

## 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