

# TCHOUKBALL



An innovative and unique approach to sports

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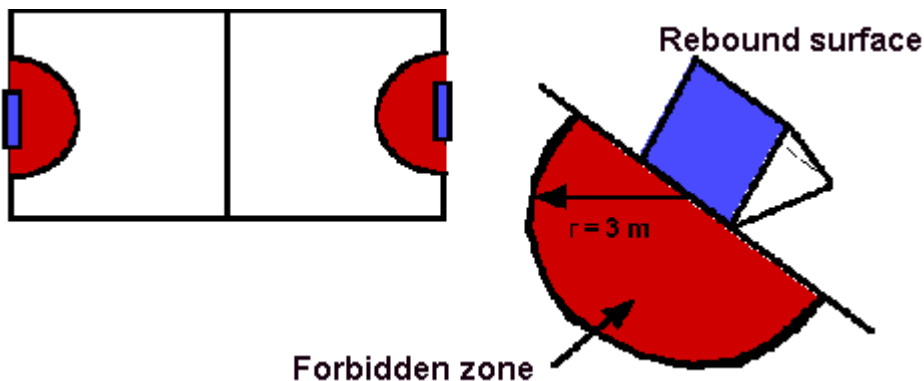
## Handout

### Advantages and Benefits of Tchoukball

- Tchoukball does not allow contact or interference between players. No position is a human “target” like a quarterback or goalie. With no body contact, injuries are minimized.
- No player can steal the ball nor intercept a pass, instead rewarding strategy and cooperation as teams play on both offense and defense.
- Tchoukball is easy to play. Rules are intuitive and easily grasped.
- The game requires minimal equipment. It can be played indoors or outdoors.
- It accommodates mixed team play (old/young, male/female, fit/unfit, experienced/beginner).
- No player dominates a team. All the players must be involved, both on offense and defense.
- Tchoukball requires alertness and concentration. It teaches anticipation and physics, as well as teamwork and trust.
- Tchoukball promotes eye-hand coordination and develops skills that enhance physical and mental output.

### Description of Tchoukball

A tchoukball match is comprised of two nine-player teams on a rectangular field (forty meters) 132 ft long by (twenty meters) 66 ft wide. One rebound frame is placed at each end of the field. In front of each frame, a semi-circle (three meter) 9.9 ft radius defines the forbidden zone. Different sizes of tchoukball are available regarding the age of the players.



The ball must never touch the ground. During any phase of the game, the ball remains in the hands of one team. **The players of one team are not allowed to interfere with players of the other team: they may not intercept passes, interfere with the movements of the person carrying the ball or his teammates, or stop a defender**

**from positioning himself to catch the ball after the rebound in order to prevent aggression and violent physical contact between opponents.**

## **Scoring**

In order to score a point for his team, a player must bounce the ball off the rebound surface in such a manner that no defending player can catch it before it touches the field of play outside of the forbidden zone.



## **Penalties**

A player commits a penalty if:

- She/he takes more than three steps on the floor while in possession of the ball, the ball touches him below the knees,
- She/he makes a fourth pass for his team,
- She/he makes contact with the floor out of the field of play or in the forbidden zone while holding the ball,
- She/he drops the ball after it is passed to him, he voluntarily or by error catches a pass from the other team,
- She/he catches a ball off of the rebound surface after being shot by one of his teammates,
- She/he blocks his opponents from moving or stops them from freely passing the ball once they have gained possession.

After a penalty, the possession of the ball is given to the other team and the game continues from the spot where the penalty was committed. A pass must be made before shooting the ball at the rebound surface.

If the ball hits an edge of the rebound surface, the team may not receive a point. This is a penalty and the game continues from the spot where the ball hit the floor. Possession of the ball is given to the team which was defending at the time of the penalty.

It is illegal to shoot the ball more than three consecutive times at the same rebound surface. A player must throw the ball in-bounds from behind the base line, next to the rebound surface. This throw does not count as one of the team's three passes.

## Technical information

### *The Court and the Players*

	Size of the Court	Number of Players	Length of Time
1 <sup>st</sup> Solution	132 x 66 ft	9 Players / Team	Men: 3 x 15 min
2 <sup>nd</sup> Solution	66 x 36 ft	7 Players / Team	Women/Co-ed : 3 x 12 min

## Objectives

The objective for the team with possession of the ball is to throw the ball at the rebound surface after a maximum of three passes. After the ball hits the rebound surface, the ball must touch the floor outside of the forbidden zone to score a point. If the other team catches the ball before it hits the field of play, then neither team scores and the game continues.

The objective for the defensive team is catch the ball after it is shot at the rebound surface before it touches the floor. To do this, each team member must anticipate the ball's trajectory when it bounces from the frame.



Rebound Surface

## Particular rules

- There are no designed sides (each team may shoot the ball at either rebound).
- It is illegal to intercept a pass from the other team.
- No more than three passes before shot.
- No more than three steps by a player while holding the ball.

