

# Korfball – the world’s only mixed team sport

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## Abstract

Korfball is a game for everyone. Men and women of all ages can play it. Korfball is played on all continents; it can be played indoors as well as outdoors and there is no need of expensive equipment to play the game. The game is fairly simple and it is a mixed sport. Men and women play side by side. The score is achieved when you throw the ball through the other team’s basket. After two goals the teams change zone, the defenders become attackers and the attackers become defenders. At half-time the teams change sides. Korfball is also a tactical game. The present article describes the game of korfball and presents some exercises for learning it.

**Keywords:** team sport, mixed sport, tactic game, complex game.