



3.1 Distance Shot or Long Shot

Coordination:

- The shooting action starts as the ball is received. The player should be visually aligned with the korf, with their body squared up to it, and the ball is held in both hands. (In korfball the conventional shot⁴ is still a two-handed shot). The ball is caught in a way that allows the movement of the shot to begin immediately⁵.
- In this aligned position, the feet are spaced for balance and comfort. The weight of the body is on the balls of the feet, heels resting lightly on the floor, both knees flexed, the upper body leans slightly forward from the waist and the back is straight.
- The ball is held at chin level with elbows that are fairly close to the body (no 'chicken wings').
- The ball is held comfortably on the fingers, which are spread naturally around the sides of the ball in a relaxed manner, and the thumbs are close together to the rear. There is space between the palms of the hands and the ball.
- The execution is a simultaneous thrust with both legs and arms, rising from toes and locking the knees and elbows, giving a flick with the wrists and fingers in the direction of the korf. It is important to execute it in a rhythmic and smooth motion.
- The follow-through sees both arms extended and pointing towards the korf, with a little symmetrical backspin imparted.⁶
- Every shot should be executed with full concentration and with a focus that 'thinks' the ball into the korf.
- Shooting and measurement belong together. The knowledge of the result and the knowledge of the process of the shooting are then connected.



The arc of the shooting plays a role. It is impossible to score along a straight line from the shooter to the korf. Instead an arc is required. If the arc is too high, measurement is very difficult and the ball that hits the korf will be more likely to bounce out. So the 'ideal' trajectory lies between the straight line and the high arc, with the highest point of the arc relatively close to the korf (see: page 30).

Control:

How can a coach instruct players to take a shot accurately all the time?

At no time is psychological conditioning more critical than when taking a shot in a match situation. Knowing when to take a shot and being able to do it effectively under pressure distinguishes the great shooter from the ordinary.⁷



⁴ In the Netherlands children learn to take a shot from a stationary position. It may actually be better to teach the distance shot in movement. The players could throw the ball above their heads, catch the ball and then shoot in one smooth motion.

⁵ Some Chinese korfball players are often more likely to execute one-handed shots.



Accuracy of shooting is best improved by working in couples around the post. The rebounder cooperates with the shooter so that the same shots, with the same preparation, can be repeated from the same place. The focus on accuracy is essential.

- During training sessions and in warm-ups before the game, invite players to start from near the korf and only move further out as they

score. Notice that the eyes are open quite wide when concentrating on the korf. The reason it is so important for the eyes to remain focused on the target is that they, too, are a kind of computer and they continuously update the three-dimensional fix on whatever is being held in focus. Naturally, the smaller the area focused upon, the smaller the fix and the greater the potential accuracy.

- When shooting, players are asked to take a step backwards on the main axis. As they receive the ball, they have to establish their balance so that they are anchored until the ball has left their hands. As their shooting and their confidence improves, the situation and the technique can be changed. This will include introducing another teammate as a defender who can provide resistance.
- When properly balanced, a shooter can coordinate the efforts which are needed for the direction and height of the shot. The shooter's ability to control the trajectory of the ball is directly dependent upon his ability to control the acceleration forces generated by his own body.
- Every shot requires a focus on the job at hand. Good shooters can develop their concentration through continuous (deliberate) training, to the extent that they are oblivious to every distraction. Good attackers have a varied repertoire of shooting techniques and therefore feel comfortable in different situations. Their focus means that they are less susceptible to distraction by the defenders.
- Players need to 'see and feel the goal'. They should be aiming to drop the ball just beyond the front rim of the korf and this must be held in constant and clear focus from the moment the shot is begun to the completion of the follow-through. Throughout the act of shooting, the brain continues to compute the precise amount and direction of the force needed to reach the korf. These computations continue automatically in 'real time', but there is insufficient time to make compensations for abrupt accelerations at, or just before, the instant of release.
- The ability to relax is closely related to concentration: "Great shooters



⁶ See: "Korfball made simple" p. 17, Ben Crum, Utrecht 2005, 5th edition ISBN 90-72323-07-6

⁷ According to information supplied by Mr. J. Splierings and Mr. G.J. Kraaljeveld: The scoring rate for a distance shot in the Dutch 'Korfball League' 2011 - 2012 is 15.08%. The better shooters in the Dutch Korfball League score about 15 - 20% of their long shots. During a season of 18 matches, they make between 175 and 350 attempts.