



Tchoukball Course for PE Teachers and Coaches Perfecting the game and the technique

The course follows Tchoukball philosophical principle, anchored in the Charter, "beautiful game calls beautiful game". In this vein, we will confront attack and defense, postulating that progress in one domain will stimulate improvement in the other. In this sense a "more beautiful" game in attack will bring a "more beautiful" game in defense.

The basic hypothesis being that at the school level, Tchoukball, at a first stage, boils down to:

- shots made mainly in front of the frame
- ball rebounds rather into the air before falling to the ground in the middle of the field
- defenses that are individual and by reaction when the ball falls close to the player
- a sequence of passes without real tactical intent (often directly to a partner who will immediately shoot to the frame)

It is quite a usual step into the discovery and the practice of this sport.

The video on internet illustrates this hypothesis:

<http://www.tchoukball.ch/index.php?menuselection=58&smenuselection=2&idVideo=8>

Based on this hypothesis, this course will seek to bring clues to improve the attack (shooting technique and strategy for action) in order to create a dominance of the attackers over the defenders, then, following the idea of the postulate, to perfect the defense in opposing more effectively the "beautiful game" directed by the attack.

Table of Content

1	Perfecting the attack.....	2
1.1	Shooting technique	2
1.2	Organization of the game.....	4
1.2.1	Tactical intents at the individual level	4
1.2.2	Collective strategies.....	5
2	Perfecting the defense	6
2.1	Defense technique	6
2.2	Organization of the game.....	7
3	Transition phases	8
3.1	Pass from the attack to the defense	8
3.2	Pass from the defense to the attack	8
4	Game variants	9
4.1	Use of other devices in place of the frame	9
4.2	Simplification/modification of the official rules.....	9
4.3	Adding rules for the purpose of exercises	9
5	Scheme of individual tactics next page.....	9
6	Resources :	11

1 Perfecting the attack

The progression of the level of play in terms of attack goes through the learning of a better shooting technique on the one hand, and the learning of strategic plans at the collective level (organization of game)

1.1 Shooting technique

The objective here is to make the player aware that the most effective shots (or hard-to-defend) will fall back onto the ground:

- near the line delimiting the forbidden zone
- out of reach of the defenders (on the side or between the players set in defense)

The shooter has to learn the movements to be able to perform the 4 types of main shoots:

Tchoukball - Shots to 45° in first zone



Shot that bounces up to the tibia, near the line of the forbidden zone, it is one of the first shot to acquire, because it makes it difficult to catch the ball by the defense.
Tips: to get this shot, do as you like to tie your seat belt in a car

Tchoukball - Shots along the base line



This shot aims at placing the ball along the base line. It opens the possible shot angles.
Tips: To get this shot, throw as a bowling

Tchoukball - Shots to the center or at 90°



This shot aims at placing the ball in the center (see last image)

Tips: To get this shot, the hand palm holding the ball is facing the tchouk (image 4) and then act as if you are swimming the crawl.

Tchoukball - Lobbed shot



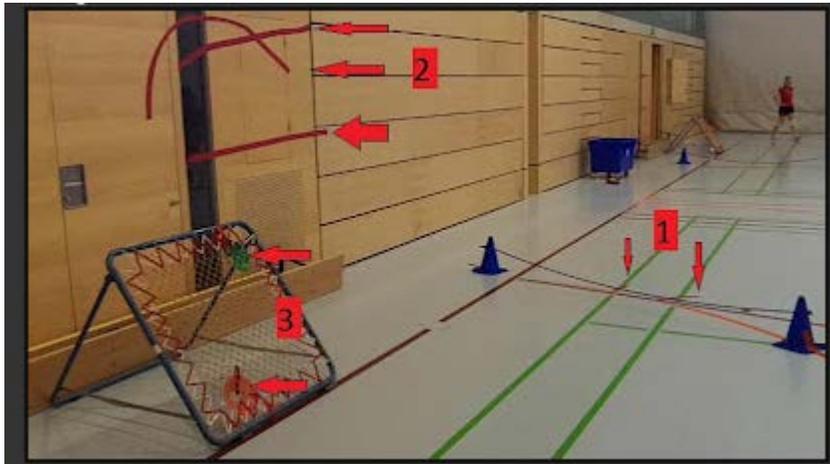
This shot aims is to vary the height of the rebound of the ball (height of the defense shoulder, or higher)

Tips: act as if you pick something on the floor and raise it.

