TCHOUKBALL

UNIT PLAN

What is Tchoukball?

Tchoukball is an exciting, continuous team game. The object of the game is to hit the ball off of the rebound surface and have it hit the ground before the other team is able to catch it. One of the cool differences between this sport and other team sports is that there are no designated sides and teams can score on either rebound surface. Another difference is that the defense cannot intercept or block the ball— they must defend by positioning themselves to catch the ball after it rebounds from the opposing team. Other cool things to consider:

• It is named after the sound it makes when the ball hits the frame
• Helps students learn about angles, develop decision-making, etc.
• The goal of the game is much different from other sports
• It is a team sport that is unlike any others meaning students who are not as involved may have a chance to excel as all students get used to and learn about this game
• It is accessible and can be played by young, old, male, female, and mixed teams

How do you score?

The offensive team scores a point by:

• Throwing the ball so it bounces off a rebound surface and lands on the ground outside of the forbidden zone.

The defensive team scores a point if:

• The offensive team misses the rebound surface on a throw
• The offensive team rebounds the ball out of bounds
• The offensive team puts the ball into the forbidden zone
• The offensive team throws the ball against the rebound surface and it comes back and hits them
What is a penalty?

The following are considered penalties and would result in the other team getting the ball where the foul occurred:

- Taking more than three steps with the ball
- Stepping out of bounds or into the forbidden zone while in possession of the ball
- Blocking an opponent from moving or passing the ball
- Intercepting a pass from the other team
- Dropping the ball
- Catching a ball thrown by your team off of the rebound surface
- The ball being thrown at the frame of the rebound surface and changing direction
## Possible Unit Outline

### Grade 7

(Potentially any grade - make adjustments to lessons and outcomes as necessary)

<table>
<thead>
<tr>
<th>Lesson</th>
<th>SLOs</th>
<th>Equipment</th>
<th>Activities</th>
<th>Considerations</th>
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</thead>
</table>
| **1**  | A7-5 | -Balls    | • Discuss the object of the game of tchoukball  
• Small group collaboration to come up with drills/mini-games for warm-up or practice purposes  
• Continuous Rebound Relay Drill | • Ensure students are aware of the ball and the angles it might rebound at  
• Ensure activities by students |
| **2**  | A7-5 | -Balls    | • Discuss the full rules for Tchoukball  
• Mini rebound game  
• Ball tag with no interference on defense | • Ensure students are aware of the rules in each game  
• Ensure the space is sufficient and clear from items |
| **3**  | A7-2 | -Balls    | • Review the rules from previous day  
• Attempt a slower-paced tchoukball game | • Instruct students to be alert  
• Ensure playing area is clear of items |
<p>| <strong>4</strong>  | A7-2 | -Balls    | • Students discuss strategy ideas in small | • Instruct students |</p>
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<thead>
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<tbody>
<tr>
<td>A7-11</td>
<td>C7-3</td>
<td>C7-5</td>
<td>D7-1</td>
<td>-Pinnies</td>
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<tr>
<td>groups</td>
<td>• Discuss playing positions</td>
<td>• Divide into teams and play games</td>
<td>to be alert</td>
<td>• Ensure playing area is clear of items</td>
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<tr>
<td>5</td>
<td>Games w/ Assessment Begin</td>
<td>A7-2</td>
<td>A7-5</td>
<td>C7-3</td>
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<tr>
<td></td>
<td>Review rules if necessary</td>
<td>• Play games and assess students on the outcomes decided upon</td>
<td></td>
<td>Instruct students to be alert</td>
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<tr>
<td>6</td>
<td>Games Continued</td>
<td>A7-2</td>
<td>A7-5</td>
<td>C7-3</td>
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<td></td>
<td>Play games and assess students on the outcomes decided upon</td>
<td></td>
<td>Instruct students to be alert</td>
<td>• Ensure playing area is clear of items</td>
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<tr>
<td>7</td>
<td>Tournament</td>
<td>A7-2</td>
<td>A7-5</td>
<td>C7-3</td>
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<tr>
<td></td>
<td>Create a round robin tournament and keep track of points to engage students while they are assessed based on outcomes decided upon</td>
<td></td>
<td>Instruct students to be alert</td>
<td>• Ensure playing area is clear of items</td>
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<tr>
<td>8</td>
<td>Tournament Ends</td>
<td>A7-2</td>
<td>A7-5</td>
<td>C7-3</td>
</tr>
<tr>
<td></td>
<td>Continue round robin tournament and keep track of points to engage students while they are assessed based on outcomes decided upon</td>
<td>• Play a final short game with the winning teams at the end of this class</td>
<td></td>
<td>Instruct students to be alert</td>
</tr>
</tbody>
</table>
Resources Used

