged contact with the ball, the game will continue.

Each team has the right to have three ball contacts before sending it to the opposing team (except for block contact). Every ball contact is the action where the ball is caught and thrown.

A player cannot have two ball contacts;

A player cannot double the ball twice;

The ball cannot successively touch different parts of the body except when:

in the player's action to block the ball (BLOCK) where there may be consecutive contacts made by one (or more) blocking players, provided the contacts appear during a single action (lock);

At the first contact of the team (SERVICES), the ball can contact different parts of the body, provided the contacts appear during an action (capture attempt).

It is forbidden to hit (or hit) the ball intentionally with any part of the body, including by touching a hand or foot to prevent the player from moving. However, the ball may "hit" the player and may rebound in any direction.

Games in Game

FOUR HITS: A team kicks the ball four times before resending.

HIT SHOT: Inside the playing area a player rests on a teammate or on any outside structure / object in order to hit the ball.

HOLD BALL: the ball is caught and / or thrown; the ball does not bounce off the shot.

DOUBLE CONTACT: a player hits the ball twice or the ball touches successively several parts of his body.

The Ball in the Direction of the Net

The ball sent to the opposing field must pass over the net. The passageway is the top of the vertical plane of the boundary mesh:

below - the top edge of the net;

on the edges - the antennas and their imaginary extension;

above - the ceiling.

The ball that has passed the vertical plane of the net to the free area of the adverse terrain, wholly or partly through the outer space, can be retrieved in the proper playing area in the course of the regular strikes of the team, provided that:

the opponent's field is not touched by the player;

When the ball is sent back, the ball will overhang the whole or part of the netting again through the outer space on the same side of the field.

The opposing team has no right to oppose this action. The ball that moves to the adverse ground through the lower space is in play until it completely crosses the vertical plane of the net.

Any action that directs the ball to the opponent, except for serving and blocking, is considered a throw-in. A throw is an attack action taken during a jump.

When the opponent is falsely induced, it is allowed to take up to two steps while holding the ball, followed by a bounce.

When two opponents touch the ball at the same time in attack action (attack) above the net and the ball remains in play, the team that receives the ball (catch) is entitled to three more strikes. If such a ball falls out of the field, the mistake of the team is placed on the other side of the net. In the case of a simultaneous blow over the net between two opponents, leading to prolonged contact with the ball, the game will continue.

Balls After the Net

The ball can touch the tab while it is over.

Binding in the Net

A ball sent in the net can be resumed within the three team strikes. If the ball breaks the mesh or twists it, the game phase is cancelled and replayed.

Player Contact with the Net

The contact with the net by a player between the antennas is a mistake unless it is done unintentionally while the ball is away from the net.

Passing Before the Net

The player is allowed to touch the ball over the net in the opposing playing area but not before or during the attack strike. After the attack, the player is allowed to pass his hand over the net in the opponent's playing area, provided that the touch of the ball has taken place in its own playing area.

Blocking is the action of the players near the net to intercept the ball that comes from the opponent. The block is executed by touching the player's hands above the top of the net. Only first-line players can complete a jam. Consecutive (fast and continuous) can occur with one or more jammed players, provided that the contacts are made during a secure action.

Interference on the Submission

It is allowed to enter the opponent's playing area under the NET, provided that it does not influence the opponent's game.

Penetration into the opposing court above the centre line: reaching the opposing playing field with the sole (s) is permitted provided that at least part of it (s) is in contact with the centre line or above it.

Touching the opposing playing field with any part of the body above the sole is allowed provided that this action does not influence the opponent's play. A player may penetrate the

opponent's field after the ball has fallen out of the game. Players can penetrate into the free area of the opponent's court, provided they do not influence the opponent's game.

It is permissible to touch the opponent's hand with the hand or the foot provided that at least part of the hand or legs penetrating the adverse ground (or hands) remain in contact with the centreline or above the centre line.

Mistakes of the Player to the Net

A player touches the ball or an opponent in the opposing game area before or during the attack of the opponent.

A player influences the opponent's game by penetrating under the net in the opposing playing area.

A player penetrates all the foot (s) into the opposing field. A player disturbs the game (among others) if: touches the net between the antennas or even the antennas during its ball action, - uses the net between the antennas as support or support to recover; by touching the net creates an unsportsmanlike advantage over the opponent; performs actions that could influence the attempt of an opponent to play the ball; hangs, catches the net.

During the attempt to capture the ball at the first contact, a player can take a few steps, being in motion (moment) to catch the ball until he stops.

Making steps while the ball is held:

before passing the ball to a team-mate or throwing the ball over the net, without jumping, the player is allowed to take a step;

Before throwing the ball for attack during jump or passing the ball to a teammate while jumping, the player is allowed to make up to two steps followed by a jump.

Service

The service is the act of putting the ball in play by the back-right player placed in the service area.

The ball is put into play by the back-right player placed in the Service area. The service is executed by throwing the ball over the net to the opponent's court.