Didactics is to help players progress so to make them able to achieve the following objectives:

Step 1 - Precise aim and throw	Aim and throw the ball with accuracy on the frame by doing the appropriate movement for each shot. ⇒ The shot will get the ball to follow a preferred trajectory (rebound angle)
Step 2 - Touch the target	The target being the ground at a specific area of the field, the objective is to learn how to use the frame to send the ball to the ground at the desired location. ⇒ The shot will make the ball drop onto the ground in a precise position.
Step 3 - To score	At this point, the objective will be to beat a defense that will cover a certain number of fall points of the ball around the frame. Nevertheless, one should be able to place the ball in a specific not defended spot in the field by adjusting to the situation created by the defense. ⇒ The shot will allow the ball to reach the ground away from the defense

During the learning phase it is possible to install visual cues for the feet and the arm movement to facilitate the realization of a particular shot: (the link below brings you to a blog in French)
<http://tchoukfiles.blogspot.ch/2012/06/une-facon-denseigner-le-tir.html>



1.2 Organization of the game

1.2.1 Tactical intents at the individual level

As in all sports, the participation in the attack differs depending on whether you are in possession of the ball or you are waiting for it. For example, we distinguish between:

- **The ball carrier**

is looking to make a winning shot if his/her position is favorable or makes a pass to a teammate placed in a favorable position, so he/she could score a point or redirect the game in another direction.

- **The ones non in possession of the ball**

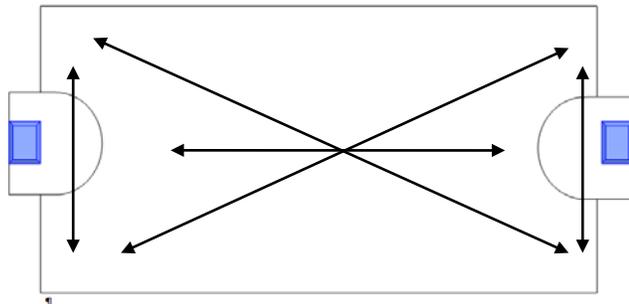
they seek to place themselves in a favorable shooting position or in a relay position to allow a reversal of the game while seeking to be involved into the ball carrier game plan.

The tactical intents schemes at the individual level illustrate the situation at the dynamic level. It is in appendix.

1.2.2 Collective strategies

Collectively, the attacking game is based on a series of passes with a precise objective: outwit the defense organization.

In this line of thoughts, Tchoukball offers two directions to operate at the level of the passing game: (longitudinal axis = lengthwise, lateral axis = widthwise)

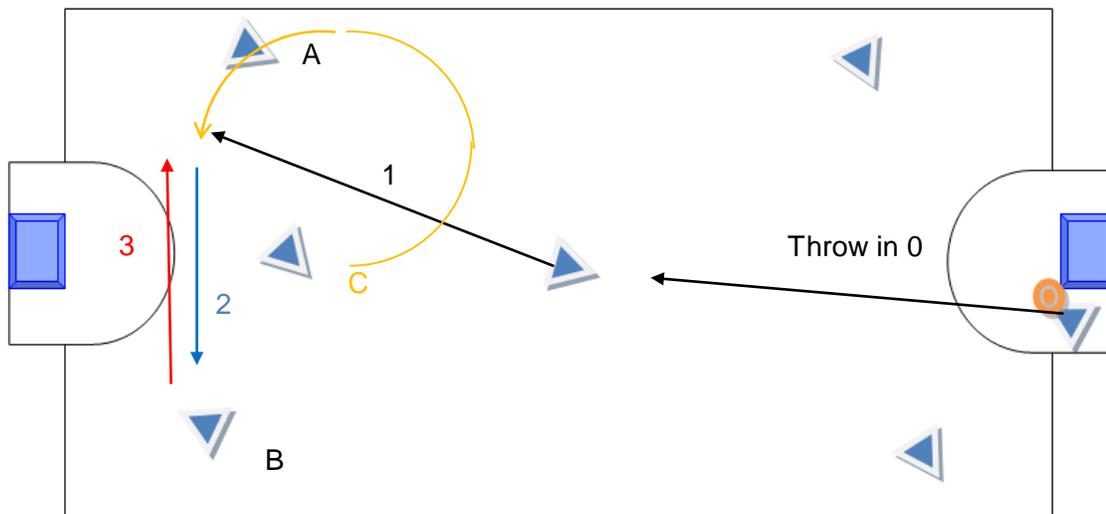


By circulating the ball on the lateral axis, one will force the defense to change wing at each pass (since the shot will always bounce with a mirror effect). By circulating the ball along the longitudinal axis, one will force the defense to create voids in the midfield.