The following links were used in the development of this unit plan and provide a lot of other information and drills not presented here:

https://www.ldcsb.on.ca/Programs/recreationprogram/Tchoukball/Documents/Tchoukball%20Rules.pdf


Lesson Plan 1

Lesson Title: Tchoukball 1

<table>
<thead>
<tr>
<th>SPECIFIC OUTCOMES</th>
<th>LEARNING OBJECTIVES</th>
<th>ASSESSMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A7-5</td>
<td>Collaborate to design a tchoukball drill</td>
<td>- Formative assessment to see how to progress this lesson/unit</td>
</tr>
<tr>
<td>C7-3</td>
<td>Demonstrate an understanding of the main idea of tchoukball</td>
<td>- Daily effort/participation mark</td>
</tr>
<tr>
<td>C7-4</td>
<td>Demonstrate ability to move into position for catches</td>
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<tr>
<td>C7-5</td>
<td>Demonstrate understanding of angles for rebounding</td>
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<td>D7-1</td>
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<tr>
<td>D7-4</td>
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</tbody>
</table>

MATERIALS/ EQUIPMENT/ SET UP
- Balls
- Rebounds

PROCEDURE
Discuss

Objective of tchoukball:
- Ask students if any of them have had any experience with the sport and can explain what the main idea is
- If not, explain to them that the object of the game is to hit the ball off of the rebound surface and have it hit the ground before the other team is able to catch it.
- If possible, show a short YouTube clip of tchoukball being played

Specific skills:
- Have students discuss with a small group what skills would be important in this sport. In drills, what sort of things would be important to practice?

Drills

Collaboration:
- Have students work in groups to come up with a drill/class activity that would either serve as a warm up or practice drill for the sport. They can use any equipment available considering that not all groups will be able to use the rebound surface

Try all drills:
- As a class, visit each group and allow them to explain and demonstrate their drill
- As a class, participate in each group’s drill- allow more time for drills that go well and demonstrate the skills necessary for tchoukball
Continuous Rebound Drill:
- Have students form two lines at each rebound surface with one ball at each. Person in line A should throw the ball at the rebound with the intent of the person in line B catching it. The person who caught it then throws it against the rebound for the next person in line A.

Sponge Activity

Rebound Game:
- One group of students plays at each rebound surface. The person with the ball throws it and everyone else tries to rebound it. If the ball hits the floor, then everyone aside from the thrower must do 5 jumping jacks, push-ups, or any other “punishment”. The person who catches it (or picks it up from the floor) is now the thrower and attempts to rebound it so that it hits the floor.
Lesson Plan 2

Lesson Title: Tchoukball 2

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</tr>
</thead>
</table>
| A7-5              | • Demonstrate understanding of tchoukball rules  
|                   | • Apply knowledge of rules to game situation  
|                   | • Apply knowledge of angles to demonstrate effective gameplay | - Formative assessment to see how to progress this lesson/unit  
| C7-3              |                     | - Daily effort/participation mark |
| C7-5              |                     |             |
| D7-1              |                     |             | 

MATERIALS/ EQUIPMENT/ SET UP

- Balls
- Rebounds
- Pinnies

PROCEDURE

Discuss

Rules
- Ask students to volunteer answers describing the rules of tchoukball
- Fill in any areas that are missed
- Emphasize the defensive rules as they are very different from many other team sports and it can take a while for them to catch on

Drills

Rebound Game:
One group of students plays at each rebound surface. The person with the ball throws it and everyone else tries to rebound it. If the ball hits the floor, then everyone aside from the thrower must do 5 jumping jacks, push-ups, or any other “punishment”. The person who catches it (or picks it up from the floor) is now the thrower and attempts to rebound it so that it hits the floor

Ball Tag Game:
Two teams (separated by pinnies) play tag against each other. This could also be separated into two smaller games if deemed necessary. You can only tag someone using the ball- touching them with the ball while it is in their hand, not throwing it. The teams must work together to pass the ball around and tag members of the other team. The key here is that the defense cannot intercept or interfere with the team that has the ball- they can only put themselves in a position to not get tagged. This game practices the essential rules of defense in tchoukball
Sponge Activity

**Play:**
Using the teams from the previous drill, split in half and play a game of tchoukball using the official rules. Do 2 or 3 minutes shifts so there is not too much down time. Blow the whistle any time something of significance happens and discuss how to proceed so that when full games start it will go much smoother.
Lesson Plan 3

