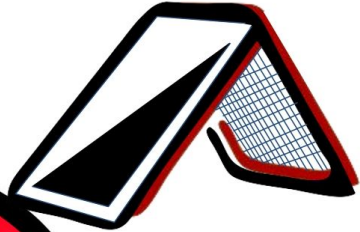


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AN AMAZING
SPORT!

TCHOUKIBALL



WRITTEN BY
MR. LINDA

TCHOUK!!



WHAT IS TCHOUKBALL



HISTORY OF SPORT

TCHOUKBALL WAS INVENTED IN 1970, IN GENEVA, SWITZERLAND, BY A SPORT PHYSICIAN, DR. HERMANN BRANDT. SINCE 2002, TCHOUKBALL HAS BEEN INTRODUCED IN PHYSICAL EDUCATION CLASSES IN SCHOOLS AND NOW IS PLAYED BY THOUSANDS OF STUDENTS.

DR. HERMAN WAS CONCERNED BY THE NUMEROUS SERIOUS INJURIES AMONG ATHLETES RESULTING FROM SPORTS PRONE TO AGGRESSION AND PHYSICAL CONTACT. HE BELIEVED THAT SPORTS SHOULD NOT ONLY FOR CHAMPIONS, BUT ALSO CONTRIBUTE TO THE CREATION OF A BETTER AND MORE HUMANE SOCIETY THROUGH THE IMPLEMENTATION OF TEAMWORK CONTRIBUTING TO STUDENTS SOCIAL EMOTIONAL DEVELOPMENT.

TCHOUKBALL DERIVES ITS NAME FROM THE SOUND THE BALL MAKES AS IT REBOUNDS FROM THE NET.

THE GAME WAS DESIGNED TO CONTAIN ELEMENTS OF HANDBALL (IT IS PLAYED WITH HANDS, AND THE BALLS USED ARE SIMILAR) (THE DIFFERENCE IS THAT THERE IS A GOAL IN HANDBALL AND NOT A REBOUNDER), VOLLEYBALL (AS THE DEFENDING TEAM MUST PREVENT THE BALL FROM FALLING) AND SQUASH (SINCE THERE IS A REBOUND)



EQUIPMENT FOR TCHOUKBALL

FRAMES:

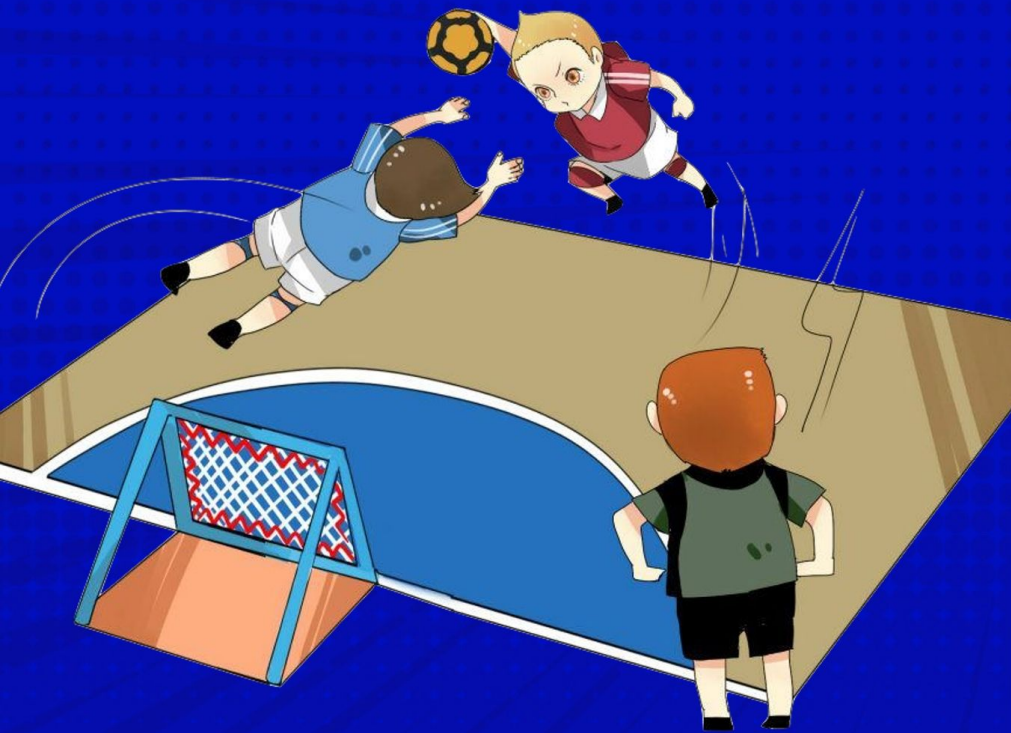
TCHOUKBALL HAS 2 'FRAMES' POSITIONED ON THE COURT LIKE SOCCER GOALS WHICH ARE STRONG REBOUND NETS DESIGNED TO WITHSTAND THE FORCE OF A TCHOUKBALL THROWN AT HIGH SPEED FROM CLOSE RANGE. FRAMES ARE ESSENTIAL TO PLAY.