So the players will place themselves preferably toward the ends of these game axes to allow the ball to travel along those lines.

Thus, in Tchoukball, we can use two classic game schemes.

"The attack in three passes on 1 frame.



The player C goes immediately after the 1st pass toward the side where the ball was played to provide a solution to Player B, if he/she chooses not to shoot after the 2^d pass. The last pass (3^d) thus goes to C who must shoot and that ideally in a space that is not defended.

Each player arrives with momentum and will be able to sketch a shot (feint) before making the pass. On the basis of one's momentum, the simplest is then to follow one's pass and change wing.

This sequence of passes should be used to make the defense move from one wing to the other and create a void, by having the defense late with regards to its defensive placement.

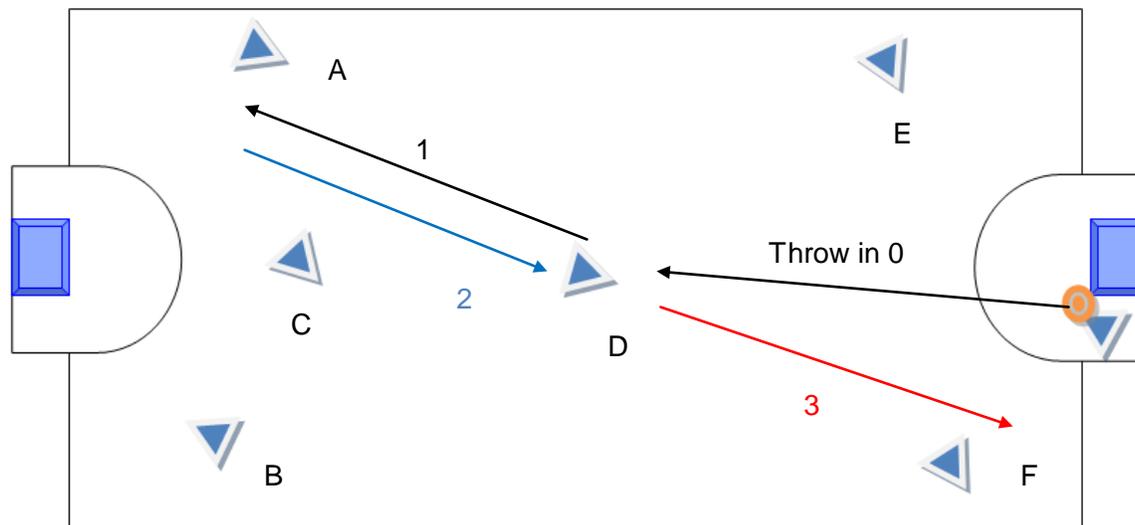
Tchoukball - Tactical intent



Offense movement: (two passes and a flying shot) that is laterally moving the defense back and forth by passing the ball from one side to the other

"The attack in three passes on 2 frames.

The beginning of the attack is identical up to the first pass. However, player A waits for the defense to regroup near the frame and will reorient the attack in the direction of the other frame in passing the ball to D. The latter has the choice of the last pass. He/she can restore the 3^d pass on the same frame or on the other frame to the player F, for example. The latter will shoot and will in principle have a void at the level of the 2^d area (midfield).



These two patterns are applicable following a foul, not forgetting that there will be one less pass than on the chart (no throw in pass called pass 0).

The secret of the success of these two patterns of attack lies in the perfect timing of the passes.

2 Perfecting the defense

2.1 Defense technique

On the technical level, i.e. at the individual level, players will learn how to:

- Adopt a defensive position (support on the ground, position of hands and body)
- Catch the ball after its rebound on the frame (movements of the arms and hands)
- Anticipate the shot trajectories (observation of the shooter)

The crucial element is to overcome the fear of the ball, one will need to work with the players on the emotional level.

