

TCHOUKBALL

An innovative and unique approach to team sports

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Here are some easy starter tips

- Don't tell them they can score at either rebounder. At first tell your teams they can only score at the opposite end. This will get them used to moving the ball up and down the court. You can add the both frame rule down the road.
- Remember the rules of 3: 3 sec to hold the ball, only three steps, and when you are attacking both ends you cannot throw at the same rebounder after 3 tries (that's both teams total throws).
- When there is a change of possession make sure there is a "reset" by the new team. A reset is done by touching the ball to the floor with both hands on the ball. This can be done anywhere; it does not have to be at the goal line. Be strict on this rule so things don't get out of hand.
- Don't allow students to guard, intercept or even get in the way of a student who is trying to throw or catch a ball. No blocking out, screening, standing in the way of the rebounder is allowed. The team without the ball actually must make a concentrated effort to stay out of the way of the offensive team.
- Once the ball leaves the hand of the team trying to score, they must now make sure they are not interfering with the other team trying to catch their ball. Any interference here is a foul and loss of possession/no score.
- Small sided games are the best....3-5 players on a team. You can have a third

team rotate in after a score. The third team gets the ball and starts with a reset.

- Be strict about the reset, two hands on the ball; touch the ball to the floor. If the students start getting sloppy with this, it's hard to keep track of play.
- You may want your students to wear pennies so they can make sure who is on offense and who is on defense. Once the students know the game, you won't need pennies.
- A rebound that goes out of bounds is a point for the other team. A throw that misses the frame is a point for the other team. So if I throw the ball and miss the frame, I scored a point for the other team and I get the ball back again. I must then reset and make a pass.
- After a reset, there must be a pass before you can throw at the rebounder.

Any more questions or need some clarification? Call Tchoukball Todd at 630-643-6973

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First day lesson Plan (any questions? My email: toddkeating2@gmail.com Cell: 630-643-6973)

Before you teach the game, read the charter. Learn the background of the game and about its inventor. There is a spirit of the game that you will begin to understand that will help you as you teach the game to your students.

For me, as I began to internalize the spirit of the game and to appreciate absence of the conventional defensive rules, the more I loved the game. **When I bought into it** my students did to! The winning became lost in playing the game and enjoying its uniqueness.

Have the video ready to play. Have a u-tube video of the top action plays from the most recent Tchoukball world championships. You might want to play the video first just to spark interest.

Explain to the students that today you are going to play a team sport invented about 50

years ago. The inventor wanted to create a team sport that would be competitive, fun and different from any other sport. The uniqueness of the game of Tchoukball is that it does not allow the defense to guard players. There is no such thing as a man to man defense or even a zone defense. Imagine the defenders are trying to defend against a score by preventing the ball from striking the floor after the opposing team throws and hits the rebounder. So, like in volleyball to defend against the score the ball must not strike the floor within the boundary area.

Ask your students if they have ever played Ultimate Frisbee or Team Handball. Do they remember the rules for advancing the ball? In these team sports to advance the ball from one end of the floor to the other is the same as it is in Tchoukball. You can only take three steps maximum and you can only hold the ball for 3 seconds. These are the same rules for Tchoukball. If a team drops the ball then the other team gets the ball at the spot of the drop and resets, at which time they are now on offense.

But this is where the similarity ends. Unlike Team Handball and Ultimate in the rules of Tchoukball, the offensive team (the team with the ball) cannot be defended by guarding, intercepting, screening or blocking throws at the rebounder or passes to their teammates. The defense must let the offense move freely without interference. In fact to interfere is a violation, so the defense must make a concerted effort **NOT** to prevent the offense from advancing the ball. But every movement of the ball **DOES dictate the defense to move**, but not in the conventional sense. They don't move toward the ball or guard players who may receive the ball via a pass. But they do move to get in position to catch the ball off the rebounder when the offensive team decides to shoot. This defensive action prevents a score.

Getting the students started!

Ask for a demonstration group of 4 students to come out on the floor. Ask them if they can advance the ball from one end of the gym to the other using the rules we just described.