Lesson Title: Tchoukball 3

<table>
<thead>
<tr>
<th>SPECIFIC OUTCOMES</th>
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</thead>
<tbody>
<tr>
<td>A7-2</td>
<td>• Apply understanding of tchoukball rules in a game</td>
<td>-Formative assessment to see how to progress this lesson/unit</td>
</tr>
<tr>
<td>A7-5</td>
<td>• Apply knowledge of angles to demonstrate effective gameplay</td>
<td>-Daily effort/participation mark</td>
</tr>
<tr>
<td>C7-3</td>
<td>• Demonstrate defensive play</td>
<td></td>
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<tr>
<td>C7-5</td>
<td>• Cooperate with classmates</td>
<td></td>
</tr>
<tr>
<td>D7-1</td>
<td>• Demonstrate full participation in activities</td>
<td></td>
</tr>
</tbody>
</table>

MATERIALS/ EQUIPMENT/ SET UP

- Balls
- Rebounds
- Pinnies

PROCEDURE

Discuss

Rules
- Review the rules by questioning the students

Safety
- Discuss safety rules and guidelines including being aware at all times of the ball and where people are

Drills

Rebound Game:
One group of students plays at each rebound surface. The person with the ball throws it and everyone else tries to rebound it. If the ball hits the floor, then everyone aside from the thrower must do 5 jumping jacks, push-ups, or any other “punishment”. The person who catches it (or picks it up from the floor) is now the thrower and attempts to rebound it so that it hits the floor

Play:
Split class into four teams and play a game of tchoukball using the official rules. Do 2 or 3 minutes shifts so there is not too much down time. Blow the whistle any time something of significance happens and discuss how to proceed so that when full games start it will go much smoother. Students while on the sideline should be paying attention to what is happening as they may be called upon to answer questions like “what happens now since red threw the ball in the forbidden zone?”
Sponge Activity- if games are not going well and students are having difficulty with the defensive play in tchoukball switch back to the ball tag game from the previous lesson to practice those skills

**Ball Tag Game:**
Two teams (separated by pinnies) play tag against each other. This could also be separated into two smaller games if deemed necessary. You can only tag someone using the ball- touching them with the ball while it is in their hand, not throwing it. The teams must work together to pass the ball around and tag members of the other team. The key here is that the defense cannot intercept or interfere with the team that has the ball- they can only put themselves in a position to not get tagged. This game practices the essential rules of defense in tchoukball.
Lesson Plan 4

Lesson Title: Tchoukball 4

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<tbody>
<tr>
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<td>• Apply knowledge of rules to game situation</td>
<td>-Formative assessment to see how to progress this lesson/unit</td>
</tr>
<tr>
<td>A7-5</td>
<td>• Apply knowledge of angles to demonstrate effective gameplay</td>
<td>-Daily effort/participation mark</td>
</tr>
<tr>
<td>A7-11</td>
<td>• Cooperate with classmates</td>
<td></td>
</tr>
<tr>
<td>C7-3</td>
<td>• Demonstrate use of offensive and defensive strategies in tchoukball</td>
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<td>C7-5</td>
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<tr>
<td>D7-1</td>
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</tbody>
</table>

**MATERIALS/ EQUIPMENT/ SET UP**
- Balls
- Rebounds
- Pinnies

**PROCEDURE**

**Discuss**

Rules
- Quickly review rules and safety from previous class

Strategy
- Have students discuss in groups what some strategies used in tchoukball might be.
- Have some students volunteer their answers
- Make sure both offensive and defensive strategies are used

**Play (with “strategy breaks”):**
Using the teams from the previous day or new ones, play a game of tchoukball using the official rules. Do 2 or 3 minutes shifts so there is not too much down time. Have students discuss strategies in their teams while they are on the sidelines. Stop periodically to ask about strategies used. Identify when a team uses a strategy effectively
Games Classes

The rest of the lessons in this unit plan are essentially game play classes and can be done in different ways. If you have a particularly competitive group it might be a good idea to switch it up from the regular games like in the first few lessons and create a round robin tournament with finals. Some classes will be completely content to just play games and not worry about keeping track. Do what works best for the individual class.

Tips for running a mini-tournament in PE class:

- Make sure the teams are compatible- they don’t need to be with their best friends, but make sure that the people on each team will be able to get along for the 2-3 days of the tournament
- Allow them to make team names or a cheer if they are into that kind of thing as it can help keep them more involved
- Use the score clock to make the score and time visible to all students if possible
- Keep track on a whiteboard of wins/losses so it is visible to all students
- If you are playing a final game with the top two teams at the end of the unit make sure that all teams have played the same amount of games to avoid arguments
- If possible have some sort of prize for the winners
- It might also be fun to have prizes that can go to any of the players/teams in the tournament like for “most improved” or “MVP”, etc.