



KS3 Tchoukball



Passing – Short, long, Power, Chest, Underarm

Catching – On the Move, Receive, Release

Shooting – Placement, Accuracy, Feint, Angle

Defending – 1st Line, 2nd line, Shuffle, rebound

Rules of Tchoukball

-3 Seconds with the ball

-3 steps

-Up to 3 passes and shoot

-Only 3 shots at one end

-No interceptions No obstructions

-Not allowed to drop the ball

-Not allowed in the scoring D

-Do not catch your own shot

-Goal when ball lands outside D

-Goal against if it lands inside D

-Breakdown if it hits frame

and lands outside D

Other Keywords

Switch

Centre pivot

Back line pass

Frame Ball

Breakdown

Focus - Warm up /Cool down

3 part warm up- All sessions start with a warm up to prepare our bodies for exercise

Pulse raiser – jog, skip, jump

Stretches – Hamstrings, Quadriceps, Deltoids, Biceps, Triceps

Linked to skills – lunging, jumping, changing direction

Physical Education
“Actively Engaging in Challenge”