

TCHOUKBALL



An innovative and unique approach to sports

Handout

Tchoukball: New, Exciting, Vigorous and Fun!

Contact Information:

Pierre-Alain Girardin
Tchoukball Inc.
P.O. Box 1541
Bellevue, WA 98009-1541
Tel/Fax: 425-644-3111
e-mail: info@tchoukballpromo.com

Summary of the presentation

Tchoukball: New, Exciting, Vigorous and Fun

Learn something new and exciting that promotes physical activity and the development of social skills and strategies within and enjoyable and positive social environment. Seeking a vigorous activity that does not exclude participants, but allows everyone to participate within his/her abilities without interference from other players? Tchoukball is the answer! It is a vigorous game that helps students become better team players and more considerate of classmates. The game has a lot of elements that could be used to address academic standards. Tchoukball meets the National Standards for Physical Education. Get into the action! Do something different. Join the session, and leave enthusiastic about how tchoukball could become part of your program.

During this session you will learn an easy way to introduce the game to your students, exercises that you can practice in your P.E. class. Finally, you will learn the rules of the game, play and enjoy the game! Satisfaction guarantee!!

Resources

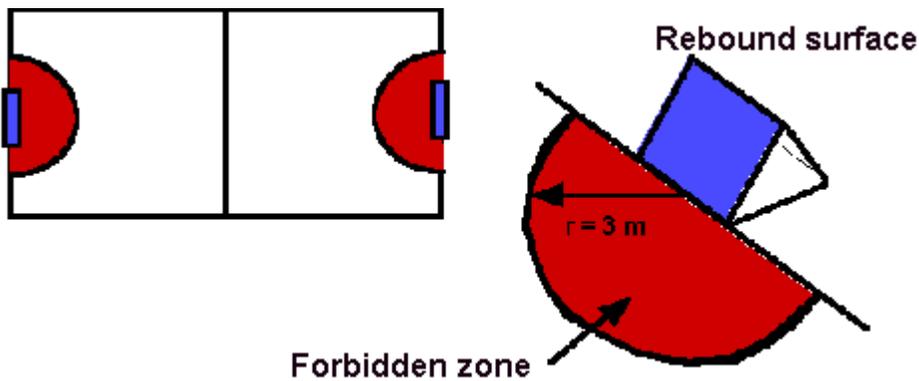
For more information about the game of Tchoukball, handbook, National Standards with Tchoukball, rules of the game, which schools have already introduced the game in their curriculum, etc.: www.tchoukballpromo.com, www.tchoukball.net

Advantages and Benefits of Tchoukball

- Tchoukball does not allow contact or interference between players. No position is a human “target” like a quarterback or goalie. With no body contact, injuries are minimized.
- No player can steal the ball nor intercept a pass, instead rewarding strategy and cooperation as teams play on both offense and defense.
- Tchoukball is easy to play. Rules are intuitive and easily grasped.
- The game requires minimal equipment. It can be played indoors or outdoors.
- It accommodates mixed team play (old/young, male/female, fit/unfit, experienced/beginner).
- No player dominates a team. All the players must be involved, both on offense and defense.
- Tchoukball requires alertness and concentration. It teaches anticipation and physics, as well as teamwork and trust.
- Tchoukball promotes eye-hand coordination and develops skills that enhance physical and mental output.

Description of Tchoukball

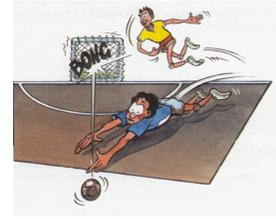
A tchoukball match is comprised of two nine-player teams on a rectangular field (forty meters) 132 ft long by (twenty meters) 66 ft wide. One rebound frame is placed at each end of the field. In front of each frame, a semi-circle (three meter) 9.9 ft radius defines the forbidden zone. Different sizes of tchoukball are available regarding the age of the players.



