

Rock, paper, scissors, TCHOUK!

TCHOUKBALL SKILLS GAME #6

THE GAME

- ✦ Create 4-6 groups that can compete against each other (e.g. Group 1 vs Group 2, Group 3 vs Group 4, etc.)
- ✦ Set up frames opposite the groups with a ball placed between the groups competing.
- ✦ A player from each of these teams comes forward and stands back to back with the opposition.
- ✦ The teacher/coach shouts: “**Rock, paper, scissors, tchouk!**” On the call of ‘tchouk’ the two players turn around and show their action.
- ✦ The winning player must run to retrieve the ball and shoot at the frame to score a point, the loser tries to catch the shot.
- ✦ If it is a draw, players race to the ball. The first one there gets to take the shot.

EQUIPMENT

Rebound frames, tchoukballs and cones.

SKILL AREA

Reaction times, throwing, shooting (attacking) and catching (defending).



VARIATION AND PROGRESSION

- ✦ Give the losing player the chance to stop the point by catching the ball, after the shot, before it bounces.

