

The tchouk, the tchouk, the tchouk is on FIRE!

TCHOUKBALL SKILLS GAME #1

EQUIPMENT

Balls and cones

SKILL AREA

Develops 3 second rule, throwing, catching and teamwork.

VARIATION AND PROGRESSION

- ★ This game could also be played in a line and thrown from one end to the other and back (working on the premise that you can score at either end of the court in tchoukball).
- ★ Multiple balls could be given to each group to pass at the same time.
- ★ Using the line variation, multiple balls can be placed at the end of each group and the aim would be to get them from one side to the other.

THE GAME

- ★ Use group sizes from four and upwards; seven would be ideal, it's the number of players from a team on the field.
- ★ Groups create circle and must pass the ball around the group.
- ★ The ball is on fire so they can only hold it for 3 seconds before passing it on - any longer and they are out.
- ★ If the ball is dropped the player responsible is out.
- ★ The winning team is the team that has the most players still in play at the end of a given time period.