The ball must never touch the ground. During any phase of the game, the ball remains in the hands of one team. **The players of one team are not allowed to interfere with players of the other team: they may not intercept passes, interfere with the movements of the person carrying the ball or his teammates, or stop a defender from positioning himself to catch the ball after the rebound in order to prevent aggression and violent physical contact between opponents.**

Scoring

In order to score a point for his team, a player must bounce the ball off the rebound surface in such a manner that no defending player can catch it before it touches the field of play outside of the forbidden zone.



Penalties

A player commits a penalty if:

- She/he takes more than three steps on the floor while in possession of the ball, the ball touches him below the knees,
- She/he makes a fourth pass for his team,
- She/he makes contact with the floor out of the field of play or in the forbidden zone while holding the ball,
- She/he drops the ball after it is passed to him, he voluntarily or by error catches a pass from the other team,
- She/he catches a ball off of the rebound surface after being shot by one of his teammates,
- She/he blocks his opponents from moving or stops them from freely passing the ball once they have gained possession.

After a penalty, the possession of the ball is given to the other team and the game continues from the spot where the penalty was committed. A pass must be made before shooting the ball at the rebound surface.

If the ball hits an edge of the rebound surface, the team may not receive a point. This is a penalty and the game continues from the spot where the ball hit the floor. Possession of the ball is given to the team which was defending at the time of the penalty.

It is illegal to shoot the ball more than three consecutive times at the same rebound surface. A player must throw the ball in-bounds from behind the base line, next to the rebound surface. This throw does not count as one of the team's three passes.

Technical information

The Court and the Players

	Size of the Court	Number of Players	Length of Time
1 st Solution	132 x 66 ft	9 Players / Team	Men: 3 x 15 min
2 nd Solution	66 x 36 ft	7 Players / Team	Women/Co-ed : 3 x 12 min

Objectives

The objective for the team with possession of the ball is to throw the ball at the rebound surface after a maximum of three passes. After the ball hits the rebound surface, the ball must touch the floor outside of the forbidden zone to score a point. If the other team catches the ball before it hits the field of play, then neither team scores and the game continues.

The objective for the defensive team is catch the ball after it is shot at the rebound surface before it touches the floor. To do this, each team member must anticipate the ball's trajectory when it bounces from the frame.



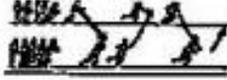
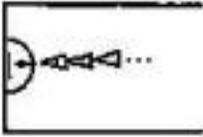
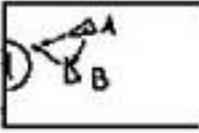
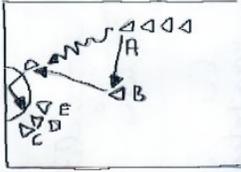
Rebound Surface

Particular rules

- There are no designed sides (each team may shoot the ball at either rebound).
- It is illegal to intercept a pass from the other team.
- No more than three passes before shot.
- No more than three steps by a player while holding the ball.

TCHOUKBALL

Exercises for Beginners.

<p>1) For 2 players</p> <p>- left and right hand</p>	<p>- make passes while moving</p>	
<p>2) For half a class</p>	<p>- the first takes a shot, the second catches the ball and takes a shot and so on</p>	
<p>3) For two players</p>	<p>A throws the ball to B B returns the ball to A A shoots the ball at the frame B catches the ball after it bounces off the frame.</p>	
<p>4) For five players</p>	<p>A throws the ball to B B returns the ball to A A shoots the ball at the frame C, D, E defend and catch the ball after the rebound, A takes the position of C,</p>	

Shooting Exercises

To introduce the concept of the angles: place one lane of students on each side of the forbidden zone facing the frames with an angle of 45 degrees from the baseline with the first player close to the forbidden zone line. The first player in lane A shoots the ball at the frame and moves to the end of the lane B. The first player in lane B catches the ball after the rebound from the shot of the player in lane A, passes the ball to the next player on lane A then moves to the end of lane A. Once every student has shot the ball reverse the lanes of shooters and catchers in order to shoot the ball from the other side of the frame. Practice shooting from both sides by simultaneously using the two frames and divide the students into two equal groups.