Organised by the Hong Kong China Korfball Association Limited
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈Korfball〉

Purpose: To provide testing standards and awards for trainees participating in korfball training, and to encourage them to continuously improve and upgrade their skills.

Type of Badges:

1. Three levels of awards, namely Bronze, Silver and Gold
2. Content of Tests

Levels of Awards	Assessment Items
Bronze	Short Pass, Standing still when receiving, Short-distance shot with both hands, Layup, Defensive position, Penalty shot
Silver	Mid-range Pass, Standing still when receiving, Mid-distance Shot with both hands, Layup, Defensive position, Penalty shot
Gold	Long Pass, Receive on move, Long-distance Shot with both hands, Layup, Defensive position, Penalty shot

3. Rating Standard
   Trainees must pass the tests of all items in accordance with the skill requirements of the respective levels to obtain the relevant badges.

Award/ Participation Method: All trainees participating in the korfball training courses of the Sports Experience Programme and the Outreach Coaching Programme under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Trainees who meet the standards will be awarded a certificate by the Leisure and Cultural Services Department (LCSD) free-of-charge.

Collection of Badges and Certificates: After completion of the assessment, the coaches will submit trainees' results to the LCSD for verification of information, upon which the LCSD will mail the certificates of the badges to the schools for distribution to qualified trainees by teachers.

Enquiries (1):	The Leisure and Cultural Services Department		
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Telephone No.:	2601 7602	**Fax**:	2684 9076
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Enquiries (2)：	Hong Kong China Korfball Association Limited		
Address:	Unit 605, 6/F, Wofoo Building, 204-210 Texaco Road, Tsuen Wan, New Territories, Hong Kong		
Telephone No.:	2776 6845	**Fax**:	2776 6854
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Remark: The Badges Award Scheme for Korfball is co-ordinated and developed by the Hong Kong China Korfball Association Limited.

School Sports Programme – Badges Award Scheme
Standards and assessment of the Korfball medal

<table>
<tr><th>Badges
Skill</th><th>Bronze</th><th>Silver</th><th>Gold</th></tr>
<tr><td rowspan="2">1. Chest pass /Shoulder pass</td><td colspan="3">- Chest pass
- Place both hands in front of the chest. Look at the receiver, and put one leg forward. Then, hold the ball out firmly until your arms are fully extended. Keep both arms on shoulder level during the pass. Fingers of both hands should be pointed at the receiver after the pass.
- Shoulder pass (Right-handed)
- Observe the receiver. Hold the ball slightly above shoulders with one hand. Pull the hand holding the ball beside the head until it reaches behind your shoulders. Before making the pass, put your left leg one step forward with your palm holding the ball from underneath (elbow flexed less than 90 degrees). Then, hold the ball out firmly until your arm is fully extended. Fingers should be pointed at the direction of the receiver after the pass.</td></tr>
<tr><td>Short Pass
(3 meters)</td><td>Mid-range Pass
(4 meters)</td><td>Long Pass
(5 meters)</td></tr>
<tr><td rowspan="2">2. Receiving</td><td colspan="3">Focus on incoming pass. Move to the receiving position and spread the fingers of both hands with the thumbs pointing at each other. When receiving a pass, grab the ball firmly with fingers tightly pressing the ball, and bend your elbows to counteract the momentum of the ball. Then, place the ball in front of the chest, with legs at shoulder-width, and bend your knees to perform a shot or pass.</td></tr>
<tr><td>Stand still when receiving</td><td>Stand still when receiving</td><td>Receive while moving</td></tr>
<tr><td rowspan="2">3. Shooting with both hands</td><td colspan="3">Hold the ball with the elbows bent, and place the ball not lower than the chest and not higher than above the forehead. The elbows should be placed slightly wider than or at shoulder-width. Spread the feet apart in staggered or even stance at about shoulder-width and bend the knees. Push both feet hard off the ground simultaneously when shooting, and then push the ball forward with both hands at the same time. Shoot the ball when your arms are almost fully extended. The arms and fingers should be pointed at the basket after the shot.</td></tr>
<tr><td>Short-distance Shot
(2 meters)</td><td>Mid-distance Shot
(3 meters)</td><td>Long-distance Shot
(4 meters)</td></tr>
<tr><td>4. Layup with both hands</td><td colspan="3">Use both hands to catch the ball with the jumping foot landing simultaneously. Then, put the other foot forward and jump. Lift the ball up with both hands and place the ball as close to the basket as possible. When you reach the maximum height, throw the ball straight up with your arms fully extended. The arms and fingers should be pointed at the basket after the shot.</td></tr>
</table>

	Stand still while receiving	Run to the basket to catch the ball forward (receive the ball thrown by yourself)	Run to the basket to catch the ball forward (passed by the assist player)
5. Defensive position	When the attacker is holding the ball, the defender must stand between the post and the attacker, with his/her face towards the attacker. Spread the feet apart in staggered stance and bend the knees with the centre of gravity placed behind. Lift the arm at the side of the front foot and keep an arm's distance from the attacker. Try to defend more aggressively.		
6. Penalty shot	Stand before the penalty spot, and hold the ball with both hands with the feet apart in staggered stance. Keep the centre of gravity low, and switch it from the back foot to the front foot. Then, drive the whole body forward with the back leg and jump using the opposite leg simultaneously. Push the ball towards the basket with both hands. Shoot the ball when your arms are almost fully extended. The arms and fingers should be pointed at the basket after the shot.		