The player at work has to throw the ball in 5 seconds after the whistle service has been authorized by the referee. The game continues until the ball reaches the advert field, the ball goes out (out of the antennas) or a team fails to properly return the ball to the opponent's field.

The Libero Player

Each team is entitled to a defines professional named Liberal.

Liberal must wear equipment where at least the shirt is a different and contrasting colour to the other team members.

Play mode accepted for Libero:

Libero can only play as a second-line player and is not allowed to make an effective attack from any part of the playing surface (including the playing court and the free area) if, at the moment of contact with the ball, it is in wholly above the top of the net.

Libero is not allowed to serve, to block or to make a blocking attempt.

A player is not allowed to make an effective attack if, at the moment of contact with the ball, it is wholly above the top of the net and comes from a step in the top fingers of a Libero in his own attack. The ball can be attacked without restrictions if LIBERO executes the same procedure outside of its attack area.

Score Sheet

It is the document that presents the technical facts about the game and is the official document of the match.

At the end of the match, the team captains have the responsibility to sign the referee's sheet (score sheet) for the score to be certified. If a team captain refuses to sign the score sheet, the score will be announced by the referee.

The Playing Game (The Match)

Each match will have 2 HALVES, each of 10 minutes, with a one-minute break between them. In the event of a tie, the elimination rounds and the final will play a set without time, where they will play all 5 stages of the game.

There are two time-outs accepted on the match with a duration of 1 minute each.

Substitution

An unlimited number of substitution can be made during the match. A player who has already been substituted may re-enter the field to replace another team member only when the game is stopped. Substitution is accepted only with the consent of the referee and only through the special area set by the organizers (substitute) and only when the replaced player has left the field.

A replacement is the act whereby a player, other than Libero or his substitute, enters the game to take the position of another player who has to leave the field at that time. Each team can request up to 6 replacements per set.

Official Balls

During the competition, the organizer offers teams the official ball of the game. Each team must have their own balls for training.

Equipment

Each team member must wear identical t-shirts and pants that are numbered.

No player is allowed to use equipment that may harm them or any other player in the game, including rings, earrings, bracelets, etc.

Conduct of Athletes

- Participants need to know Catchall's official rules and respect them. Participants must accept the referee's decision with sporting behavior, without challenging.
- In case of doubt, the clarification can only be requested by the team captain. Participants must refrain from actions or attitudes aimed at influencing arbitrators' decisions or covering the mistakes committed by their team.
- Fair play - Participants must behave respectfully in the spirit of FAIR PLAY, not only to the referees but also to other officials, opponents, members of their own teams and spectators.
- Communication between team members during the game is allowed.

Useful Links

<https://www.icf-sport.com>
[Introducing Catchball](#)

Catchball - 4 weeks of training plans – week 1

Objectives

- Improve chest pass throwing
- Improve and practice catching and throwing ball skills

Time: 1,5 hours	Children: 20; Adults partner: 20	Outcomes	Resources	Comments
Main Teaching	1. To perform the chest pass throwing: - children and adults will practice the chest pass throwing 2. Increasing ball control: - children and adults will practice catching and throwing the ball over the head with two hands	1. Understand how to push the ball with the hands 2. Co-operate with an adult partner	20 Volleyballs 40 Cones Pitch Net	1. They have improved their throwing skills 2. They have increased the ball control
Activities	1. Warm-up game: Children and adults partner will play at the same time Traffic lights: <ul style="list-style-type: none"> • red colour - throwing the ball from the chest • yellow color - throwing the ball over the head • green color - throwing and catching the ball from both chest and over the head 			5 minutes all over the volleyball court
	2. Warm-up exercises: Children and adults partner will play at the same time			
	<ul style="list-style-type: none"> • ankle jogging 			2 times up to 5 meters
	<ul style="list-style-type: none"> • running with knees up 			2 times up to 5 metres
	<ul style="list-style-type: none"> • running with heels back 			2 times to 5 metres

• skipping			2 times to 5 metres
• big steps			2 times to 5 metres
• running backwards with heels back			2 times to 5 metres
• running as fast as you can			2 times to 5 metres
• stretching			5 minutes
3. Development:			
a. Practice individually:			
• passing the ball from the chest in the air and catching with both hands			4 times
• throwing over the head with both hands in the air and catching with both hands			4 times
b. Practice in pairs passing: Children and adults partner will practice at the same time			
• try chest pass with the partner to catch the ball by increasing the distance			4 times
• try over the head pass with the partner by increasing the distance			4 times
c. Practice footwork, quickly changing direction:			4 times
• right foot to right side of the body			
• left foot to the left side of the body			
• jumping and landing on both legs			
• jumping again with throwing the ball over the net with both hands			

	d. Play a game - together children and adults			3 sets up to 21 points
Cool - down	Sleeping lions			3 minutes

Catchball - 4 weeks of training plans – week 2

Objectives

- Improve chest pass throwing
- Improve and practice catching and throwing ball skills

