

Tchoukball – Session 4: Throwing with accuracy to a partner

Age: Year 4/5/6

Learning Objective / Skill: I can throw the ball onto the rebound net to pass to a partner from different angles

All: I can hit the net from different angles and get the ball to rebound to my partner

Most: I can consistently catch a pass from my partner that hits the net when thrown at different angles

Some: I know and understand where to stand to pass/catch

Equipment

- 4 x Tchoukball nets
- Balls
- Cones
- Bibs

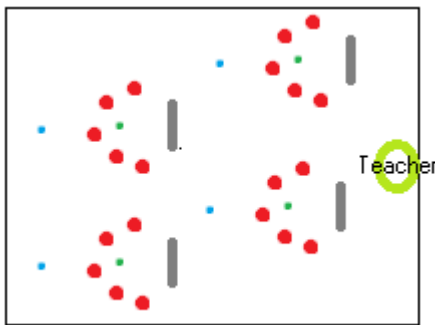
Time: 50 minutes

Space: School Hall/Playground

Warm Up Activity: Shooting

Aim of Activity: To increase heart rate

Recap: Shooting



Semi Circle Shots: 10 minutes

- Teacher demo – Recap underarm shot
- (See diagram right) have the groups in a semi-circle around the net
- Number pupils 1-5 then take it in turns throwing the ball onto the net - **anyone in the group can catch/stop the ball**
- Recap to the class about the angles at which the ball will bounce off when thrown.

Skill Session: Shooting

Aim of Activity: Scoring a goal

Organisation

Total Time: 20 minutes (Coach/Teacher to move on activity when they feel is necessary)

Activity 1: Double Trouble 10 mins



- This time, 2 members of the group will run up to the net, the ball carrier must shoot at the net, and their partner must catch the rebound, then shoot and pass back to their partner via the net, then return and give the ball to the next 2 pupils waiting.

Ask pupils to remind themselves from last week where to stand when shooting/catching

Activity 2: Where to stand? 10 mins



- Put 4 different colour cones around each rebound net.
- Pupils repeat what they did in 'Double Trouble', but the ball carrier must run to a colour of their choice
- **The ball carrier must wait for their partner to select a cone to stand at before they shoot at the target**
- This encourages pupils to stand at the correct angle to receive the ball
- Ask more able pupils to coach others in their group

Recap:

Simplification

Move group closer

Progression:

Try different passes- over arm, shoulder, chest pass
Must catch the rebound for it to count
Move group further away

Activity 1/2:

Simplification:

Place spots where pairs should stand

Progression:

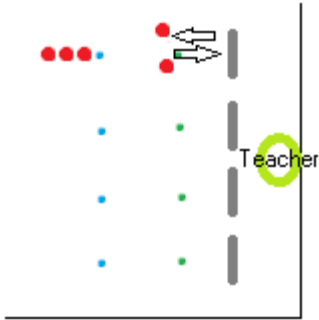
Goal only counts if a rebound is caught

Main Session: Tchoukball Relay

Aim of Activity: To know the right time to pass the ball

Organisation

Time: 10 minutes



- 1 person in the group stand at an angle by their net.
- When the teacher says GO! the first person in the line runs to the net with the ball, shoots at the net to pass to the 'Catcher', the catcher then passes back to the shooter and they run back and give (not throw) the ball to the next person who repeats.
- Pupils have **3 attempts only** to catch the ball – if they catch first time, they can go back to their group, after the 3rd try at catching, they must go back

(losing time!)

- The winners are the first group to have everyone pass to the catcher.
- Change the 'Catcher' and repeat

Simplification:

Allow pupils to just collect the rebounds

Move closer to the nets

Progression:

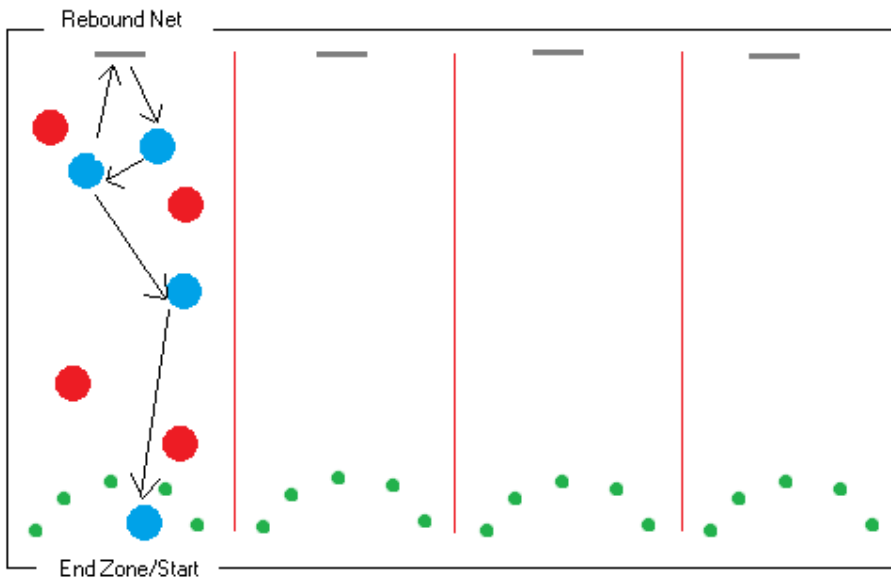
Not allows to drop the ball, if dropped, must continue until caught.

Game Session: 10 Minutes

Teamwork Tchouckball

FOCUS: To get pupils passing to each other using the rebound net

Set the Hall/Playground into 4 pitches like below: **RECAP from last week.**



Split group into 8 different teams. Ask teams 1 and 2 to help demonstrate the game.

- Game starts with one person in the end zone with the ball
- If you have the ball you must not move
- If a team drops the ball, the other team get the ball and **start from where the ball was dropped**
- The aim is to pass the ball down the pitch until one person can shoot at the rebound net, and **a different player on their team catch the rebound.**
- Once caught, the ball must be passed back to the end zone without being dropped.
- Once completed, the team that scored gives the ball to the other tem
- No Intercepting or tacking allowed

Game Differentiation

Simplification:

Allow ball to be dropped.

Place spots around the net to identify where to stand for rebounds and shots

Spit the pitch into different sections where 1 player stands (this prevents crowding)

Progression:

If ball is dropped, the team that gain possession must start from the end zone.

Ask pupils to 'mark' the other team as they move around – remember, **no tackling!**

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<u>Evaluation/Cool Down</u>	<u>Aim of Activity:</u> To evaluate the skills learnt in the session
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<u>Organisation</u>	Time: 5 minutes
<ul style="list-style-type: none">• Ask a child to demonstrate their pairs shooting and catching at the net.• Ask the rest of the group to talk to a partner to evaluate the shot and rebound, each pair to discuss and decide on 2 stars (two elements of the pass that were successful) and 1 wish (an element that they could improve on) for the child who demonstrated.• Ask for volunteers to share their thoughts with the group.• Encourage children to use the vocabulary that was used in skill session (e.g. feet apart, follow through at your target).	