

Unique Large Group Games

Dealing with the challenges that come with large class sizes by introducing games and sports from around the world that are easy to learn and that offer large amounts of opportunities for students to respond.

Tchoukball

Gaelic Football

Takraw

Hocker

Swatball

(Boxball)

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Tchoukball

- Invented in Europe 20 years ago.
 - Designed as a "teamwork scoring" game.
 - Tchoukball is the only game, the creators say, where two players must touch the ball to score a goal. You'll see what I mean.
 - The goal is created by setting a folding table on its side and leaning it against the wall or a stand to form flat surface at a 45 degree angle.
 - Played with six inch playground ball.
 - The ball is moved by dribbling, and passing.
 - The ball may not be carried more than three steps.
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- To score a goal, the ball is thrown off of the goal and rebounded to a teammate who must safely catch the ball before it bounces again.
 - A shot on goal may be blocked or stolen before it is caught by the second player.
 - No contact is allowed between players.
 - To start the game, and after a score, players are spread out on their half of the court. From mid-court, one team passes the ball sideways or backwards between two players. Once the ball is touched by the second player the game begins.
 - Game is started after a violation or foul with a restart at the spot of the violation or foul. The ball is passed into play, as the opposite team stands six feet away.

Irish Gaelic Football

- The game is played on a field around 120 yards long by 80 wide
- Each team has 15 players including a goalkeeper
- The goals consist of a soccer goal with a rugby/football post above it.
- When in possession only 4 steps are allowed with ball in your hands.
- After every four steps a bounce or a toe tap is required when soloing the ball down the field.
- The ball cannot be bounced twice consecutively unless it has not been caught.
- When touch tackling a player 1 foot must remain on the ground at all times.
- A definitive "striking action" is required when passing with the hands either a fist or palm pass.
- Fouls and a free kick from the ground or from hands is called for when...
 - o Overcarry (2 bounces/more than 4 steps)
 - o Throwing the ball
 - o Tackling with two hands
 - o Pushing/kicking
 - o No definitive pass is made with the fist or palm
 - o Lying on the ball or picking it up off the ground with knees or hands
 - o Jersey tugging
 - o Contacting a player from behind or when player does not have ball.
- A penalty is awarded if a foul occurs in the small rectangle and is taken from the center point on the 13m line from the ground. Only the goalkeeper may stand in front of the ball

Scoring

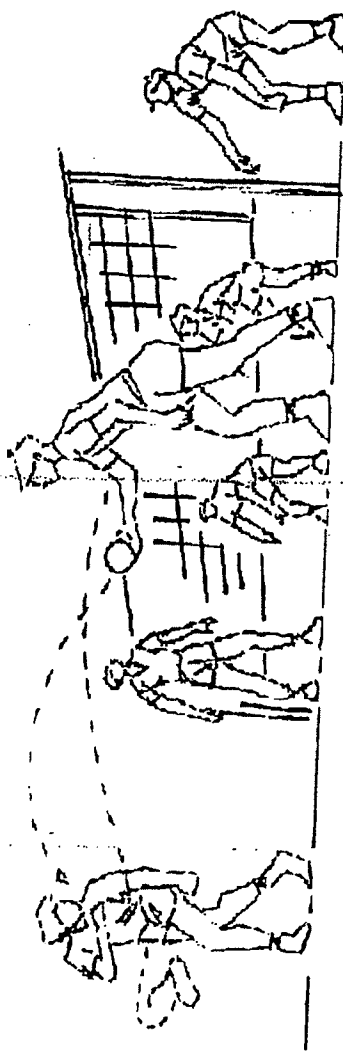
- 3 points are awarded for a goal scored in the soccer goal
- 1 point is awarded for a goal scored between the rugby goals
- For a goal to stand, the ball can ONLY be kicked or fisted in
- Balls CANNOT be carried or dribbled over the line
- Play restarts from the 13m with the goalkeeper if a goal is scored or the shot has went wide.