Time: 1,5 hours	Children: 20; Adults partner: 20	Outcomes	Resources	Comments
Main Teaching	<ol style="list-style-type: none">1. To perform the overarm throwing the ball correctly:<ul style="list-style-type: none">• together children and adults will practice the overarm throwing2. They must have a better control of the ball:<ul style="list-style-type: none">• together children and adults will practice attacking over the net	<ol style="list-style-type: none">1. Manage an overarm throw safely and working co-operatively2. Control the ball in different game situations	20 Volleyballs 40 Cones Pitch Net	<ol style="list-style-type: none">1. They need to improve the catchball serve by throwing the ball2. They need to improve their catchball skills by developing their ball control
Activities	<ol style="list-style-type: none">1. Warm-up game: Children and adults partner will play at the same time Traffic lights: <ul style="list-style-type: none">• red colour - walking with passing the ball from one hand to the other hand between the bend legs• yellow colour - throwing the ball in the air with one hand and then catching with both hands• green colour - footwork, move the right foot to right side of the body, move the left foot to the left side of the body and			5 minutes all over the volleyball court

	then jump and landing on both legs and finally, jumping again with throwing the ball over the net with both hands and landing on both the bend legs			
	2. Warm-up exercises: Children and adults partner will practice at the same time			
	• ankle jogging			3 times to 10 metres
	• running with knees up			3 times to 10 metres
	• running with heels back			3 times to 10 metres
	• skipping			3 times to 10 metres
	• big steps			3 times to 10 metres
	• running backwards with heels back			3 times to 10 metres
	• running as fast as you can			3 times to 10 metres
	• stretching			7 minutes
	3. Development:			
	a. Practice individually:			
	• throw the ball against the wall with a handy hand			4 times

	<ul style="list-style-type: none"> • throwing over the head with both hands in the air and catching with both hands 			4 times
	b. Practice in pairs throwing: Children and adults partner will practice at the same time			
	<ul style="list-style-type: none"> • practice in pairs underarm throwing the ball to each other by increasing the distance 			4 times
	<ul style="list-style-type: none"> • one child throws the ball over the net and the other one catches the ball 			4 times
	c. Practice footwork, quickly changing direction:			4 times
	<ul style="list-style-type: none"> • right foot to right side of the body 			
	<ul style="list-style-type: none"> • left foot to the left side of the body 			
	<ul style="list-style-type: none"> • jumping and landing on both legs 			
	<ul style="list-style-type: none"> • jumping again with throwing the ball over the net with both hands 			
	d. Practice in pairs attacking:			
	<ul style="list-style-type: none"> • attacking in pairs with footwork movement without net and then over the net to each other 			4 times
	e. Play a game: scoring only if there are three passes inside each team - together children and adults			3 sets up to 21 points
Cool - down	Sleeping lions			3 minutes

Catchball - 4 weeks of training plans – week 3

Objectives

- Improve chest pass throwing
- Improve and practice catching and throwing ball skills

Time: 1,5 hours	Children: 20; Adults partner: 20	Outcomes	Resources	Comments
Main Teaching	<p>1.They must co-operate as a team</p> <ul style="list-style-type: none">• together children and adults will practice the attack by increase the ball control <p>2. To use three passes of catch before scoring</p> <ul style="list-style-type: none">• together children and adults will play a game using the skills they learned	<p>1. Control the ball as the catching and throwing inside the team by understanding how to pass the ball with both hands</p> <p>2. Improve their catchball actions by co-operate with the team</p>	<p>20 Volleyballs 40 Cones Pitch Net</p>	<p>1. They have improved their catchball actions by playing with more confidence</p> <p>2. They have increased the ball control by improve their throwing skills</p>
Activities	<p>1. Warm-up game: Children and adults partner will play at the same time</p> <p>Stuck in the mud:</p> <ul style="list-style-type: none">• release the children by passing the ball between the legs or throwing the ball to be catch			<p>5 minutes all over the volleyball court</p>

2. Warm-up exercises: Children and adults partner will play at the same time			
• ankle jogging			3 times to 10 metres
• running with knees up			3 times to 10 metres
• running with heels back			3 times to 10 metres
• skipping			3 times to 10 metres
• big steps			3 times to 10 metres
• running backwards with heels back			3 times to 10 metres
• running as fast as you can			3 times to 10 metres
• stretching			7 minutes
3. Development:			
a. Practice individually:			
• throwing over the head with both hands in the air and catching with both hands			4 times
• throw the ball against the wall and over the net with a handy hand as well			4 times
b. Practice in pairs passing:			
• throw the ball with both hands over the head towards the partner increasing the distance between both of you			4 times
• throw the ball with a handy hand towards the partner to catch by increasing the distance between			4 times

	both of you			
	<ul style="list-style-type: none"> one child throws the ball over the net and the other one catches the ball 			4 times
	<ul style="list-style-type: none"> attacking in pairs with footwork without net and then over the net to each other 			4 times
	c. Practice footwork, quickly changing direction:			4 times
	<ul style="list-style-type: none"> right foot to right side of the body 			
	<ul style="list-style-type: none"> left foot to the left side of the body 			
	<ul style="list-style-type: none"> jumping and landing on both legs 			
	<ul style="list-style-type: none"> jumping again with throwing the ball over the net with both hands 			
	d. Play a game by scoring only if there are three passes inside each team - together children and adults			3 sets up to 21 points
Cool - down	Breathing and stretching			3 minutes

