

Tchoukball

3rd and 4th grade

How to play Tchoukball

Dividing the Nets

Lead up activities

<https://youtu.be/GNTHru8pZjE>

This activity can be modified for your class size and space.

This unit can be super fun but you definitely need to take your time and build upon each step.

Italics are what I say to my students. I have already taught them ultimate so I use that for reference occasionally along with volleyball. There are also lots of great videos that you can google to get an idea of what it should look like.

Have fun!! Beth

Day 1 and 2

History, show equipment, why Tchoukball?

Who has ever played before? Fun because no one has ever played before.

Skills we are using- throwing and catching, aiming at a surface

We are all learning something new.

Mistake making....How are we going to react when someone makes a mistake?

There are a few layers to learning the game. We will learn the skills and parts to the game first then put it all together.

I want you to get really good at throwing and catching.

Activities:

Review throw and catch

- Underhand vs. overhand

Overhand for distance. You will use this mostly in Tchoukball.

Sideway to target, back arm with the ball in "L" position/muscle arm, point, step,

turn and throw

"Thumb to thigh, knuckles to sky"

Catching...low=pinkies together, high=thumbs together

Underhand for short, light passes...face target, Tick tock step rock

- Throw and catch with a partner 2-3 min. Choice of fleece ball, small gator skin or red jelly ball.
 - I purchased 3-4"jelly balls which work great for large group tchoukball activities and rebound similarly to a tchoukball. I use real tchoukball for game play.

Throw and catch from the ring 3-5 min

Line rings/poly spots down the length of the gym.

Partners stand at the ring facing each other, toss and catch with your partner.

Take one step back if successful, go back to the beginning if dropped. Goal is to get the ball to your partner without dropping and make it to the jogging lane.

Throw and catch on the move 3-5 min

Partners throw and catch all over the room. Thrower must be stationary, catcher can

move to catch the ball. Once thrower throws, they must quickly move to a new area for their partner to throw to them.

Long Pass Relay [*See lead up activities*](#)

Rebound Relay...use small red jelly balls:

You will have 2 relays running at the same time.

Nets are under the BB hoops on either end of gym. Create the forbidden zone in front of

Nets. Students will find a partner. One partner lines up in the throwing line, the other lines up in the catching line. Students will make 2 lines facing the nets, the yellow cone and orange cone are at the beginning of the lines, one partner in each line. Orange cone is always the throwing line. Partners move forward towards the net, thrower rebounds the ball, partner attempts to catch it. Run to other side of the gym to get in the other line. The catcher is now the new thrower.

Day 2/3

Create 3 teams, wearing flag belts, 3 colors.

Set up: [TB nets in center of gym](#)

Put TB nets next to each other, facing opposite directions. This helps with the image of the volleyball net. Then it can be pulled apart.

"Use your imagination, pretend this net goes all the way across and goes straight up and down"

Send 6 ss to either side in volleyball format.

"I want you to throw 3xs within your team then throw it over the net. If the team catches it, they throw 3xs then back over the net to the other team. If the ball is not caught during the 3 throws, it goes to the other team. Roll it across to the other team. If the ball is not caught when the ball is thrown over the net, it is a point for the throwing team."

Do this a few times, then rotate a team off and other team on. Rotate one more time so all teams have 2x to play and 1x to watch.

"So now, I am going to cut the net in half, (set up nets under BB hoops, use black mats in front as forbidden zones) and create 2 areas called the Forbidden Zone/FZ. The nets are called the Rebound Surface/RS."

Add rebound surface, Forbidden Zone and first layer of penalties/turnovers (if not caught during passes, it goes to the other team)

"Now you can go anywhere on the court and I want you to pass 3xs among your team, and throw it to either rebound surface. The other team may not get in your way, interfere or block at anytime. players should always be open to receive the ball. You may move all around the room. You may rebound off either RS. The other team wants to catch it. If they don't then it is a point for the throwing team."

***The defense still gets the ball if they do not catch the ball off the RB surface.

- Create 3 teams, Have teams play with the must pass 3xs, rebound, other team catch.
- Play to show get them use to not interfering and no blocking.
- Score if other team does not catch off the rebound surface. Catching team keeps the ball even if they do not catch.
- Anytime there is a turnover, the other team takes the ball from the spot of the penalty.

Penalty/turnover: *Ball goes to the other team.*

- Ball is dropped with in the 3 passes

- Miss the target
- Hit the rim
- Ball goes out of bounds
- Break any of the 3 rules of 3...not added yet.

Day 3/4

3 Rules of 3:

3 passes

3 seconds with the ball

3 steps with the ball

By day 4 ss should be in full game playing.

An additional way to gain points is if the team that throws the ball at the RS gets hit with the ball (interference) the defending team gets a point. This can be added after a day or 2 of playing.

