

# BOOM, tchouk, tchouk, tchouk the room!

## TCHOUKBALL SKILLS GAME #2

### THE GAME

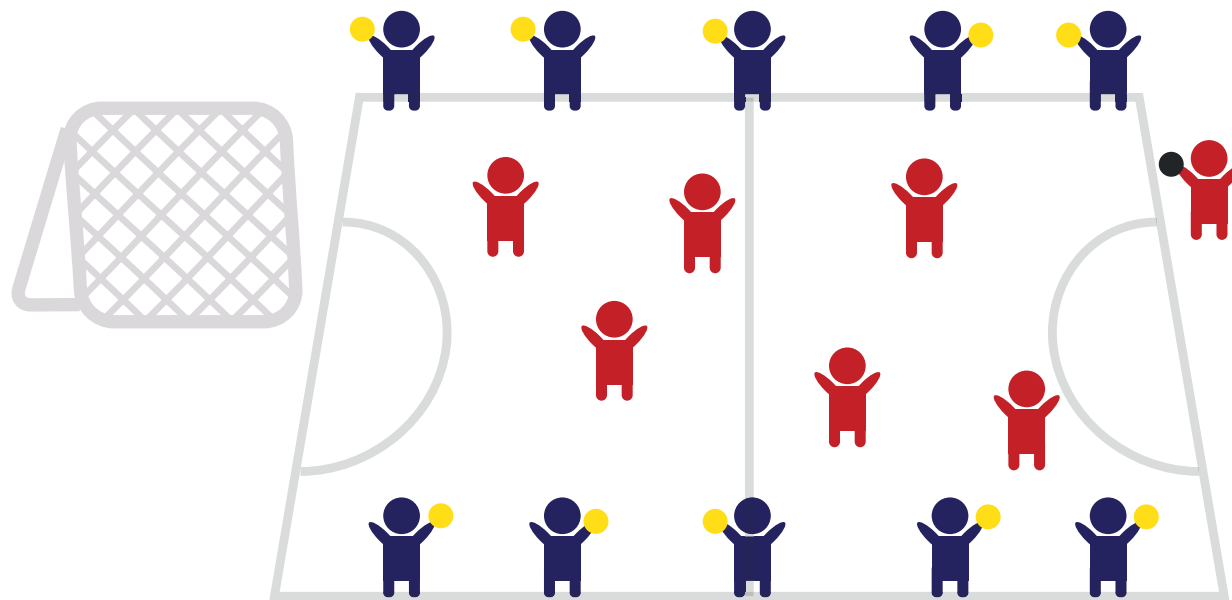
- ★ This game can be played as teams or individuals.
- ★ The player/team shooting at the frame (the attack) starts on the baseline with a tchoukball and the opposition grab a soft ball each and spread out at either side of the court.
- ★ The aim is for the player/team to work their way to the other end of the court and shoot at the frame without the player in possession of the tchoukball being hit with a soft ball below the knee (or waist for added difficulty).
- ★ If the opposition manage to hit the attacking team, reset the game from same end; if the attack is successful reset at the shooting end and restart.
- ★ Change teams after a given period of time or number of attacks.

### EQUIPMENT

Rebound frames (x2), tchoukball, soft balls and cones.

### SKILL AREA

Shooting, throwing, catching and teamwork.



### VARIATION AND PROGRESSION

- ★ Give players fixed positions on the court.
- ★ Introduce the **RULE OF THREE**: 3 steps, 3 seconds and 3 passes.