Catchball - 4 weeks of training plans – week 4

Objectives

- Improve chest pass throwing
- Improve and practice catching and throwing ball skills

Time: 1,5 hours	Children: 20; Adults partner: 20	Outcomes	Resources	Comments
Main Teaching	1. Perform the serve and attack control: - together children and adults will practice the serve and the attack 2. To must use three passes before scoring - together children and adults playing the game using the skills and the rules that children have learned	1. Increase the control of serve and attack by understanding how to throw the ball with a handy hand and how to attack in front of the net 2. Co-operate with a partner to must use three passes before scoring	20 Volleyballs 40 Cones Pitch Net	1. They have improved their serving and attacking skills 2. They increase the ball control playing with more confidence
Activities	1. Warm-up game: Children and adults partner will play at the same time Traffic lights: <ul style="list-style-type: none">• red colour - serve the ball with a handy hand			5 minutes all over the volleyball court

<ul style="list-style-type: none"> • yellow colour - catch the ball with both hands • green colour - run freely around the volleyball court, take a ball and then with the footwork perform the attack in front of the net throwing the ball over the net 			
2. Warm-up exercises: Children and adults partner will play at the same time			
• ankle jogging			2 times to 10 metres
• running with knees up			2 times to 10 metres
• running with heels back			2 times to 10 metres
• skipping			2 times to 10 metres
• big steps			2 times to 10 metres
• running backwards with heels back			2 times to 10 metres
• running as fast as you can			2 times to 10 metres
• stretching			5 minutes
3. Development:			
a. Practice individually:			
• throw the ball over the head with both hands in the air and catching with both hands			3 times
• throw the ball against the wall with a handy hand			3 times
• throw the ball over the net with a handy hand			3 times
b. Practice footwork, quickly changing direction:			3 times
• right foot to right side of the body			
• left foot to the left side of the body			

	• jumping and landing on both legs			
	• jumping again with throwing the ball over the net with both hands			
	c. Practice in pairs the serve and the attack: Children and adults partner will play at the same time			
	• one child serve towards the partner who catches the ball with both hands by increasing the distance between them			3 times
	• each child who hold the ball with both hands start doing the footwork to perform the attack in front of the net and then throw the ball over the net			3 times
	• pass the ball towards a partner who is in front of the net with his/her back, catch the ball from him/her and then perform the attack throwing the ball over the net			3 times
	d. Play a game by the rules - together children and adults			3 sets up to 21 points
Cool - down	Breathing and stretching			3 minutes

DODGEBALL

History

Dodge Ball was played in Africa over two hundred years ago. The African game was played much differently than modern dodge ball and was used as training for battles, but still had the basic principles of the game.

In the early African game, they would play with rocks and once they hit their competitor they would keep hitting the competitor until they finished him off. It was the fallen competitor's teammates job to protect him and defend him by throwing their own rocks at the other team.

A missionary, by the name of Dr James H. Carlisle saw them playing this game and was very intrigued by the whole game. Dr Carlisle returned to teach at St. Mary's College in Norfolk, and it was there he transformed the African training into a game. The game used a leather ball, an open field, and a player was only out after being knocked down after continuous blows. In 1884 St. Mary's College had a few of their colleagues from Yale university over to Norfolk. Phillip Ferguson from Yale saw dodgeball in play and immediately thought of it in a quicker and faster pace like modern dodgeball.

In 1905, back in America, Phillip Ferguson wrote up the first official rules which included many of the modern rules we have today. American colleges started playing each other and the sport grew rapidly around the world into what we now call dodgeball.

Object of the Game

Dodgeball are played with a single ball - a special dodgeball ball, it must be soft and spongy. The circumference of the ball is 16-25 cm.

The dodgeball is played in the field with dimensions for the older age: 18 meters' x 8 meters. For younger age 16 meters' x 7 meters. The terrain can be any surface.

The team consists of a maximum of 9 players and a minimum of 7 players. 7 players (6 + 1) participate in the game. Six players in the field and 1 baseline guard. A team can have a maximum of 1 substitute. The substitute may enter the game during the set when the substitute is in possession of the ball. Six players each are in their own half of the field, and the guard is on the opposite free zone behind the baseline, so that the opposing team is between him and his team. The baseline guard may only be changed between sets.

The goal of the game is for each team to hit the opposing team players in their field with a hand-thrown ball, while avoiding the same intentions of the opposing team. The hit must be visible. The match is played in two sets of up to 15 points, and in case both teams win one set, the third set is up to 15 points. The team that wins the third set wins the match. Before the start of the game, the referee draws who starts the game in the presence of captains of

both teams. The team receiving the draw comes into possession of the ball at the start of the first set. At the beginning of the second set, the losing team draws the ball to start the second set. Before the start of the third set, the draw is done again as before the start of the first set.

