

# TCHOUKBALL MODIFICATIONS

By Terry Gooding

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- first and foremost, never change the rule that prohibits any defense....this means no one-on-one guarding, interceptions, pass interference, blocking the path of the ball off the Tchouk, impeding the movement of a player
- assess students and have comparable skill levels competing against one another; this will be more challenging for all and less intimidating for lower skilled players
- when starting the game or after a point is scored, there is no limit of passes to get the ball past mid-court/field
- no limit on passes before shooting
- allow three steps after catching the ball on the move
- designated a minimum number of passes before shooting
- everyone must catch a ball before a shot can be taken
- you may not pass back to the person that passed it to you
- passes must go boy-girl-boy-girl
- with large groups playing sideline Tchoukball; ball must be passed to a sideline player every other throw; there must be some of each team on both sides or no specific teams on sidelines (all are neutral), and ball is thrown to anyone on the team who has possession
- if the ball hits the frame or misses the Tchouk completely, it is a change of possession...no point
- in limited space with limited equipment, divide the playing area into several games that might include Tchoukball, Speedball, Ultimate, Team Handball, Omnikin, Momentum
- limit the number of players to 6-8; as in any game with too many players, many will be left out and not get a chance to be actively involved
- designate passers and scorers so some players do not monopolize the game by trying to score all the time; switch after a point or when play is stopped
- use whistle stops to discuss play, make rule clarifications, question strategies
- if a player is camping in one spot, make it a rule that once you throw at a tchouk you must move to a different space
- use pedometers to determine activity level of players

# Tchoukball Skill Drills and More

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## Activity Instructional Best Practices

1. All students actively engaged in learning – students should be in groups of no more than 6; if you do not have enough equipment for smaller groups, be creative and have other activities included (fitness, cooperative games, combine activity units); combine this game with ultimate, momentum, handball, speedball, etc; play outside for more space; use pedometers to measure student engagement
2. Providing all students success – assess your students and group them for skill practice and competitive activities accordingly; also consider the equipment you are using to promote improvement and performance competency...gator/trainer balls instead of hard balls that will just intimidate those of lower skill levels; do not overinflate tchoukballs
3. Modify and adjust rules – consider more than 3 throws—must throw at least 5 times before shooting at tchouk; cannot throw to the person who threw it to you; boy>girl; for large groups, every other throw must go to the sideline players—switch sides; the only way to make a point is for the ball to rebound off the frame and touch the floor without being caught--not a point if you miss the frame

## Teams of three

Team players randomly move around area tossing to each other. Encourage them to keep moving and throw to team member on the move (can only take 3 steps after the catch). Advance the ball traveling across the court to the other end.

\*Variations: have the groups move across the floor passing to each other; as groups move across the floor, on whistle they must change direction; figure 8 pass and catch from half court to tchouk and shoot when close

## Single file lines of 4 - 6 in front of frame(s):

Thrower throws at frame and goes to end of line. This is a cooperative activity so teams are trying to work together to throw and catch.

\*Variation: after the throw run around behind the frame and get back in line – line will end up as a circle around the frame

## Single file lines in front of frames located across from each other.

Player throws at the frame and rotates to the frame line on the opposite end. Second person catches and repeats same activity.

## Two single file lines facing frame creating an angled rebound

Front person in one line tosses at frame moves to end of other line, first in other line catches rebound and tosses at frame then moves to end of the other line. Continue rotation.

\*Variations: run behind frame and to the end of the other line; change the distance the lines are from the frame; change the angle of the throw and catch; add a middle line to catch balls that rebound to middle area

## Scattered formation with players facing a frame

Each person is given an opportunity to throw at the frame from any position and scattered players get an opportunity to catch the rebound. When the ball is caught, the catcher throws the ball to a player close to the tchouk. The thrower moves to a position out in the field of play.

\*\*During the game periodically **stop play** and assess student cooperation and teamwork. Have students sit and assess students understanding of the spirit of the game. Ask students:

1. Raise your hand if you had a chance to throw at the frame (offense)
2. Raise your hand if you have caught a ball off the frame to prevent a score (defense).
3. Raise your hand if you said "Nice Try" or high fived a player. (Teamwork)
4. Raise your hand if you felt included by your teammates. (Cooperation)

Ask students to observe answers of their own teammates and challenge them to get everyone involved. After awhile do the same assessment again....

\*\*Contributions by Todd Keating

# Tchoukball Drills

(Each drill introduces a rule/rules)

contributions by Todd Keating

**1. Single file lines of 4 or more in front of frames:** Thrower throws at frame and goes to end of line. This is cooperative activity so teams are trying to work together to throw and catch.

