

Tchoukball: The Ultimate Team Game

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“The objective of human physical activity is not to make a champion, but rather to help construct a harmonious society.” Dr. Hermann Brandt, Swiss Physician and Inventor of Tchoukball

Tchoukball Lead-Up Games

Circle Juggle

Objective: 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 kept moving in the circle without dropping any

Rules: Ball may not be given to 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

Rules: Move through space as thrower or catcher; no more than 3 steps; cannot hold ball more than 3 seconds

Thread the Needle

Objective: Bounce the ball between the legs of a teammate to score a point. 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: Can use groups of 3 or divide into 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. The defensive players try to catch the ball after the first bounce but before the second bounce.

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; thrower must be close to person in straddle position or there is a chance they will hit their teammate. No Interceptions.

Clean Up the Backyard

Objective: Clear team's designated backyard of trash (balls) by rebounding them off the Tchouk sending them into the opposing team's backyard.

Equipment: Two Tchouks, cones to mark team areas, 10-20 balls/trash that will rebound. Be careful about the type and number of balls used as the balls may 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 minutes, count balls on each side; the team with least number of balls/trash is the winner

Rules: Players may not cross 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; switch places after each game; 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 or penalty occurs.