SEPAK TAKRAW (Kick Volleyball):

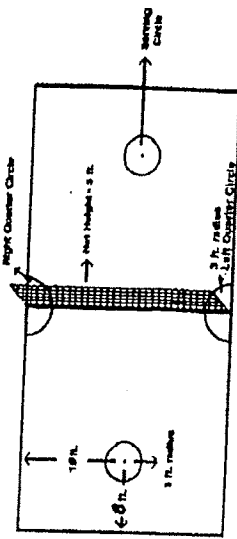
SEPAK TAKRAW is a fast-paced, action-packed sport played by two opposing regus with three players on each side. Each regu is permitted to hit the takraw ball three times before it must cross the net again, similar to volleyball but without using hands or arms. Another major difference is that the same player may hit the ball all three times if he or she chooses.

STRATEGIES:

The strategies in Sepak Takraw are very similar to those in volleyball, but using only the body parts that are allowed in soccer. The receiving team will attempt to play the takraw ball towards the front of the net, usually having all 3 players involved in making the best use of their 3 hits to pass, set and spike the ball - all without the use of hands or arms, so it's like soccer-volleyball!



THE COURT:



Note: court dimensions and net height are the same as in doubles badminton.

PLAYER'S POSITIONS:

1. The serving regu's (team's) Forwards must remain in their 'quarter circles', while the back player, the Tekong (Server), must have only one foot in the 'serving circle', until the ball is contacted by his/her foot.
2. The receiving regu's players may stand anywhere on their side of the court, but usually the Tekong stands just in front of the serving circle with the Forwards on either side of him/her.
3. Players are allowed to move freely on their sides of the court once the ball has been served.

TO BEGIN PLAY:

The game begins by one of the Forwards tossing the takraw ball back to the Tekong. The Tekong must then kick the ball, with the foot that is outside the serving circle, into the opponent's court in one try (usually with an extended version of the Inside Kick). The serve is still good if the ball hits the net as it goes into the other opponent's side of the court.

SCORING:

1. A point is awarded on every rally ... to the regu that did not fault.
2. A fault by the regu possessing the ball also constitutes a 'loss of serve'.
3. A set is won by scoring 21 points, but must win by 2 points, up to 25.
4. A match is won by winning two out of three sets.
5. A 'tie break' set only goes to 15 points, but must win by 2, up to 17.

FAULTS:

1. The Tekong does not kick the ball over the net from the service boss.
2. The ball falls to the ground inside or outside of the court.
3. The ball is hit more than three times in succession by one side.
4. The ball hits the net but does not go over it.
5. The ball hits the hand or arm of a player.
6. Any part of the body touches, crosses the plane or goes under the net.
7. The ball is stalled (stops) on a player's body instead of bouncing off.

Note: One player may hit the ball two or three times consecutively. The ball may be hit up to 10 feet outside court's perimeter.

FIRST BALL:

When receiving a serve, stay low and deflect the oncoming ball upwards (head and thigh shots are highly effective for this purpose).

SETTING:

Setting is a skill which is executed by propelling the ball high above the net to enable the same, or another, player to smash the ball into the opponent's court. Usually a Forward with the best ball control is Setter.

SPIKING:

After the ball has been set, it can be spiked down into the opponent's court by a Spiker's head or foot. This is the most effective and dramatic move in the sport. Usually one of the Forward players is designated the "Primary Spiker" to limit confusion. The other Forward (Primary Setter) still spikes when the "Primary Spiker" can't get to the ball.

BLOCKING:

A block is a defensive skill used mainly for the purpose of preventing a spiked ball, that is coming from above and close to the net, from being drilled into the defending side. A block is usually made by jumping and raising the side of one's foot and leg above the net, or by turning and jumping up with the back to the net ... never face the net.