**Associated Rules:**

- ~ To score a point the offensive team must throw the ball at the rebound frame and have it rebound off the net and touch the floor outside the crease.
- ~ If you throw at the frame **and miss** or the ball hits the floor **INSIDE the crease** you lose a point to the other team.
- ~ The **defensive team** tries to prevent a score on them by catching the ball **BEFORE** it hits the floor outside the crease.

**2. Single file lines in front of frames that are located across from each other.** Player throws at the frame and rotates to the frame line on the opposite end.

**Associated Rules:**

- ~ Teams can attack and score at either frame. In the early stages of learning the game I have found it is better to have teams attack only at one frame and defend the other. Later, after students get the experience of moving the ball up and down the court I introduce the rule where you can attack either frame.

**3. Teams of three line up on either end of the frames and advance the ball traveling across the court to the other end.** If the ball is dropped play must start over from throwers position. Variation: whistle and groups must change direction.

**Associated Rules:**

- ~ Player cannot hold the ball for more than 3 seconds
- ~ If a player drops the ball they lose possession of the ball.
- ~ Players cannot run with the ball to advance it is done only by the pass
- ~ Players may change direction and go to the other frame to score

**4. Two teams of 5 or 6.** Team A travels to the other end of the court and throws at team B's frame to score Team B will try to catch the ball. If team A drops the ball, team B get possession and attacks Team A's frame. If Team B catches the ball off the frame they attack team A's frame.

**Associated Rules:**

- ~ Knowing your teams skill level regarding passing and catching is imperative for success because dropping the ball causes a loss of possession. In this drill a drop is penalized by losing the ball.
- ~ The defensive team cannot interfere with the offensive team advancing the ball.

**\*\* During the game periodically **stop play** and assess student cooperation and teamwork.** Have students sit where they are and assess students understanding of the spirit of the game. Ask students:

- Raise your hand if you had a chance to throw at the frame (offense)
- Raise your hand have caught a ball off the frame to prevent a score (defense).
- Raise your hand if you said "Nice Try" to a player. (Teamwork)
- Raise your hand if you felt included by your teammates. (Cooperation)
- Ask students to observe answers of their own teammates and challenge them to get everyone involved. After awhile do the same assessment again....

# Tchoukball Lead-up Games

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## Circle Juggle

**Objective:** To develop basic throwing and catching skills.

**Equipment:** 6-8 Tchoukballs or similar balls per circle

**Format:** 8-12 individuals in a large circle

**Scoring:** number of balls to keep moving in the circle without dropping any

**Rules:** toss a Tchoukball to individuals in a circle; see how many balls can be kept moving in the circle without being dropped; players determine that to be successful they must create a pattern; ball may not be thrown to the person on either side of the thrower or back to the person that threw it to them; everyone in the circle must receive the ball(s) each round

## Pass – Catch – Chase

**Objective:** To make successful catches and throws at different distances.

**Equipment:** one Tchoukball or comparable ball for every two students; music to play by

**Format:** partners facing each other at a catchable distance apart

**Scoring:** none

**Rules:** partners toss and catch practicing proper performance while music plays; when the music stops, the person with the ball must chase their partner and try to tag them; when the music starts again, get a new partner and continue skill practice; runners may not look back at the chaser or they are sent to the activity box until they can follow directions – safety issue

## Box Passing

**Objective:** Practice catching and throwing Tchoukballs both in stationary position and on the move.

**Equipment:** one Tchoukball or comparable for every 3 students, large open space

**Format:** groups of 3 moving around a large open space

**Scoring:** none

**Rules:** move through space as thrower or catcher; no more than 3 steps; cannot hold the ball more than 3 seconds

## Thread the Needle

**Objective:** To develop an awareness of moving into an offensive position to score a point. Awareness of defensive positioning to catch an offensive ball. Teamwork, common goal, and strategy.

**Equipment:** cones for boundaries, scrimmage vests, a Tchoukball or comparable ball.

**Format:** Define the boundaries of the playing area; 2 teams of no more than 8

**Scoring:** Make a point by bouncing the ball between the legs of a teammate so it hits the floor on the other side without being caught by the defense team. The defensive players try to catch the ball after the first floor rebound and before the second one.