Divide class into 2 teams, white and blue (blue wears flag belts) and have the boys play the boys and the girls play the girls from the other team. Keep a running tally of points with both boys and girls contributing to the same score.

While one team is out on the floor playing, the sitting teams will observe, keep score, keep time and discuss the game. A new scorekeeper and timekeeper everytime.

To begin the game, rock paper scissors in the center circle with only the ones playing R,P,S

Ball is thrown in from the base line at the beginning of every game. The first throw does not count toward their 3 pass max.

Play 3 minute rounds.

** Last layer to the game...add after they have the concept.

When either RS has been rebounded off of 3 times in a row, you must rebound off the other RS before rebounding back at the other RS.

History

Tchoukball was created in Switzerland by Hermann Brandt, who was concerned by the numerous serious injuries among athletes resulting from sports prone to aggression and physical contact. He believed that sports should not only form champions, but also contribute to the creation of a better and more humane society. He designed tchoukball to contain elements of handball (it is played with hands, and the balls used are similar), volleyball (as the defending team must prevent the ball from falling) and squash (since there is a bounce).

Basic Rules

Court

- The court size that is generally used is 27 m × 17 m. However, there are variations to this such as in beach tchoukball where a court size of 21 m × 12 m is used.
- One rebound frame is placed at each end of the field of play
- In front of each frame, a D shaped semi-circle measuring 3 m in radius must be drawn; it defines the limits of the 'forbidden zone'
- The lines of the zones are considered part of the zone itself, e.g. the line marking the semicircle forbidden zone is considered part of the forbidden zone, while the line around the entire court is considered a part of the court

Ball

Depending on the category of players (Men/Women/M18/M15/M12), different sizes of balls are used ranging from a circumference of 54 cm to 60 cm and weighs between 325 grams to 475 grams.

Scoring

Two teams of 7 players each (men or women) compete to score points with the team with the most points at the end winning the game. When a team gains a point, control of the ball is transferred to the other team.

- In tchoukball either team can score at either end of the court.
- A point is scored when the ball rebounds after hitting either of the 2 frames and touches the ground outside the forbidden zone, any part of the defending player's body below the knees, or touches the defending player while he is still in the forbidden zone.
- A point is given to the non-attacking team when the attacking team shoots and misses the frame, or the ball rebounds outside the playing area (either out of the court or in the forbidden zone).
- If a shot is caught by the defending team, the defending team can proceed to attack immediately.
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Positions

Each team comprises the following positions:

- 2 Right Wings
- 2 Left Wings
- 2 Forward Pivots (FP)
- 1 Centre Pivot (CP)

Each side of the court comprises a left shooter (Left Wing), right shooter (Right Wing) and an inner (FP), while the centre pivot usually stays near the middle of the court. The shooters are generally in charge of shooting although in some cases the inner can also take the shot. The inners are in charge of coordinating the first line defense while the centre pivot takes charge of the second line defense. However other formations include not using a centre pivot, the team would bypass the centre and throw full length court passes directly to the shooters/innings. This gives an extra first line defender or a dedicated second line defender.

Playing the game

- The player can take 3 steps and is not allowed to bounce the ball on the ground between these steps.
- The attacking team cannot make more than 3 passes before shooting
- When a pass is dropped or not completed (i.e. the ball touches the ground), the other team gets possession
- The defending team cannot hamper the attacking one, and is a fully non-contact sport.
- Touching the ball with one's feet or legs below the knee is forbidden
- The player with the ball is only allowed to hold the ball for 3 seconds or less

Full Court Tchoukball

- Two "Frames" placed on opposite sides of the playing area.
- A 3 m radius area marked off with cones in front of each frame. This is the "D zone" cause it is shaped like a the letter D.
- To score a point a player must throw the ball off the frame and then the ball must hit the ground outside the "D zone" before the other team catches it.
- No defense is allowed. You cannot intercept/knock down passes, stand in front of a player about to attempt a shot, or touch a player with the ball.

- The team without the ball can only put themselves in the best position possible to catch a throw that rebounds off the frame.
- Each team is allowed up to 3 passes before they must attempt a throw off the frame.
- A player is allowed up to 3 steps before they must either take a shot or pass to a team mate.
- Teams can throw at either frame. This allows them to “reverse the court”. This makes the defense have to cover the whole court.
- If a ball is dropped it changes position on the spot. The team gaining possession must “reset” by touching the ball to the ground and then they can resume play right away.
- After a score, the ball changes possession. The team gaining possession must “reset” by touching the ball to the frame. They then must throw the ball in to a teammate. This pass doesn’t count as one of their 3 passes.
- Change of possession also happens if a team throws at the frame and hits the springs of the frame.
- If a team throws a ball at the frame and misses the frame completely, the defensive team gets a point and the team that threw the ball gets the ball back.

<https://en.wikipedia.org/wiki/Tchoukball>

www.tchoukballpromo.com/Tchoukball-about-the-game.html

www.tchoukball.org