JUST SOME OF THE OTHER TAKRAW PRODUCTS AVAILABLE:

- "SEPAK TAKRAW - Just For Kicks" VIDEO CAN \$21.99 / US \$17.20
20 min. of action-packed Takraw that takes you from the basics to the pro. Excellent instructional tool and A MUST SEE! (also get 2 other great videos)
- TAKRAW 101 - COMPLETE MANUAL CAN \$26.00 / US \$23.00
- 108 pages, history, equipment, terminology, lessons, lead-up activities & games, skills how to's and drills, strategies, diagrams, photos, training programs, tests, check lists, official rules, etc. (also get 2 other useful books)
- SEPAK TAKRAW T-SHIRTS (spaliter graphic) CAN \$16.00 / US \$12.00
- PORTABLE TAKRAW NET SET CAN \$297.99 / US \$248.30
This versatile, light weight (5 kg) system sets up in 5 minutes. It comes complete with telescoping poles, net, court lines, stakes, three balls, Takraw 101 Manual, Rule Book, 'Just For Kicks' instructional video and carrying bag.

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THE GOAL TO ACHIEVE:

The goal in any form of Takraw is to keep the hand-woven ball in the air for as long as possible by hitting it with any part of the body except hands/arms.

Takraw challenges an individual's assumptions of what they are, and are not, capable of doing. As you gain control of the takraw ball, you will find it very rewarding when you can easily whiz through a string of consecutive kicks or place an accurate pass to another player. While amazing yourself and your friends, you will also be having fun, greatly increasing your eye-foot coordination and overall ball control (super for enhancing and refining soccer skills), strengthening your legs and really increasing your flexibility.

GETTING STARTED:

Try the FIVE BASIC KICKS/SHOTS shown here. These kicks may seem awkward at first, but be patient and practice each kick individually. What was impossible yesterday can be achieved today. Once the basics are learned, try the free style kicks (and make up some of your own), then you can play a whole series of games, including the ones below.

SOLO PLAY:

The object of play is for you to be able to keep the takraw ball in the air as long as possible without using hands or arms ... anything else goes!

CIRCLE GAME:

The object of the traditional "Circle Game" is the same as "Solo Play", except with a group of players standing in a circle. This activity was played as far back as the 14th century in India, Laos, Malaysia, Myanmar (Burma), the Philippines and Thailand using a similar ball that was woven out of a reben material, available in abundance there at that time.

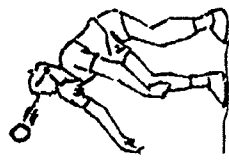
SEPAK TAKRAW - THE NET GAME

"Sepak" is Malay for "kick" and "Takraw" is Thai for the "hand-woven ball" that is used. In 1945 enthusiasts added a court and net with the same dimensions as in doubles badminton, and a set of rules similar to volleyball (without using hands or arms) to form a fantastic spectator sport with world championship tournaments held in Malaysia, Thailand and other countries.

In western countries, pockets of experienced Asian players, many of who came from Laos in the 1970's, were among the first to introduce the sport to other interested onlookers. Now Sepak Takraw is an official sport under the Olympic associations of many countries around the world and is gaining popularity in N. America & Europe. So, go ahead, by it ... just for kicks!

5. THE HEADER ...

The fifth basic hit is the Header, and it is used frequently in games to deflect upwards a high angle pass or fast serve to the upper body. With legs flexed at the knees, put the top of your forehead in front of the ball, lifting up your chin and spring up from the legs as the ball strikes the forehead so as to deflect it up high in your own court. Don't close your eyes, in fact look up to where you want the ball to go as it hits your head, and it will usually go there.