**Rules:** Tchoukball rules; no interference by offense or defense; if the ball is dropped during a pass it is a turnover; after a point is scored the ball starts with the other team; if the ball is caught by the defense, they maintain possession and attempt to score; the offensive players cannot touch the ball or interfere with the defense in catching the ball after the first rebound; thrower must be close to person in straddle position or there is a chance they will hit their teammate.

## Shadowing

**Objective:** To develop an offensive positioning concept - a player wants to pass to a teammate next to a defensive player because that means the defensive player is out of position to catch the rebounding shot.

**Equipment:** one ball, two teams, scrimmage vests, mats/cone zones

**Format:** Make more zones than players on the defense team.

**Scoring:** Make a pass to a teammate who is in the same zone as a defense player(s).

**Rules:** two teams play during a limited time (2 to 5 min); the team on offense is to pass the ball to a teammate who is in the same zone as a defensive player; a defensive player must always be in a zone or running to another zone; every successful pass to a

teammate in an occupied zone counts as a point scored by the team on offense; if the ball is dropped during the pass, the ball goes to the other team and the roles are switched; defense players avoid the offense scoring a point, by running away from an offensive player who is about to receive the ball in a zone they are occupying

## **Clean Up the Backyard**

**Objective:** To provide opportunities to practice shooting at the Tchouk nets and catching rebounds; accuracy and hand-eye coordination.

**Equipment:** a Tchoukball set, cones to mark team areas, 10-20 balls/trash that will rebound. Use Tchoukballs, wiffle balls, gator balls, etc. \*\* Be careful about the type and number of balls you use. This game can be hazardous if the balls hit students when they are not looking.

**Format:** divide the class into two teams – each team should have designated throwers and catchers; assign each team a backyard area (half the basketball court); set a Tchouk in the middle of each team area with a forbidden zone and put an even number of balls in each area.

**Scoring:** after a 3-5 minute period, stop the throwing and count how many balls are on each side; the team with the least number of balls/trash is declared the top sanitary engineers

**Rules:** clear as many balls/trash as possible out of your designated backyard area into the opposing team's area by rebounding them off the Tchoukball net. players may not cross the center line; balls must be thrown at the Tchouk to be sent into other team area by designated Tchoukers; catchers throw the ball to a Tchouker who throws the ball to rebound it to the other team, then they switch places; players may not possess more than one ball at a time; Tchoukers may not take more than 3 steps and must be aware of where their fellow Tchoukers are located; catchers must attempt to protect their teammates from getting hit by balls; may need to assign catchers to specific zones if there are contact issues; no balls may be thrown after the stop signal – penalty.

## **Conquerors**

**Objective:** To learn game positioning > close to opponents – offense/ away from opponents - defense

**Equipment:** a gator ball, pennies or flag belts, boundary cones

**Format:** pick four/six students to be the starting "conquerors"; all other students must attempt to evade the "conquerors"; you must stress when running from taggers students must watch where they are going so not to run into another student (may institute a penalty for looking back instead of forward); for large classes, set-up two or more games

**Scoring:** the game ends when there are four "landowners" who have not been tagged; they become the new conquerors – if they have already had a turn being a conqueror, they pick someone else to have a turn

**Rules:** conquerors can take no more than three steps when they receive the ball to attempt to tag the runners; if throwing to tag is allowed (only with gator balls or similar soft ball), it must be underhand and make contact below the waist; when tagged, go to a designated spot and do a task (jump rope, sit-ups, laps) then get a penny/flag belt and join the conquerors

## **Target Ball**

**Objective:** Practice throwing/rolling/kicking skills for a variety of game activities.

**Equipment:** large deflated ball/box, gator balls, Tchoukballs or other hand-sized balls

**Format:** set-up a large square using lines, ropes, or cones; divide the students into four groups and assign each group a side of the square; they spread out behind their line and an equal number of balls is given to each side; a deflated beach ball, 36" ultralite/omnikin ball, or empty box is put in the middle of the square; on signal, the players attempt to hit the object to move it across one of the other 3 sides of the square; one person on each team is designated to retrieve any balls that get stuck in the middle of the square; players may take one step across the line to throw at the target; make sure all throwers step with the opposite foot; this is a good game for the teacher to assess throwing skills

**Scoring:** when the deflated ball is knocked over a team's line they receive a point; the object is to have the least number of points made against your team; use more than one ball to make it more interesting

**Rules:** only one step across the team line; players may not use their bodies to stop the ball from crossing the line; players may only throw balls to prevent the ball from crossing their line

Rules of the game of Tchoukball can be found at [www.tchoukballpromo.com](http://www.tchoukballpromo.com)