



**TCHOUKBALL Inc.**

**An innovative and unique approach to sports**

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## **Tchoukball Lead-up Games**

Presented by Terry Gooding

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### **Circle Juggle**

**Objective:** 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.

**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:** ball may not be given 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

### **Box Passing**

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

**Equipment:** one ball 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:** Bounce the ball between the legs of a teammate and score a point when the other team does not catch it before it touches the ground. Shoot and score a point based on where the defense is positioned, teamwork, common goal, and strategy.

**Equipment:** cones for boundaries, scrimmage vests, a 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 that 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 rebound but 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

## **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:** Clear as many balls/trash as possible out of your designated backyard area into the opposing teams area by rebounding them off the Tchoukball net. Can use tchoukballs, wiffle balls, gator balls, etc.

**Equipment:** a Tchoukball set, cones to mark team areas, 10-20 balls/trash that will rebound. \*\* 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:** 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:** Four taggers work as a team to tag all other players with a ball. “Conquerors” move into a position to receive the ball and tag fleeing students. Once a player is tagged they join the tagging team. \* Discuss the various conquerors that are identified in world history.

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

**Format:** pick four students to be the starting “conquerors”; all other students must attempt to evade the “conquerors”; you must stress that 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; 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

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