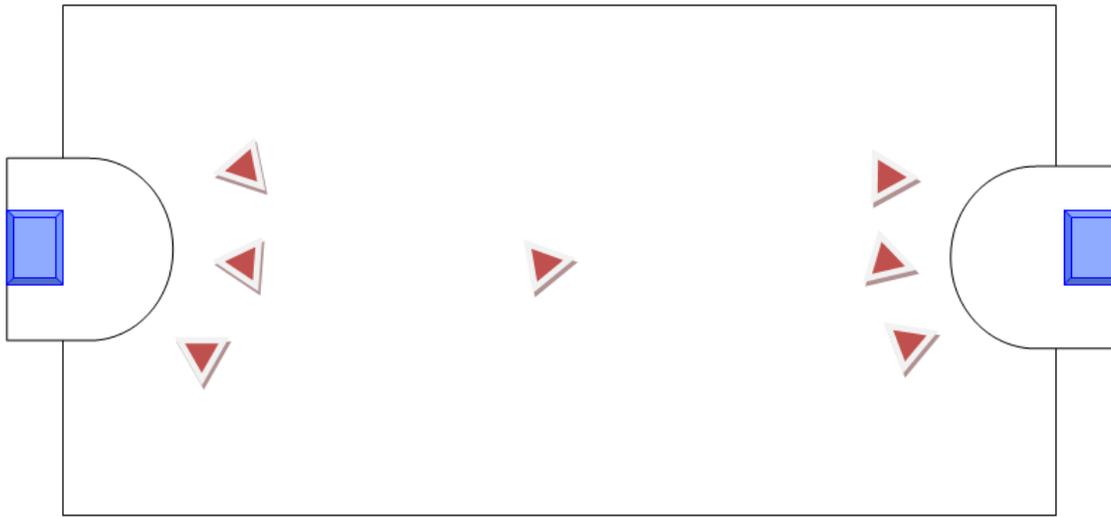
- Self confidence
- Be willing to fight to control the ball.

2.2 Organization of the game

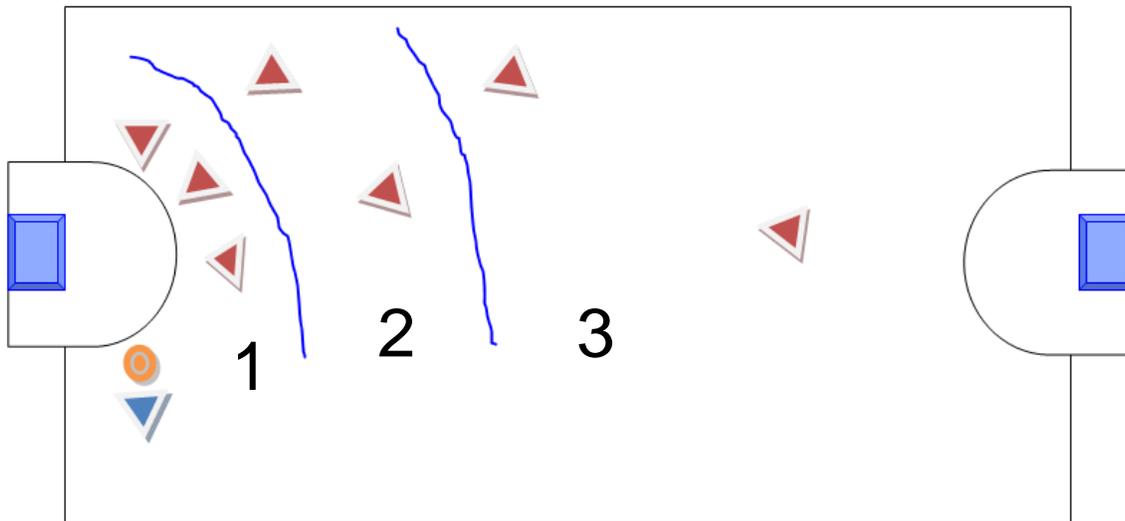
The organization of the defense results from the intentions of the attack. Its objective is to limit the choices available to attackers:

- By reducing the number of clear shot trajectories (placement in statistically more frequently executed shot trajectories)
- By working together and by acting as a team (coordinated moves)

In waiting for a shot, the players will get organize according to this plan.