For the rules please visit [www.tchoukballpromo.com](http://www.tchoukballpromo.com)

## TCHOUKBALL

### **Suggest Lesson**

**Unit:** Tchoukball

**Skill Theme:** Throwing & Catching, Eye-Hand Coordination

**Materials:** Tchoukball Cue Cards, 2 rebound surfaces, 2 Tchoukball

#### **Objectives:**

**Psychomotor** - Students will demonstrate various throwing and catching skills while engaged in a game of Tchoukball.

**Cognitive**- Students will apply their knowledge of the rules of Tchoukball to the practice and performance of various skills and concepts while engaged in the game of Tchoukball.

**Affective**- Students will work cooperatively in small groups while engaged in a game of tchoukball.

### **Warm Up**

**Title** - "How does it rebound?"

**Teaching Style**- Command & Practice

**Formation**- 1 line at free throw line

**Description**- Students will be able to use their throwing and catching skills while practicing throwing and catching off of the Tchoukball frame. The first student throws and goes to the end of the line. The next student catches the rebound and then makes a shot and continues to the end of the line. (see exercise 2)

### **History/Rules**

**Title**- "What is Tchoukball"

**Teaching Style**- Command

**Formation**- Gathered

**Description**- Students will be introduced to the history of Tchoukball. They will also be introduced to the rules of the game. Cue cards with illustrations and descriptions of the rules will be used to help students gain a better understanding of the game.

#### **History**

**Origin**- Game from Switzerland invented in the 1960's.

**Popularity**- Played in many countries

## **Episode #1:**

**Title-** “Let’s Play!”

**Teaching Style-** Practice/ Guided Discovery

**Formation-** 2 Teams 7 per team This can be modified to 9 or even 12. 3 to 4 per group.

**Description-** Students will be engaged in a game of Tchoukball. The class will be divided into two teams. Each team will divide their players into 3 separate areas. Two areas by each frame and one in the middle of the playing area. You can modify how many students can be in each area. 3 works best. You may also have another group out waiting to sub in. The instructor will tell kids when to rotate.

Tchoukball is very different from most of the games students are familiar with. The best way to grasp the various concepts involved in the game of Tchoukball is to let the students practice by playing. Throughout the game the instructor may pause play or regroup the students in order to reinforce the rules and clear up any confusion.

If necessary, the rules of Tchoukball may be modified to maximize the participation, involvement, and understanding of all students. For example, the instructor may decide to let students use more than 3 passes or take more than 2 steps with the ball, etc. Modifications will be based on the instructor’s observations and the student’s various abilities and needs.

## **Closure**

**Title-** “What do you think?”

**Teaching Style-** Command

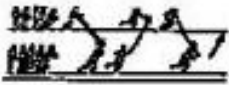
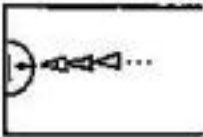
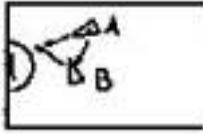
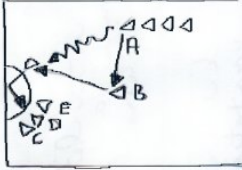
**Formation-** Gathered

**Description-** The instructor will lead a discussion reviewing the rules and concepts of Tchoukball. The instructor may demonstrate and/or use students to demonstrate. For example, “What happens when a fault occurs?” “Where must the ball cross after a point is scored?” “How do you score points?” etc. The instructor will also ask the students how they felt about the game. Do they like Tchoukball? Why or why not? Etc.

## **POSSIBLE IDEAS FOR NEXT LESSON**

- Have students talk about different strategies that they may want to use.
  - Shooting at the frame on the side.
  - Using a hard shot versus a soft shot.
  - Explain who students should always be opposite the shooter for good defensive positioning.
- One drill to try could be using two lines of players one shoots on the angle and the other rebounds continuing to go to the end of the line similar to a lay up drill.

## Exercises for Beginners.

<p>1) For 2 players</p> <p>- left and right hand</p>	<p>- make passes while moving</p>	
<p>2) For half a class</p>	<p>- the first takes a shot, the second catches the ball and takes a shot and so on</p>	
<p>3) For two players</p>	<p>A throws the ball to B B returns the ball to A A shoots the ball at the frame B catches the ball after it bounces off the frame.</p>	
<p>4) For five players</p>	<p>A throws the ball to B B returns the ball to A A shoots the ball at the frame C, D, E defend and catch the ball after the rebound, A takes the position of C,</p>	

## Shooting Exercises

To introduce the concept of the angles: place one lane of students on each side of the forbidden zone facing the frames with an angle of 45 degrees from the baseline with the first player close to the forbidden zone line. The first player in lane A shoots the ball at the frame and moves to the end of the lane B. The first player in lane B catches the ball after the rebound from the shot of the player in lane A, passes the ball to the next player on lane A then moves to the end of lane A. Once every student has shot the ball reverse the lanes of shooters and catchers in order to shoot the ball from the other side of the frame. Practice shooting from both sides by simultaneously using the two frames and divide the students into two equal groups.