Recreational Team Sports Grupe F15 LAP 2: Tchoukball www.iwadance.weebly.com

Class meetings (7): Sept. 23, E day – Oct 8, F day

**Essential Questions:**

1. What are the necessary elements required for me to successfully engage in tchoukball?
2. What role does good sportsmanship play in the game of tchoukball?
3. What does it mean to be a good teammate and how does that affect gameplay?

**Rationale:**

Tchoukball is a relatively new game that relies on speed, agility, cooperation and teamwork. It helps students develop their athletic skills while becoming better team players.

**Objectives of LAP:**

* become familiar with the rules and history of the game
* demonstrate passing and shooting
* use basic offensive strategies in game situations
* demonstrate understanding of the game while playing

**In class:**

During each class, students will begin with a warm-up followed by stretching and conditioning. Different parts of the game will be introduced and practiced. After students have become familiar with the game of tchoukball, they will play the game.

**Open Lab:**

Students may use Open Lab time to practice skills. Make-up classes are also held during Open Lab time. Contacting the teacher (through email) with your intended OL time is always a good idea. Sign-in to OL in Mrs. Grupe’s studio, T405.

**Assessments**

**Tchoukball Quiz (FA)** – October 5, C day

Quiz over rules, history & vocabulary as defined in LAP

**TCHOUKBALL SKILLS TEST – (SA)** – **OCTOBER 8, F DAY**

demonstration of skill progression and understanding of game strategies

*\*The dates of this LAP may be changed at the discretion of the instructor. Classroom announcements will be made in the event of any schedule changes. It is the student’s responsibility to remain aware of changes.*

# Tchoukball History

When Hermann Brandt invented Tchoukball (pronounced "Chuke-ball") in the late 1960’s he was trying to create a sport that didn't embody the aggressiveness of current team sports, which he felt was putting many people off from taking up sport. The beauty of Tchoukball is that the confrontational aspect of most team sports is removed by not allowing teams to interfere with each others’ game, thus ensuring that each team concentrates on its own game. Great for fitness, tchoukball also requires teams to work together, and improve the qualities of their own team. *The essence of tchoukball is one of fun, speed and teamwork.*

**Tchoukball Rules**

- Each team consists of 5, 7, or 9 players

- Tchoukball is played with two 'rebound frames'. These are situated at both ends of the court.   
- A line runs 3 meters from the center of the bottom of the frame around in a semi-circle. This area is called the 'D' or 'forbidden zone'.  
- The court size varies greatly depending on the ages of the players; a full size international standard court is 40m by 20m in size.   
- Unlike most other team games you can score at both ends.  
- To score a point the ball must be thrown at the rebounder so that it lands over the line of the D.

**Scoring:**

- A point is scored to the team with the ball if it bounces into the air and touches the ground outside the D before the opposing team can catch it.

- A point is scored to the team without the ball if

(1) the throw misses the rebound surface

(2) the ball bounces in the D

(3) the ball hits the player who threw it

- If neither occurs then play continues

- After a point is scored the other team restarts the game behind the scoring frame. The inbound pass does not count as one of the 3 passes. The ball must pass the midline of the court before a shot on goal may be taken

**Fouls:** The ball is given to the other team and the game continues from the spot where the penalty was committed. At least one pass must be made before shooting at the rebound surface.

* Taking more than 3 steps while in possession of the ball before shooting
* Dropping the ball or dribbling it on the ground
* Interfering with the catch or throw of the opponents
* Catching the ball off the rebound surface that was shot by her own team
* Blocking an opponent from moving or freely passing the ball or catching the ball
* Steps out of bounds while in possession of the ball
* Stepping in the forbidden zone while in possession of the ball
* If a team takes more than 3 passes before shooting at a frame
* Contacts the ball with any part of the body below the knees
* Shooting more than 3 times in a row at the same frame (total of both teams)
* Ball not crossing the midline before shooting at the same frame