The clearer the place becomes from which the shooter of the attacking team will shoot, the more the defense will close its ranks and cover the possible points of impact of the ball on the ground.



The final placement of the defense will be thus organized into 3 areas. The defense of 1st area will take care of the shots falling near the line delimiting the forbidden zone. These players will adopt a low (preferably kneeling) position to catch the ball before it touches the ground.

The defenses of the 2^d et de 3^d areas will remain standing on the tip of their toes to be able to react and catch the deflected balls or those falling directly in these areas (lobed shots).

3 Transition phases

3.1 Pass from the attack to the defense

The preparation of the defense will already start at the time of the attack. It applies to all players who will no longer be able to receive a pass (maximum number of passes reached).

Their work will be to prevent the defense from taking advantage of the void created by the shooter, if the defense player is able to block the ball and return it to the frame, so it falls back to the place from which came the shooter. (This corresponds to the support of the 6 behind the smasher in volleyball).

Thus, it is important to always place a player behind a wingman especially when he/she is upon to shoot the frame.

3.2 Pass from the defense to the attack

When retrieving the ball in defense, the first thing the player who blocked the ball must do is to evaluate if/she he can immediately scores a point on shooting to the frame.

For the other players, is to offer solutions to the ball carrier to make a pass to someone in a favorable position (near a frame or in a relay position) - see Schema.

4 Game variants

4.1 Use of other devices in place of the frame

Rather than play Tchoukball with the frame, it is possible to keep the game principles and use other equipment in place of the frame:

- Basket panel(s)
- Hoop(s) or tire(s) set on the ground (one or more)

4.2 Simplification/modification of the official rules

Some rules are difficult for beginners. Thus it is possible to make changes:

- in terms of walk/travel faults (allow more than 3 touch on the ground)
- at the level of the number of players (team of 5 players instead of 7 - allows to be involved more often in the game)
- regarding the shape of the area - for example, trapezoid area of the basket (to simplify the shots from the side at the expense of those carried out facing the frame)
- regarding the number of passes (allow 4 or 5 passes if players do not master long-range passes)

4.3 Adding rules for the purpose of exercises

The rules of the game can be transformed or supplemented to search specific effects in the evolution of the game or force players to reflect on tactical aspects

If the shots are always in face of the frame	Divide the field lengthwise, giving each team a camp. To score one must send the ball to the other side. ⇒ This forces to shoot from the sides
If always the same people are shooting	<ul style="list-style-type: none">- Change the way of defining the winner: wins the team in which all the players have scored a point- The coach designs the shooter for the next 3 shots
If the defenders tend to shoot immediately after receipt of the ball	Prohibit to shoot 2 x in a row on the same frame (= force change frame with each attack regardless of the team attacking)
The players lack motivation to catch the ball in defense	Only the person who blocked the ball can shoot and this on the other frame (requires at the same time to pass and not to immediately shoot again on the same frame) ⇒ Provides a motivation to go and block the ball in defense

