

# The tchouk, tchouk train!

## TCHOUKBALL SKILLS GAME #5

### THE GAME

- ✦ Place 2-4 rebound frames in the centre of the court facing outwards.
- ✦ Each team will line up 3 metres away from the frame, the players at the front have a (tchouk)ball each.
- ✦ The aim of the game is for the players to catch the ball off the frame (before it bounces to the ground). Once caught, they shoot and the next player has to catch, and so on - creating a **tchouk tchouk train**.
- ✦ If a player does not catch the ball, or a player misses the frame when shooting, they are out.
- ✦ The winning team is the one that has the most players or the team that makes the most consecutive catches in a given period of time.

### EQUIPMENT

Rebound frames, tchoukballs and cones.

### SKILL AREA

Shooting, catching (defending) & teamwork.



### VARIATION AND PROGRESSION

- ✦ Change the distance from the rebound frame.
- ✦ Allow run ups to shoot and/or introduce jump to shoot.

