

# The tchouk is on FIRE, take two!

## TCHOUKBALL SKILLS GAME #1.1

### THE GAME

- ✦ Create a circle and divide players in groups of 4 or more, one or more players per group are interceptors and wear a bib.
- ✦ Players pass the ball around the group avoiding the interceptors, encourage players to move when not in possession of the ball.
- ✦ The **tchoukball is on fire** - they can only hold it for 3 seconds - any longer and they are out and swap with a bibbed player.
- ✦ If the interceptors get hold of the ball — either by catching, or blocking then retrieving — they swap with the player who passed it.
- ✦ If the ball is dropped, the player responsible swaps with a bibbed player.
- ✦ If the pass is inaccurate and touches the floor/lands outside the zone, the player is out and swaps with a bibbed player.
- ✦ The winning team is the team that has completed the most passes before a player swapped out.

### EQUIPMENT

(Tchouk)balls, bibs and cones

### SKILL AREA

Develops 3 second rule, throwing, catching and teamwork.



### VARIATION AND PROGRESSION

- ✦ Use two teams of equal numbers and keep count of the total passes made, most passes within team without fault wins.
- ✦ Multiple balls per group to pass at the same time.