The game begins so that the team that won the draw immediately begins to attack. The baseline guard puts the ball in play and the opposing players can only be shoot after two passes. Passing is an action by which the ball is directed to teammates and crosses the space of the field above the reach of the opposing players. A failed pass is when the ball is in possession of the opposing team and then the team has to make two successful passes as soon as it regains possession of the ball.

When a player is hit, the team wins a point. The team wins a point when they hit an opponent and then the ball touches the ground. The same is true when a player catches the ball and then drops the ball and it touches the ground, the player is considered to be hit and awarded a point to the opposing team. If one of the players of any team catches the ball before it hits the ground, the player is not hit (the player is saved). If a ball hits multiple players in one flight and falls to the ground, the team scores as many points as players are hit.

For each of the following offenses, including: exit from the field or contact with an opposing player, a loss of the ball or a point for the opposing team is awarded.

- a) A player is considered to have committed an offense when he touches the ground with his whole foot outside his playing field. Playing field lines are an integral part of the field and the player is not considered to have committed an offense if he stepped on them. This rule also applies to borderline guards.
- b) If a player is in his field and catches a ball that is in the air outside its field (or in the air in a rival field), the game will resume.
- c) If a player catches the ball and shoots and leaves the field when shooting a rival team, the loss of the ball is awarded.
- d) If a player goes out of his field to avoid being hit, a point is awarded to the opposing team.
- e) If a player makes a jump shot when he shoots a rival player and steps in the opposing field on touch down this is considered an offense and the ball is awarded to the opposing team.

All fields outside your own field are considered as rival fields. These are the fields behind the base and side lines of your own field. When transferring the ball from the field to the baseline guard or when shooting the opposing players, the ball may cross the base line and the side lines of the opponent's field and remain in the possession of the team.

All player actions that involve dodging (and pulling a teammate's jersey) in their own field are allowed. The player in possession of the ball must carry out the offensive action with it and

must not pass it to a teammate within his field to do the same. Attack action involves shooting opposing players and passing the ball to the baseline guard.

In case of violation of this rule, the ball is awarded to the opposing team.

All external factors affecting the game, such as the wall behind the baseline or the audience, are ignored. The ball that bounces off that external factor and goes back into the game returns to the baseline guard.

After the point is scored, the affected player resumes play. Replacements may enter at the end of each set, replacing injured players and affected players.

During the game, all players must remain "within bounds" with the exception of the baseline guards (two, each on their own side of the court). If this is not respected, the player is disqualified.

Links

<https://www.rookieroad.com/dodgeball/history/>
[USA VS Malaysia – Men's Final 2019 Dodgeball World Championships](#)

Korfbal

History

In 1902 Nico Broekhuysen, a Dutch school teacher from Amsterdam, was sent to Nääs, a town in Sweden, to follow an educational course about teaching gymnastics to children. This is where he was introduced to the Swedish game "ringboll". In ringboll one could score points by throwing the ball through a ring that was attached to a 3 m pole. Men and women played together, and the field was divided into three zones. Players could not leave their zone.

Broekhuysen was inspired; and when he returned to Amsterdam he decided to teach his students a similar game. He replaced the ring with a basket (for which the Dutch word is Korf or mand), so it was easier to see whether or not a player had scored. Broekhuysen also simplified the rules so that children could also understand and play the game. Thus korfbal was born. The main idea was the same as ringboll, but the new sport now stood on its own.

It was featured as a demonstration sport in the Summer Olympics of 1920 and 1928.



The sport has grown over the decades with the International Korfbal Federation was founded in 1933 in Antwerp, Belgium. Korfbal has been played in the World Games since 1985. IKF World Korfbal Championships have been held every four years since 1978.

Hong Kong hosted its first international tournament, the IKF Asia Oceania Korfbal Championship, in 2006. New Zealand hosted the IKF Asia Oceania Youth Korfbal Championships in 2007. Korfbal is now played in 69 countries. The leading nations are the Netherlands, Chinese Taipei, and Belgium.

Object of the Game

The object of Korfbal is to score more goals than the opposition and win the game. Players do this by working as a team to move the ball upfield until they get into a position in which they can shoot the ball into their opposition's net. Each team has one basket they are attacking and one they are defending.

Because it is a team game, a high degree of teamwork and communication is required for a team to be successful, as is a good level of physical fitness and ball skills.

Players & Equipment

There are eight players that make up a Korfball team, and this should consist of four females and four males. Ideally, the court used should be 20m x 40m or if playing outdoors it should be 30m x 60m. Both nets should be mounted on top of a 3.5m pole when played by adults. For children of younger ages, the height of the posts can be lowered to a more suitable level.

The posts should be positioned so that they are set between 4 – 10 metres (depending upon the size of court used) within the perimeter of the court. This allows the ball to be passed around the basket so the players can attack it from various angles. This contrasts with the similar sports of basketball and netball where the basket is positioned on the edge of the court.



In terms of equipment, the ball used must be a round number 5 type ball. Specialist korfballs are available – they are the same size as a standard size 5 football, but have more grip which is useful given the sport involves passing and catching.