5 Scheme of individual tactics next page

OFFENSE

OR

DEFENSE

My team has the ball and we try to score a point

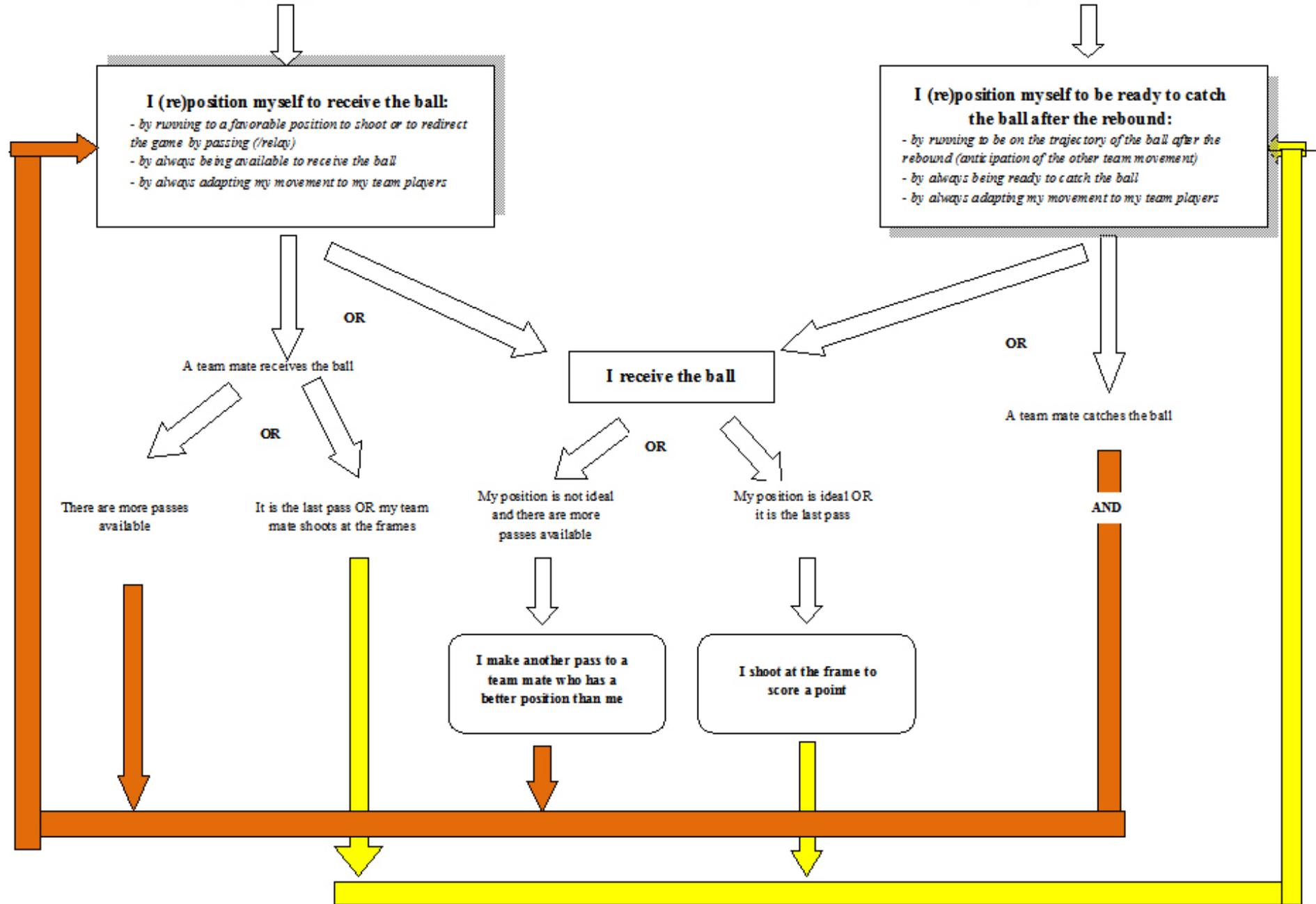
My team DOES NOT have the ball and we try to avoid a point being scored by the offensive team

I (re)position myself to receive the ball:

- by running to a favorable position to shoot or to redirect the game by passing (/relay)
- by always being available to receive the ball
- by always adapting my movement to my team players

I (re)position myself to be ready to catch the ball after the rebound:

- by running to be on the trajectory of the ball after the rebound (anticipation of the other team movement)
- by always being ready to catch the ball
- by always adapting my movement to my team players



6 Resources :

Videos :

Tchoukball in school from the point of view of the PE teachers –

[Why Tchoukball in PE Class](#)

[Fast, friendly fun, Nonaggressive sport slowly gains ground in U.S. school gyms.](#)

US Tchoukball Association: www.tchoukball.net

Exercises

Tchoukball in Mobilesport.ch; (In French) <http://www.mobilesport.ch/?spv=501&lang=fr>
Understand and teach Tchoukball (in French) – OFSPO J+S – N° command 30.766.500 f

Tchouk files (in French): <http://tchoukfiles.blogspot.ch/2012/06/une-facon-denseigner-le-tir.html>

Official Rules of the Game

<http://www.tchoukball.net/the-game/rules/>

<http://www.tchoukballpromo.com/general.html>

Acknowledgements

This document has been elaborated by Torsten Redies, Switzerland

Pictures are the courtesy of the Swiss Office of Sport OFSPO J+S

Translation from French has been made by www.translation-cloud.com and paid by [Tchoukball Inc.](#)