



CRYSTAL PALACE NSC
26th - 29th August 2009

THE KORFBALL SCHOOL OF EXCELLENCE

26TH JULY – 29TH JULY 2009

THE NATIONAL SPORTS CENTRE

The **Korfball School of Excellence** course will take place once again this summer at the National Sports Centre at **Crystal Palace** in South London from the **26th – 29th July 2009**.

The course will be led by IKF and former Belgian national coach **Rudy Ramaekers** and will be an intensive **5 day course** focusing on the **learning** and **development** of **core Korfball skills**.

The **SOE Programme** has played a hugely influential role in the development of many of English Korfball's leading young players and is a great opportunity for young players to **improve** and **develop** their **Korfball skills**, taught by the most successful international coach in the world



WHAT THE SOE COURSE WILL COVER

DEVELOPMENT OF CORE KORFBALL SKILLS

MARKING
EVADING
PASSING/CATCHING
SHOOTING



DEVELOPMENT OF CORE ATHLETIC SKILLS

POWER
AGILITY
SPEED
STABILITY



MENTAL SKILL DEVELOPMENT

FOCUS
CORRECT THINKING UNDER PRESSURE
RELAXATION SKILLS



SPORTS KNOWLEDGE

INJURY PREVENTION & TREATMENT
NUTRITION
HYDRATION
THE RULES OF KORFBALL

THE SOE SUMMER COURSE

The first **SOE summer course** was held in **2003** and the course has been run at the **Crystal Palace** centre every year since, except for 2008 when the centre was closed for refurbishments.

The **aim** of the **SOE programme** is to help young players **develop** their **all round skills** to enable them to play to their **highest potential** and many young players from the SOE programme have gone on to achieve **success** with the **England Junior** and **Youth squads** in recent years.

They include players such as **Neala Brennan, Joe Bedford, Charlie Vogwill, and James Woolmer**, all of whom have **also** gone on to become assistant coaches in the SOE programme helping deliver SOE workshops and skills sessions around the UK.



THE SOE COACHING TEAM

The SOE programme is led by **Steve Barker**, the current England Under 19 national squad coach who is the organiser of the SOE summer course.

The **SOE summer course** will be led by **Rudy Ramaekers** the former Belgian national squad coach. Rudy is the founder of the **Tenovis Korfball Talent Development Training Programme** in **Belgium** and is an International Korfball Federation coach who has delivered training sessions, courses and workshops **around the world**. Rudy is one of the sport's most **successful coaches** becoming the only coach outside of the Netherlands to **win a world championship title** with Belgium in 1991 and also leading the British and German national squads to bronze medals in major championships.

Rudy joined the SOE programme in **2004** and has been part of every SOE summer course since.

The **coaching staff** is currently being finalized and the coaching team will be led by the current England Under 16 squad coach **Peter Teague**



The SOE summer course **coaching team** often includes visiting **coaches** and **professionals** from outside of Korfball and in the past these have included **sports physiotherapists, energy therapists** and **sports psychologists**

In addition **leading referees** have attended previous courses to give **Korfball rules workshops** as well as members of the **sports Governing bodies** to give presentation on current developments within the sport such as anti doping and drug testing.

PAST SOE WORKSHOPS



James Beale
University of East London
Mental skills presentation



Ankle strapping workshop



Chris Sanger
Energy therapy & sports



Andy Preston
University of East London
Nutrition presentation

THE LODGE AT CRYSTAL PALACE

COURSE INFORMATION

The **Crystal Palace centre** provides a **safe** and **secure environment** in terms of the training facilities and its overnight accommodation and the lodge has a **24 hour secure reception**.

Students are **supervised** at all times during the course and a **full risk assessment** is conducted prior to it.

The **Crystal Palace** lodge provides **3 full meals a day**, with an **excellent menu** designed for athletes, along with snacks such as fruit and drinks.

Rooms are either single, double or 4 person rooms with shared bathroom/shower and all rooms have a TV

COST AND BOOKING

The cost of the course is **£340** which includes;

The full SOE course

Meals and accommodation at the Crystal Palace centre lodge

Course materials

Course T shirt

Places on the course are **currently being booked** and anyone wanting to **reserve** a place on the course or needing **further information** should **contact**



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THE 2007 KORFBALL SCHOOL OF EXCELLENCE COURSE 2006



WWW.KORFBALLSHOP.COM