Scoring

The scoring system in Korfball is simple and contributes to the fast paced nature of the game. A goal is scored when the ball is thrown through the opposition's net. Both teams therefore are constantly trying to work the ball upfield to place themselves in an attacking position to shoot.

However, a player may not try and take a shot if they have been 'defended'. This is when the opposition player positions themselves in between the attacker and the net and within an arm's length from them.

Primary Rules of Korfball

- Teams shall consist of eight players - four female and four males.
- Each team has four players in each half and during the match they cannot switch zones.
- In Korfball, the aim is to score by throwing the ball through the opposition's basket.
- Once two goals have been scored, the teams change zones, with attackers becoming defenders and vice versa. Teams also swap ends at half time.
- On receiving the ball, a player may not dribble, walk or run with it but can move one foot with one remaining planted to the ground as in netball.
- A player may not try and take a shot if they have been 'defended'. This is when the opposition player (of the same gender) positions themselves in between the attacker and the net and within an arm's length from them.
- Tackling, blocking and holding are not allowed in Korfball.

Teaching Korfball

The above rules are set out for the main full court version of the game, as played in league matches. However, for the purpose of training – both for adults and juniors, the game is usually broken down into smaller variants. These allow for the participants to have more touches of the ball each to help speed up the learning of the game.

Mini-Korfball

The game of Mini-Korfball uses all the primary rules of korfbal (e.g. not being able to run with the ball, the defended rule, etc) but instead of playing 8 players vs 8 with two posts in two separate halves, play consists of 4 player's vs 4 with two posts positioned closer together. All players become both attackers and defenders and is more akin to a full court game of basketball.

Often when playing Mini-Korfball with younger children, some of the rules above can be relaxed. For example, there may not be an exact split by gender in the players available, so it may be decided that any player can defend another.

Drills

The core motor skills of korfbal are:

- a) Passing
- b) Catching
- c) Shooting
- d) Movement

Any drill that facilitates the practise of these core skills will therefore be useful. Examples could be:

- a) A game of ball tig in an enclosed space.
- b) Setting up teams with the objective of having to pass the ball from one side of the court to the other.
- c) Shooting drills.

Beyond this, the game can be broken down by breaking the group onto different posts and setting up game- based drills on each post. Examples of these would be:

1. 2 vs 1. 1 Attacker and 1 Assist Player vs 1 Defender.
2. 2 vs 2 2 Attackers vs 2 Defenders
3. 3 vs 2 2 Attackers and 1 Assist Player vs 2 Defenders
4. 3 vs 3 3 Attackers vs 3 Defenders
5. 3 vs 1 1 Attacker and 2 Assist Players vs 1 Defender.
6. Etc etc.

Links

[International Korfball Federation](#)

[Korfall World Games 2017 Promotional Video](#)

Netball

The History of Netball

The origins of netball lay in early versions of women's basketball. Basketball was invented in 1891 by James Naismith, a Physical Education Instructor from Massachusetts, USA. It was soon picked up by Sendra Benson, a teacher at a nearby Women's college who adapted the game for play by females. Women's basketball quickly spread in popularity across the United States.

By 1893 the game had spread to England, and Madame Osterberg, a teacher at a PE college in London, introduced a version of the game which was played outdoors and referred to as 'net ball'.

The first rules of 'net ball' were published in 1901 and the game quickly spread across the British Empire, becoming popular and spreading through school systems wherever it went. The early 20th Century saw further spreading of netball's popularity, particularly to Australasian countries. Many leagues and competitions were established.

The first official netball governing body was formed in 1926 – the All England Netball Association (AENA). International competition was initially very difficult, as many different versions of the game were played around the world. This problem led to attempts being made in 1957 to standardise the rules. The International Federation of Netball Associations (IFNA) was formed as a result.

Soon after this, in 1963, the first international tournament was held in Eastbourne, UK. The tournament is what we now know as the Netball World Championships, and is still held quadrennially.

Popularity of netball has maintained, and various elite leagues and competitions, such as the ANZ Championship and the Netball Super League, take place around the world.

What is Netball

Netball is a sport played by two teams of 7 players. The objective of the game is to score more goals than your opponents.

One goal- One point.

Games are played on a rectangular court with raised goal rings at each end. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court.

What Will You Need

Two sets of netball bibs
One Netball
Two posts
Umpire

The Rules

The aim is to provide you with a basic understanding of the rules to be able to play the game safely and enjoyably.

Copies of the rule book can be obtained from Netball Scotland.

The Team

Teams shall consist of 7 players.

