TECHNICAL SHEET N°3

TCHOUK BALL/PASS AND GO



**Educational objective**: Being able to shoot at target and catch a ball

**Organisation :** Two teams in two rows in front of a target.

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**Game rules :** The first player in the left column shoots on target. The first player of the other team (right column) must catch it after the rebound, then re-start it and it is to the next one in the right column to catch it, and so on . After shooting, the players go back at the end of the column. The winning team is the one who has caught the most balloons.

**Duration of the game** : 10 minutes

**Equipment :** Area delimited, Tchouk frame, and two handballs.