Tchoukball Rules

1. No one can stand in the D although you can be airborne
2. Only 3 consecutive shots by either team at a frame
3. You can not interfere with another teams passing, no intercepting or stopping a player from positioning themselves to catch a ball.
4. One point if the ball hits the ground outside the D before the opposing team can catch it.
5. After a score, the other team gets the ball behind the frame.
6. If the ball hits the edge of the frame no one gets a point.
7. Fouls: (the other team gets the ball at that spot)
* Out of bounds
* Dropping
* Interfering
* Catching your own rebound

Variations:

* + - 1. Steps are negotiable (0,1, or 3 steps)
			2. Passes (some say only 3 passes before the shot or you have to pass it)
			3. Point awarded to the team without the ball if…
* The throw misses the rebound surface
* The ball bounces in the D
* The ball hits the player who threw it.

**Tchoukball**

**Day 1**

Equipment:

Balls of various sizes, tchoukball nets, tchoukballs, poly spots to mark of D zone

Warm-up:

Tossing and catching with a partner once you walk into the gym

Review throwing and catching

Single file lines in front of frame:

* Half at each frame
* Throw to the frame and go to the end of the line
* The next person catches that pass and tosses it back and so on.

Team Challenge:

* Everyone around the frame
* One person hits the frame and someone catches it.
* That person throws it back and sits down
* Once everyone is sitting they win.

Throwing so they can not catch it:

* Throw to the frame so that the next person cannot catch the ball
* After your throw you go to the end of the line

Small Sided Game:

* Two teams at one frame
* Throw the ball so that they cannot catch it.
* No interfering and the ball has to hit the frame
* If you interfere they get a point

Change opponents and you can throw in the air in the forbidden zone.

**Tchoukball**

**Day 2**

**Warm-up:**

Passing while moving

Partner passing to the other side of the gym up to the frame and shoot

Try it again but this time you cannot move with the ball

Review the rules of Tchoukball

Tchoukball Rules

1. No one can be in the forbidden zone (you can not catch or throw inside)
2. Only 3 consecutive shots by either team at a frame, you have to shot at the other frame before you return to that frame.
3. You cannot interfere with another teams passing, no intercepting or stopping a player from positioning themselves to catch a ball.
4. One point if the ball hits the ground outside the forbidden zone before the opposing team can catch it.
5. After a score, the other team gets the ball
6. If the ball hits the edge of the frame no one gets a point.
7. The other team gets the ball if it is dropped or there was an interference.

Game of Tchoukball

Days 4-8

Tchoukball

Day 1

Equipment:

Balls of various sizes, tchoukball nets, tchoukballs, poly spots to mark of D zone

Warm-up:

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Review throwing and catching

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That person throws it back and sits down

Once everyone is sitting they win.

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Throw to the frame so that the next person cannot catch the ball

After your throw you go to the end of the line

Small Sided Game:

Two teams at one frame

Throw the ball so that they cannot catch it.

No interfering and the ball has to hit the frame

If you interfere they get a point

Change opponents and you can throw in the air in the forbidden zone.

Tchoukball

Day 2

Warm-up:

Passing while moving

Have students find a partner. (If they do not have a partner they need to come and find you immediately so that you can find them a partner. This is a routine they should all know.) Partner passing to the other side of the gym up to the frame and shoot. Go and have the other partner shoot at the net. Whoever is not shooting should be passing.

Find a new partner

Try it again but this time you cannot move with the ball

Review the rules of Tchoukball

Tchoukball Rules:

No one can be in the forbidden zone (you can not catch or throw inside)

Only 3 consecutive shots by either team at a frame, you have to shot at

the other frame before you return to that frame.

You cannot interfere with another teams passing, no intercepting or stopping a player from positioning themselves to catch a ball.

One point if the ball hits the ground outside the forbidden zone before the opposing team can catch it.

After a score, the other team gets the ball

If the ball hits the edge of the frame no one gets a point.

The other team gets the ball if it is dropped or there was interference with the play.

Play a game of Tchoukball

Day 3:

Ball Tag- two people are it. Everyone else passes the ball around to each other. If you have a ball you are safe if you get tagged you have to do 10 ab exercises in order to get back in the game.

Tchoukball- this time you can take three steps, you can not step in the forbidden zone but you can throw in there if you are not on the ground.

Day 4

Boys against girls tchoukball

Last 10 minutes you can defend but you can not block or interfere with someone trying to catch a shot.

    E. Fourth Drill - Trick Passes for deceiving the rebounder's.
        1. Introduce the behind the back pass, between the legs, no look.
        2. Have students practice these passes at a close distance.
        3. Keys to success for behind the back pass are:
            a. Point your know passing shoulder at the target.
            b. Circle hand from front to back to whip the ball.
        4. Keys to success for the Between the legs pass:
            a. Bend at the knees.
            b. Circle arm from front to back to whip ball.
        5. Keys to success for no look pass:
            a. know where your teammate is on the playing field.
            b. Look opponent off
            c. Pass accurately.
        6. See if the students can come up with any other styles of trick passing. (Examples would be jump in the air, in the air behind the back.
-II. Catching
    A. Review of the keys to successfully catching balls.
        1. Keys to successfully catching:
            a. Extend arms and give with the ball.
            b. Make a window or a basket.
            c. Keep your eyes on the ball.
            d. Catch the ball before you do anything else.
    B. First Drill- Throw at partners chest.
        1. Have partners stand apart at a comfortable distance and throw to the chest of partner.
        2. Remind them to extend arms and give with the ball, make a window, and keep eyes on the ball.
        3. See how many consecutive catches they can make.
    C. Second Drill- Throw over partners shoulder.
        1. Have partners start close together and throw over the shoulder of their partner.
        2. Make a basket, keep eyes on the ball.
        3. See how many consecutive passes they can make without a drop.
    D. Third Drill- The Bad Pass Drill.
        1. Have partners stand at a reasonable distance and pass back and forth making bad passes. Passes to high, to low, to the side, to far.
        2. Keys to success: Extend arms and give with the ball, make a basket/window, keep your eyes on the ball.
        3. Count how many catches each partner makes in thirty seconds.

Cover the rules that involve footwork
    A. Only three steps are allowed in regulation game.
    B. You may want to modify this rule for class, say four or five steps.
-II. Passing and Footwork
    A. First Drill
        1. Students partner up and continue to work on passing the ball with accuracy.
            a. Stop students often and have someone demonstrate the skill and tell the class one of the keys to passing accurately.
        2. Have students count how many accurate throws they can make in a row.
    B. Second Drill
        1. Students will pass to partners while on the move but they may only take five steps after they catch the ball.
            a. Remind the students that stepping with opposition is considered one of the five steps.
            b. Cues- only take necessary steps, pass with accuracy so your partner does not have to take to many steps.
        2. Have the students attempt the drill again and this time only allow for three steps.
        3. Have students count the number of successful passes and catches they make when they use five or less steps.
-III. Passing Strategies
    A. Talk to students about why passing with accuracy is so important.
    B. Briefly discuss and demonstrate some passing strategies.
        1. Long and Fast - try to catch your opponent out of position.
        2. Short and Quick - try to catch your opponent off guard.
        3. Deceptive Passes - try to catch your opponent off guard and out of position.
        4. Combination Passes - incorporate all of the above to gain an advantage.
        5. Remind students that after three passes a shot must be taken.
    C. Drill- Passing Strategies
        1. Have the students select a strategy and stick with it for six attempts. Have them in groups of four and see if they can make there way down field or around a target in three passes.
            a. Remind them to pass accurately and that steps count.