TCHOUKBALL:

A TCHOUKBALL USES A SPECIFIC BALL WITH A FIXED WEIGHT THAT IS DESIGNED FOR THROWING AT THE FRAME. IF THE TCHOUKBALL WAS TOO HEAVY IT COULD DAMAGE THE NET AND TOO LIGHT WILL NOT MAKE PROPER PLAY POSSIBLE.

SKILLS FOR TCHOUKBALL



LOCOMOTOR

- **RUNNING**
- **JUMPING**

NON-LOCOMOTOR

- **DODGING**

MANIPULATIVE

- **PASSING**
- **CATCHING**
- **SHOOTING**

HOW TO PLAY





- ***THIS SPORT IS USUALLY PLAYED ON THE DIMENSIONS OF A BASKETBALL COURT. AT EACH END OF THE COURT IS AN ANGLED TRAMPOLINE-STYLE NETTED FRAME POSITIONED WITHIN A D-SHAPED FORBIDDEN ZONE.***
- ***A UNIQUE ASPECT OF THIS SPORT IS THAT EACH TEAM CAN SCORE ON EITHER END OF THE COURT BY THROWING THE GAME BALL OFF THE FRAMED NETTING WITH IT THEN LANDING ON THE GROUND OUTSIDE THE D-SHAPED FORBIDDEN ZONE.***
- ***GUARDING OPPONENTS TO PREVENT PASSING AND/OR SHOOTING IS PROHIBITED. PHYSICAL CONTACT BETWEEN OPPONENTS IS CONSIDERED ILLEGAL***
- ***RULE OF 3: PLAYERS MAY TAKE UP TO 3 STEPS WITH THE BALL, HOLD THE BALL FOR UP TO 3 SECONDS, AND MAY NOT PASS THE BALL MORE THAN 5 TIMES BEFORE SHOOTING AT EITHER NETTED FRAME.***
- ***CHANGE POSSESSION WHEN A PASS IS DROPPED OR NOT COMPLETED.***
- ***IF A SHOT IS CAUGHT BY THE DEFENDING TEAM, THAT TEAM CAN PROCEED TO ATTACK IMMEDIATELY ON EITHER NETTED FRAME.***

RULES FOR GAMEPLAY

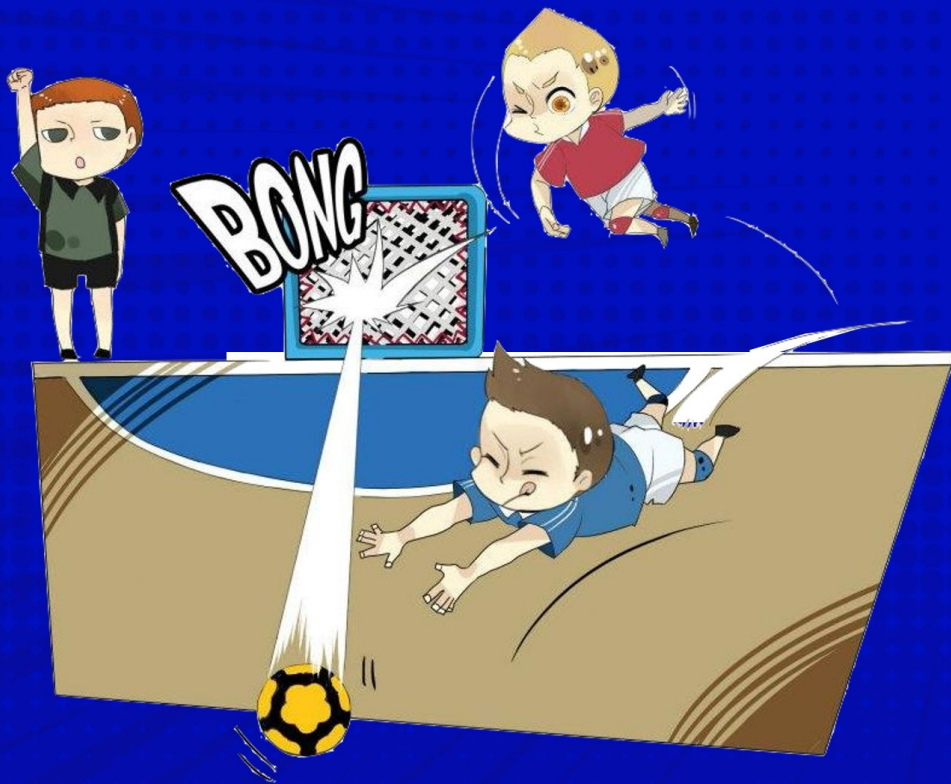


Scoreboard	
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Rules and Gameplay:

