



Newsletter
of Castle
Korfball
Club

CastleKorfballClub

September
2008

The Rise of CaNKorf

Jon Herbert, an important and prolific figure in UK Korfball, set up Castle Korfball Club in 1996. Since then, Korfball in Stoke and the surrounding area has been a changing landscape that has seen such highs as Castle 1 playing in the highest Korfball league in the UK (2004-05 season) and been the training ground for some big names in contemporary UK Korfball. Stoke Spitfires started as an offshoot from Castle, a strong side hosting very competitive teams in both CEKL and SaCKL. At the beginning of the 2007-08 season it was a shame to hear of the end of Stoke Spitfires as a team, and an end to the enrichment this gave to the local competition (reduced to two teams each from Castle and Keele University.) In January of 2008 Nigel and Mary Cooper, (with help from Ruth Mann and Tom Shave) established CaNKorf (Crewe and Nantwich korfball club) and an exciting new team is being developed for the coming SaCKL season.



this issue

Captain's Report 07/08
Coach's Report 08/09
The Rise of CaNKorf
Tips and Exercises

Castle KC's Achievements - 2007/08 Season

Castle 1 – 3rd Place – Central England Korfball League(CEKL)

Rob Wüst – CEKL Top Scorer

Castle 2 – 1st Place - Staffordshire and Cheshire Korfball League (SaCKL)

Tom Shave – SaCKL Top Male Scorer and Male MVP

Emily Rushton – SaCKL Female MVP

Captain's Report 2007/08 Indoor Season

Castle 1 plays in the Central England Korfball League (CEKL), which includes teams from Birmingham, Manchester, Nottingham, Sheffield and Leeds. The standard in this league seems to get higher every year and we did very well to finish 3rd out of the 10 teams. There were a lot of very close games and somehow we managed to squeeze out a win in most of them. Congratulations to Rob Wust for winning CEKL top male scorer for the 2nd year running, with 57 goals in 17 games.

Castle 2 and Castle 3 play in the Staffordshire and Cheshire Korfball League (SaCKL) against teams from Keele University and, in the coming season, the newly-formed Crewe & Nantwich club. Castle 2 were crowned champions of SaCKL last season, with some great performances from a team comprising both experienced and novice players. Tom Shave won the SaCKL top male scorer award and male Most Valued Player, and Emily Rushton won female Most Valued Player. Castle 2 also played some friendly matches against clubs from outside the area to gain more experience. Castle 3 put in some good performances last season but suffered from not having a settled squad. Hopefully that situation can be improved this year!

Coach's Vision 2008/09 Season

Next month will be the start of the new season. As there have been some changes in CEKL, Castle 1 will have less games but against tougher opponents. The bottom few teams have been relocated to CEKL 1, while Castle 1 will compete against the best six teams in Central England: Manchester Warriors, Manchester City, Sheffield Hallam, Leeds, Nottingham 2 and Birmingham. Each match will be against a good squad and it will be very interesting to see how Castle will compete against these teams. Since last year we have lost one of the most experienced players, Sue.

With fewer (albeit more difficult) games, Castle 1 players will also be involved with coaching Castle 2 (and 3). We hope that the more experienced players will pass on their korfball knowledge to the beginners, improving the overall quality of the club. Castle 2 will be trying to prolong their SaCKA title; they will be competing against a new, but strong, Crewe and Nantwich side. Keele will be a strong outsider for the title, but this will depend highly on their recruitment. Hopefully the area will keep growing in terms of players so that more teams will be entering the local league before Christmas.

Good luck to everyone and happy korfing!

TOP TIP – INSTANTLY IMPROVE YOUR SPEED!

As is the case in most sports, speed in korfball is dependent on acceleration (rather than top speed achieved.) Bursts of speed are rarely required for more than one or two seconds; beating your player is dependent on accelerating past them.

A common mistake people make is taking a large stride as their first step. However, to get your body moving quickly you need to first take a few small steps to build up your momentum against the resistance of the floor; just 3 or 4 will do. Think of a bike - you never start a bike in the 'fastest' gear; you need to do a few quicker pedals before you move up through the gears.

You can even take a few small steps on the spot before you start running, to prepare yourself for that burst (many tennis players facing serve prepare themselves for that initial burst of speed with several little steps.) Beware though; this can be a dead giveaway as to what you are planning to do.

Introduction to Korfball Positions and Techniques #1

The Collect

AKA: The Rebound

Function: To ensure the attackers retain possession of the ball after an unsuccessful shot.

Useful traits: Height and the ability to jump high are all useful for the collect player, but position and timing are more important.

About the collect position: The collector will often be the first person to take up their position when the ball gets into the division. To get a good collect position, place yourself between your defender and the post, on the same side of the post as the ball.



Action: Hold your position by blocking the defender out with your body (make sure you don't use your arms); when a shot goes up, keep your eyes on the basket and hold your position with regards to your defender. When you know where the ball will come down take hold of it, making sure your defender can't get it by blocking them away from it.

Defending the collect position: If there is no collect in let your attacker take the position and then make sure they can't get into a feed position (this is known as 'front defence.'). If a collect is in without a feed, call out 'tight;' this lets the other defenders know they can mark tightly without the danger of a running in shot. If a feed comes in, make life difficult for the collector; the worst thing you can do is to let them have the position uncontested. Try and take their position, or work them into a less advantageous space. Be careful that you never give them the opportunity to collect the ball between you and the post, and make sure you are always aware of where your defender is; (s)he may try and drop off to take a shot.



Pre-Match Nutrition

In order to ensure that you have sufficient energy for your match, follow these guidelines:

Eat a main meal, containing mainly easily digestible carbohydrates (not fried!) and a little protein, 3-4 hours before the start of the match.

Eat a snack (e.g. sports bar/smoothie/sandwich) about 1 ½ hours before the start of the match to top up your carbohydrate supplies.

Immediately before the game, drink ¼ to ½ litre of water.

Remember to replenish your energy reserves within ½ hour of the match ending.