Playing Positions and their Roles on the Court

There are seven playing positions in a team. Each has an important role to play for their team:

Goal Shooter To score goals and to work in and around the circle with the GA

Goal Attack To feed and work with GS and to score goals

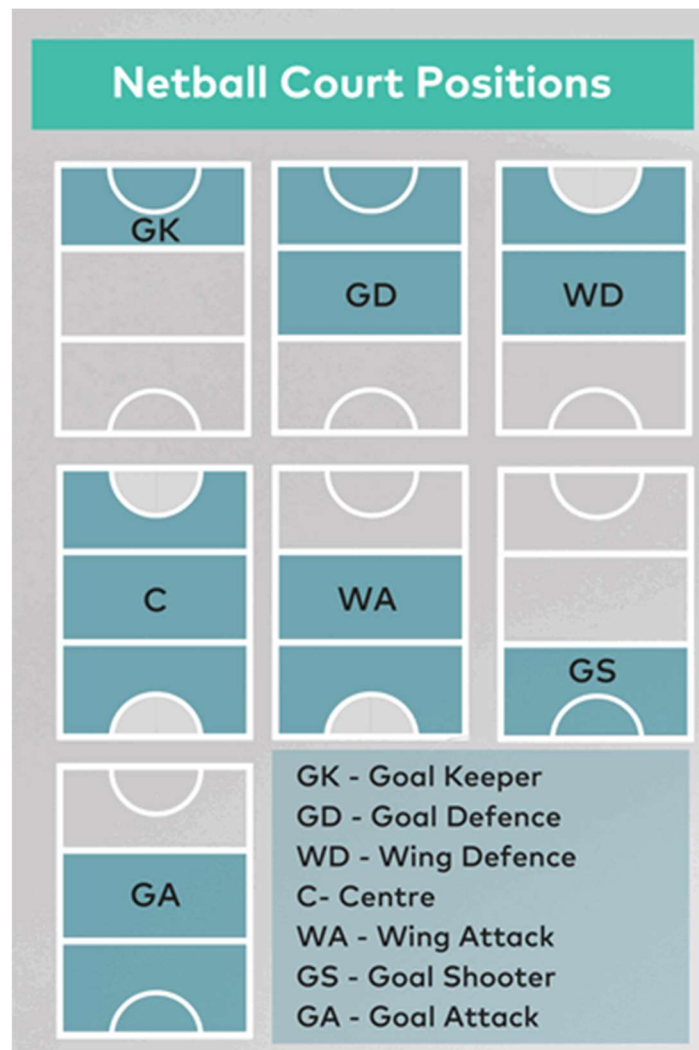
Wing Attack To feed the circle players giving them shooting opportunities

Centre To take the centre pass and to link the defence and the attack

Wing Defence To look for interceptions and prevent the WA from feeding the circle

Goal Defence To win the ball and reduce the effectiveness of the GA

Goal Keeper To work with the GD and to prevent the GA/GS from scoring goals



Starting the game – centre pass

The first centre pass is decided between the two captains by the toss of a coin. The centre passes then alternate between the teams, regardless of which team has scored. Before the whistle, all players must start in the goal thirds except the two Centres. The Centre with the ball must be wholly within the Centre Circle and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move.

After the whistle the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.

A player must not break at the centre pass, which is moving into the Centre third before the whistle is blown for the Centre pass.

A free pass would be awarded to the opposing team in any of these instances above.

Players must get onside quickly at the centre pass. The Centre with the ball must hurry back to the centre circle and step straight in. If she waits for her players to get back onside, this is called “delaying play”.

This would result in the Centre receiving a caution, a penalty being given and advanced up the court.

Footwork in the Centre Circle

The footwork rule still applies in the centre circle. As soon as the Centre steps into the circle, their leading leg becomes their landing foot and the footwork rule then applies. That is, if they lift or move their landing foot and place it back down again, a free pass will be awarded to the opposing team due to footwork.

The umpire will blow the whistle to start play once the Centre has placed one foot wholly in the circle.

Offside Rule

A player with or without the ball cannot move into an area of the court that is not designated for their position.

This will result in a free pass being awarded to the opposing team.

Footwork

A player can receive the ball:

- With both feet grounded or jump to catch the ball and land on two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. Once one foot is moved, the other is considered to be the landing foot.
- With one foot grounded or jump to catch the ball and land on one foot. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Hopping or dragging the landing foot is not allowed.

If you break the footwork rule, a free pass will be awarded to the opposing team

Obstruction

A player attempting to intercept or defend the ball must be at least 3ft (0.9m) away from the player with the ball. This distance is measured from the landing foot of the player in possession of the ball. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance but you must ensure if you do jump to defend a ball, you don't land any nearer that 3ft or this is obstruction (i.e. shortening your distance).

A penalty pass will be awarded if you obstruct a player as described above.

Obstruction of a Player Not in Possession of the Ball

Your arms can be outstretched when you are marking your player off the ball if you are trying to:

- To catch, deflect or intercept a pass
- To obtain a rebound from an unsuccessful shot at goal
- Momentarily signal for a pass or indicate the intended direction of movement

These instances are not classed as obstruction but you will be penalised if you mark a player with your arms out or potentially if you stand under the post with your arms up whilst waiting for a rebound (although the umpire may choose to play advantage if the opposition aren't being impeded).

Contact and Contest

'When attacking, defending or playing the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.