- Once the defense (red team) catches the ball, they become the offensive team and the shooting team (blue team) becomes defense.
- The red team can either shoot at the same surface or they can go to the opposite surface
- Remember
 - Only 3 steps with the ball
 - 3 seconds with the ball
 - Up to 3 passes

CRITICAL ELEMENTS FOR TCHOUKBALL



CATCHING

- **THUMBS AND INDEX FINGERS TOGETHER CREATING A DIAMOND.**
- **SLOW THE BALL INTO THE BODY.**

SHOOTING

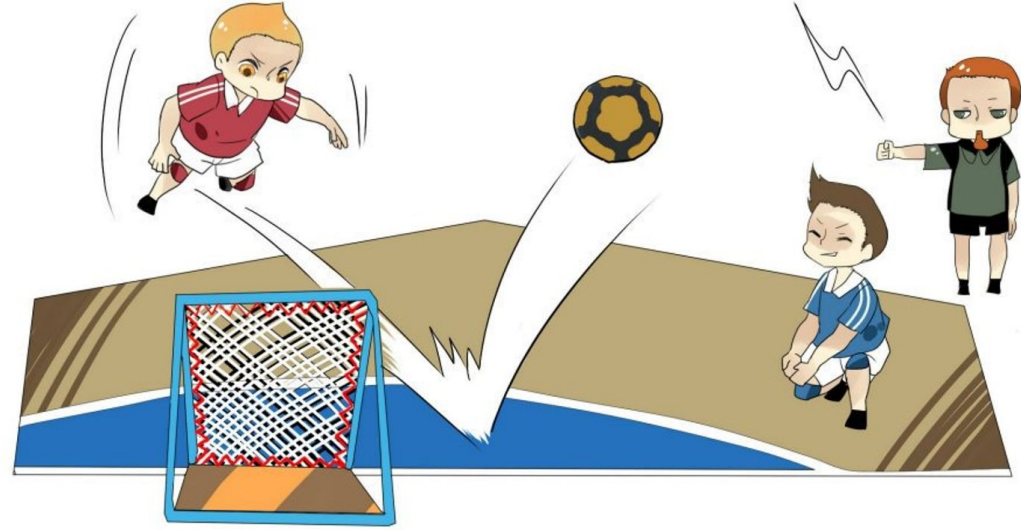
- **GRIP BALL (SO IT RESTS IN PALM)**
- **REACH BACK (AND ABOVE THE SHOULDER)**
- **SNAP THE WRIST**
- **RELEASE (THE SHOT TOWARDS THE GOAL)**

1

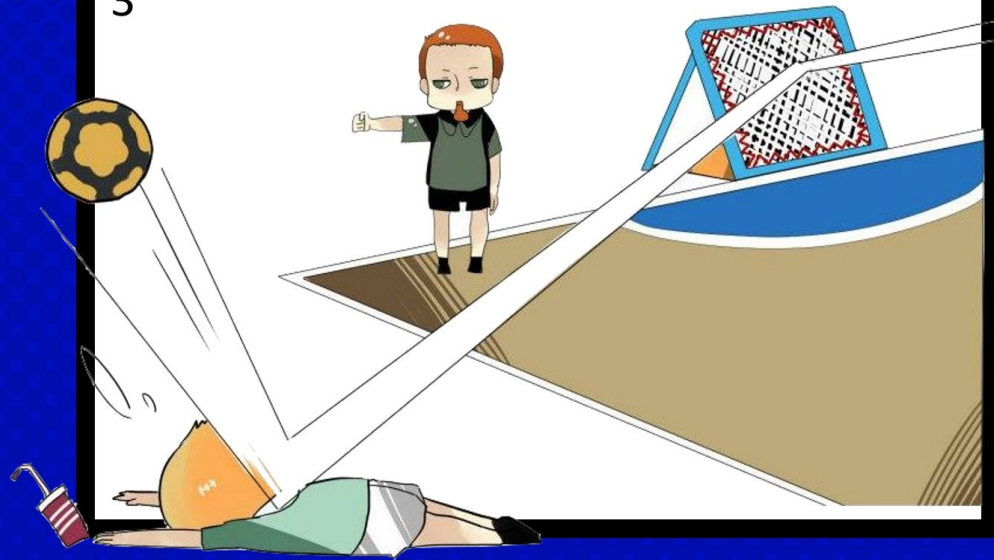
lost a point



2



3





EXAMPLE OF GAMEPLAY