Tchoukball Study Guide

- Game of Tchoukball originated in Sweden.

Basic Rules

(REMEMBER, we are playing a modified game in PE class to better suit our class needs!)

1. No Dribbling of the ball. (Passing or running with it is allowed)
2. The player with the ball must make a move within three seconds of possessing it.
3. No physical contact or knocking the ball out of an opponent’s hand is permissible.

Types of Shots

1. Lob – Soft shot
2. Javelin – Hard shot

Ways to Score

For Your Own Team:

If you hit the ball off the target, and it hits the ground before the other team can catch it, you score a point for your own team.

For the Other Team:

- If your shot completely misses the target
- If your shot hits the frame of the target
- If your shot is touched by a member of your own team, or yourself before it hits the ground.

Physical Skills Developed

- Aim and accuracy
- Reaction time
- Hand-eye coordination