

# Use the force tchouk!



## TCHOUKBALL SKILLS GAME #4

### EQUIPMENT

Rebound frames (2-4), tchoukballs, skittles/targets and cones.

### SKILL AREA

Shooting accuracy and use of angles

### VARIATION AND PROGRESSION

- ★ Use more than one skittle/target to hit to increase success rate.
- ★ Introduce a jump before shooting.
- ★ Introduce a player to pass the ball before the shot is taken.
- ★ Introduce 3 steps with ball to shoot (either with or without pass)
- ★ Allow choice of shooting position.
- ★ Vary the position of the target.
- ★ Explore angles and position of shots.

### THE GAME

- ★ Create a 3m tchoukball 'D' around each frame - there can be one or several set up (ideal group size 5-8 players)
- ★ Place a target on one side of the 'D' and shooters on the other (right is easier for right handed players and left for left).
- ★ The aim is to knock over the target, using the **force** of the shot.

