

# TCHOUKBALL UNIT PLAN

## Tchoukball Unit Plan

### Basic Information

**Standards:** 1, 2, 3, 4, 5

**Category:** Team Activities

**Sub-Category:** Tchoukball

**Description:**

### 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.

## 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

## Equipment

- Foam - Softballs
- Pinnies

## **DAY 1 --TCHOUK TAG**

Standards: 1, 2, 4

Category: Team Activities

**Sub-Category:** Tchoukball

**Description:**

Equipment: foam balls about the size of a Tchouk Ball, pinnies

Set up:

Designate playing area.

Divide class into two teams.

Each with different colored pinnies.

Explanation of Activity—

The main goal of this game is to encourage students to pass the ball quickly and move on the court. It also encourages students NOT to guard their opponent.

Find a way to decide which team starts with the ball. (rock, paper, scissors?)

The team with the ball makes quick passes attempting to pass the ball to a person who can then tag an opponent.

Students are encouraged to move quickly on the court without the ball.

Students with the ball cannot move. Allow the students to pivot on one foot like in basketball.

The team scores when they pass the ball and the student with the ball is able to tag a player on the other team. Tag by touch.

Students are not allowed to throw the ball at each other to tag their opponent. After the tag occurs, the player should hand the ball to the other team.

Play continues following the same procedure to score.

If the students attempt to make a pass and drop it, it is the possession goes to the other team.

**Equipment:**

- Foam - Softballs
- Pinnies

## **DAY 2 --POLY SPOT TCHOUKBALL**

Standards: 1, 2, 4

Category: Team Activities

Sub-Category: Tchoukball

Description:

Equipment: poly spots, tennis balls or rubber balls about that size, pinnies, cones

Divide space into four quadrants.

Divide class into eight small teams,

Assign two teams per quadrant.

Sporadically place 4-6 poly spots around in each quadrant. (However many poly spots the space will allow for movement by teams.

One tennis ball per quadrant.

Objective: Bounce tennis ball off of poly spots so the defense is unable to catch the ball. When the ball hits the floor after bounce, the offensive team earns a point.

The defensive team tries to catch the tennis ball after the bounce before it hits the floor. Thus, saving the point.

1. Rock, Paper, Scissors to see which team will start with the ball.
2. Offensive team start with one player in a corner of the quadrant holding the ball.
3. On whistle, Offensive player "throws in" to a teammate.
4. Team continues passing from teammate to teammate until a player is in position of bounce ball off a poly spot, attempting to score.
5. The defensive players attempt to anticipate where the offense players might bounce the ball and get into position to catch it after the bounce before the ball hits the floor.

6. Play continues with teams trying to move the ball quickly and bouncing the ball off the poly spots before the defense can get into position to catch the ball.
7. Teams switch from offense to defense quickly.
8. When the offense successfully bounces the ball off of a poly spot and the ball hits the floor, a point is scored and the defensive team gets to "throw in" the ball and is on offense.

Play continues for a set amount of time.

Rotate teams to different quadrants.

Notes:

1. If students figure out that a "soft" bounce doesn't allow the defense a proper attempt to catch the ball, then tell students the ball must bounce at least as high as the knees or the waist.
2. Be looking for students "camping out" at certain poly spots as a defensive strategy.

**Variations:**

Limit number of passes.

Limit number of steps.

Use "no steps".

Use multiple tennis balls.

Make specific poly spots with a certain amount of points.

## **DAY 3 -- 1 ON 1 TCHOUKBALL**

Standards: 1, 2

Category: Team Activities

Sub-Category: Tchoukball

### Description:

Equipment: Ball and Tchoukball frame

Group Size: 4-5 students per court

- Play only using one frame
  - Rock Paper scissors for ball.
  - Play to one point
1. Player with ball gets 3 steps to move in position to throw. Encourage the use of different angles and to read the defense.
  2. The defensive player then tries to get into position to catch.
  3. After the catch defensive player can throw right away (which is done right away, encourage player to MOVE to get a different angle!!)
  4. Play continues until one player doesn't make catch, the throw misses the frame, or the ball lands in the "D zone"
  5. Rotate next two players in to play.

## **DAY 4 -- 2 ON 2 TCHOUKBALL**

Standards: 1, 2

Category: Team Activities

Sub-Category: Tchoukball

### Description:

Equipment: Ball and 2 Tchoukball frames

Group Size: 4-5 students per court

- Play only using one frame

- Rock Paper scissors for ball.
  - Play to one point
1. Player with ball gets 3 steps to move in position to throw. Encourage the use of different angles and read the defense.
  2. Each team gets up to 3 passes before attempting a throw to the frame. Teams do not have to use all 3 passes.
  3. The defensive players try to get into position to catch. After a catch players can throw right away (which is done right away, encourage players to MOVE or PASS to teammates to get different angles!!)
  4. Continue this until one player doesn't make a catch, the throw misses the frame, or the ball lands in the "D zone"
  5. Rotate next two players in to play.

## **DAY 5 -- FULL COURT TCHOUKBALL**

Standards: 1, 2, 4

Category: Team Activities

Sub-Category: Tchoukball

Description:

Equipment: Ball and 2 Tchoukball frame

Group Size: two teams per court

- 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" because it is shaped like the letter D.
1. 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.
  2. No defense is allowed.

3. Players cannot intercept/knock down passes, stand in front of a player about to attempt a shot, or touch a player with the ball.
4. The team without the ball can only put themselves in the best position possible to catch a throw that rebounds off the frame.
5. Each team is allowed up to 3 passes before they must attempt a throw off the frame.
6. A player is allowed up to 3 steps before they must either take a shot or pass to a teammate.
7. Teams can throw at either frame. This allows them to "reverse the court". This makes the defense have to cover the whole court.
8. 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.
9. After a score, the ball changes possession.
10. The team gaining possession must "reset" by touching the ball to the frame.
11. They then must throw the ball to a teammate. This pass doesn't count as one of their 3 passes.
12. Change of possession also happens if a team throws at the frame and hits the springs of the frame.
13. 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.

## Equipment

- Foam - Softballs
- Pinnies

## **OTHER RESOURCES**

[Tchoukball Study Guide](#)

[Tchoukball Quiz](#)