Interference may occur in the following ways:

- Physical contact using any part of the body to limit an opponent's ability to move freely (this includes, but is not limited to, pushing, tripping, holding or leaning on an opponent)
- Knocking or hitting a player including when shooting for goal
- Placing hand/s on the ball held by an opponent
- Hitting the ball held by an opponent or removing it from an opponent's possession
- While holding the ball, pushing it into an opponent
- A player causes contact by:
 - Landing in a place already occupied by an opponent before the movement began
 - Moving into the path of an opponent who's committed to a particular landing space

Generally, an attacker is moving into a space to receive the ball and a defender is drawn into causing contact when trying to intercept. If the attacker was in that space first, the decision goes their way and against the defender. A defender must be able to intercept the ball cleanly.

However, no contact is allowed off the ball. This includes attackers pushing off, backing into or pushing through a defender to get into space to receive the ball. If the defender was in that space first, then the decision goes their way and against the attacker.

Inevitable contact is described as:

- Player/s, whether moving or stationary, may not position so closely to an opponent that this player is unable to move without contacting
- Simultaneous contact is described as:

- If two opposing players contact simultaneously a toss up is taken between the two players concerned.

The umpire's role is to watch the game and determine what is 'contact' and what is 'contest'. It may not always seem obvious to you as a player why a particular decision has been made or why advantage has been played but please respect the decisions that they make. If interference occurs, the umpire will state:

- Which player the penalty is against
- That a penalty pass has been awarded to the opposition

The umpire should stand at the position at the side of the court where they want the penalty to be taken from. If you're ever unsure where to take the penalty from, you need to look at the positioning of the umpire for guidance.

Failure to set the penalty correctly in this way will result in a reversal of the penalty and a free pass to the opposing team.

A lot of contact disrupts the flow of the game. It also puts your team at a tactical disadvantage because when a player is taken out of play on a penalty, they are not able to contribute to the team's defence. It's far better to pull out of a challenge if you think you're going to contact the player and concentrate on defending the next pass instead.

Penalties against a player

The infringer must stand out of play. This means the infringer must:

- Move quickly to the position indicated
- Stand beside but away from the player taking the penalty so as not to impede that player
- Remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.

Once the player taking the penalty pass is in the correct position, the player may choose either to play the ball immediately or to wait for the infringer to stand out of play. If the player chooses to play the ball immediately:

- The infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass
- The penalty pass will be retaken if the infringer interferes with it

Please observe the above rule if a penalty is given against you!

Taking free passes and penalties

You have 3 seconds from setting the free pass/penalty in which to take it. If you decide that another player would be better taking it, you must place the ball back on the floor. Do not walk towards the other player to pass it to them (footwork) or hand it to them (short pass).

Any player allowed in that area may take the free pass/penalty.

Shooting

Only the GS and GA are able to score goals for your team. They must be wholly inside the goal circle to shoot.

Throw in

The ball is thrown back into play from the point where it went off the court. It is out of court when it contacts anything outside the court area (except the goalpost).

When taking a throw in, a player places her foot up to but not on the sideline or backline of the court. The lines are part of the court. If any part of your foot is touching the line or you step into the court in the process of taking the throw in, this is deemed to be a foul throw. At least one foot must be within 15cm (6in) of the line though.

This includes walking on the court to pass the ball to another player if you decide that they should take the throw in. In this instance, you should leave the ball on the floor outside the court for the player to then pick up.

You have 3 seconds from when you take up your position at the side of the court in which to throw the ball.

You must also wait until all players are back on the court before taking the throw in. If any of the above occurs, a throw in to the opposing team will be awarded.

Over a third

The ball cannot be thrown over a complete third of the court without being touched or caught by a player (i.e. it cannot cross two transverse lines).

A free pass shall be taken from the area where the ball crossed the second transverse line (i.e. where the ball shouldn't have been).

Replayed ball

A player may not replay the ball. Specifically, you can't:

- Lose control of the ball and pick it up again if it has not been touched by another player
- Catch a rebound from a shot on goal if the ball has not touched the post or another player
- Toss the ball into the air and catch it again without it being touched by another player.

Jewellery

Players must remove all jewellery before the start of a match to avoid injury to you as a player and your opposition. This rule includes all ear piercings, including piercings high on the ear lobe. Covering piercings up with a plaster is not adequate!

The only exception is a wedding band or a medical alert bracelet which can be worn but must be taped up.

Failure to remove jewellery will result in a player not being allowed on court.

Nails

Nails must be kept short. As a guideline, nails should be no longer than 1mm long and should not be seen from the underside of the finger. This is to protect other players from injury.

This is not a popular rule but it will be strictly enforced to avoid any unnecessary injuries occurring to players taking part in the league.

Players will not be allowed to start a match with long nails.

Substitutions

Substitutions can only be made at half time or when a player is injured. There is no limit to the number of substitutions that a team can make.

If you start a match with 5 or 6 players but more members of your team arrive after the game has started, they must wait until the next centre pass before being allowed to join the game.

Links

[International Netball Federation](#)
[Netball World Cup Final 2019](#)