After a few tries, ask another group of 4 players to come out on the floor to defend. See how the students respond. Many of your students will begin to guard the person with the ball. You will need to **STOP** play immediately. Here is where your expertise comes into play. You share with your students that they need to think differently when they are on defense. **This is where the teacher has to make Tchoukball the awesome game that it is...it's not like any other game.**

In some ways the athletes have the most trouble with the rules because they are not used to a game where you are not allowed defend against the person with the ball. But that's ok! Challenge them to think outside the box. Don't think of guarding a player **but think where will the player shoot from?** I need to determine the angle and force of the throw and get into position to catch it.

Ok, now the defense knows it cannot interfere. A team can move the ball from one end to the other while the defense understands its job is to defend by catching the ball AFTER it is thrown at the rebounder. So now you need **to add the rebounder to the demonstration.**

Demonstration with the rebounder in play

Now ask a team to start at one end and move the ball down the floor. This time when they get to the rebounder they try to score by throwing the ball at it. After they throw, they cannot interfere with the team trying to catch the ball. It is a score if the ball strikes the floor outside the forbidden zone and inside the boundaries. **If the ball is caught, there is no score.** The team that caught the ball is immediately on offense now. The three second count has started, so they need to immediately look for someone to pass to from their team. The new offensive team must go to the opposite end to score. NOTE: ***although the rules state that you can score at either rebounder in tchoukball, I only allow teams to score at the opposite end in the beginning stages of learning the game. This helps get the game moving, and you add the full rule at a later time when you feel the students are ready.***

Some explanations for other things that may happen

- The ball hits the bungee cord or the frame itself. That is counted as a miss and the other team gets the ball. But, it is not a score for the other team like a total miss would be. NOTE: *No need to stop play if the rebound is caught and play is uninterrupted after it hits another part of the frame other than the net, just continue play.*
- The ball rebounds and hits the thrower or teammate - Interference, score for the other team and ball goes back to the team who made the original scoring attempt.
- The ball lands inside the forbidden zone (crease around the rebounder) or the ball goes out of bounds. POINT for the non-throwing team, **the ball goes back to the throwing team**, they reset, and they must make one pass BEFORE they throw again at the frame.
- Make sure students know how to reset the ball and do it in the proper way. A reset is a way of determining when play starts again, and thus the 3 second count begins. Make sure students hold the ball with both hands and touch it to the floor. I am really strict with this one as students will come up with all sorts of easy ways to reset. A bounce dribble is NOT allowed.

Now you can have another group of two teams to join in while the teams you have just had demonstrate can engage in their own game. Inevitable you will have a lot of questions your first day. Take time at the end of class to answer student questions.

Go a little slower at first. The first day will take some time to get the learning curve. But by the second and third day the students will really begin to catch on.

Some other lead-up games

- Have the class get into groups of 3 or 4.
- Have them start at one end of the gym with a ball. They can be on opposite sides but make sure they don't run into each other as they are traveling to opposite sides.

- Tell them the rules are they can only hold the ball for no more than 3 seconds and they cannot move with the ball more than 3 steps.

- If the ball is dropped, than they have to start over as well.

- I let the teams that drop the ball have a retry from the spot where it was thrown if someone in the group says, “nice try” to the person who dropped the ball. This is instilling teamwork into the game

Play this game for one minute and give a group a point for every time they make it to one side.

Lead-up Game for practicing throwing accuracy

- Set up the gym so that students can get into single file lines of about 4

- Have a ball in the hands of the first person in line

- If you have frames that is great, if not then have a wall target for students to aim at

- The first person throws the ball at the target and moves to the side to get out of the way

- The next person catches the ball. A point is score if caught and someone says, Nice catch

- If a player on the team misses the ball no point is scored

- But if someone says nice try, then they still get the point

- Play music and go for 30 seconds and see how many point your team can get

- In this game, the thrower is trying to make a throw that can be caught as we are practicing accurate throwing.

- Rotate team positions clockwise, and repeat until every team throws at every station

For more information please contact Todd at tkeating@tchoukballpromo.com