GENERAL HELPFUL HINTS:

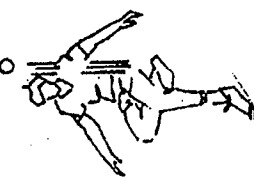
- Always be in a ready stance, with feet pointing ahead and shoulder width apart, knees slightly bent, weight low and slightly forward.
- With the basic kicks/shots, usually, you should try to face the forward direction that you want to direct the ball to as you contact it.
- Approach contact with the ball in a slow, easy and relaxed fashion ... it is more important to first develop good timing and control (knowing when and how to contact the ball) than it is to kick the ball hard.
- The support leg provides your balance so should maintain a low profile and be flexed at the knee as your other foot executes the kick.
- Ambidexterity is key to being a more versatile player ... when ball approaches your right side, kick it with your right foot - left side, left foot.
- Defense is a vital aspect of the game, practice "Wall Rebound" (kick ball repeatedly against wall, control rebounds) and other drills to improve.

FREE STYLE:

This is your chance to expand on your basic kicks and come up with some more challenging moves of your own. Here are a couple to get you started.

FULL JESTER ...

Leap off the same foot that you'll use to kick the ball. Cross your kicking foot behind and under your other leg. Lift your kicking foot, turning your ankle and making contact with the ball with the flat surface on the inside of your foot.



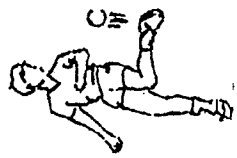
HAND LOOP ...

This move can be done with a number of kicks. Position your arms to form a loop. The idea is to have the ball first fall through the hand loop then kick it back upward through the loop.



1. THE INSIDE KICK ...

There are 6 basic kicks/shots that any good player will have mastered. The most important of these is the inside kick, for it provides maximum ball control. Use this kick to field a ball dropping in front of you. With your support leg flexed at the knee, lift up your other leg and swing the foot and lower part of the leg in and up sideways like a pendulum in front of you, turning the ankle so that you hit the ball with the flat surface of the inside of your foot. The inside kick is commonly used for passing and setting the ball up high for a spike.

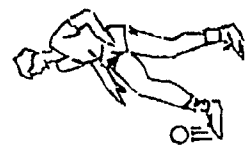


2. THE OUTSIDE KICK ...

The Outside Kick is used when the Takraw ball drops outside your shoulders and slightly behind you. It is similar to the inside Kick in that your leg swings like a pendulum, but out and upward (rather than in and upward). Shift your weight to support foot as you lift kicking leg up away from body. Turn your ankle so that toes are pointing out (not down), which enables you to kick the ball up with the flat, outside surface of your foot. Avoid swinging or kicking your leg forward (only lift it upward).

3. THE FRONT FOOT KICK ...

The Front Foot Kick is primarily used to dig a ball that is dropping short from where you are standing, as in a short serve, for example. To propel the ball upwards most consistently, with your weight on back leg, and a straight outstretched kicking leg, the front of your kicking foot must be flicked upward with a very loose ankle (not stiff) in a quick, smooth motion as the ball is contacted just above the foot.



4. THE KNEE BUMP ...

The Knee Bump is usually used to deflect upwards a low angle pass or a fast serve to the mid-body. Lift your knees up very quickly into the ball, foot following beneath (not kicking out). The ball is contacted at about waist level with the thigh, just behind the knee, for maximum upward thrust and height. Contacting the ball in mid-thigh area will serve the same purpose, but the ball will not be thrust up as high - this is good for popping the ball up to yourself to pass with next hit.



Note: Both the Front Foot Kick & Knee Bump are used when making a save or controlling tricky serves, but they don't always provide consistent control.

A retired judge in Connecticut was looking for a sport that all members of his large family could enjoy playing together. "Hockey was too rough," he says. "Basketball didn't suit the shorter players. Soccer dragged on with too many delays."

So he invented a sport of his own. "I named it Hocker," says John H. Norton, of Fairfield. "It combines the excitement of many field sports. Best of all, everyone can play. Hocker is vigorous without being violent."

The object of the game is to score goals with a ball, much as in basketball or football. To move the ball downfield, you may dribble, punch, slap, kick, or head it. You may curry, or juggle, the ball, but you may not hold it. Tackling and body blocking are not allowed. There are two types of play: formal and informal. Each type has its own kind of goalposts and its own ways of scoring.

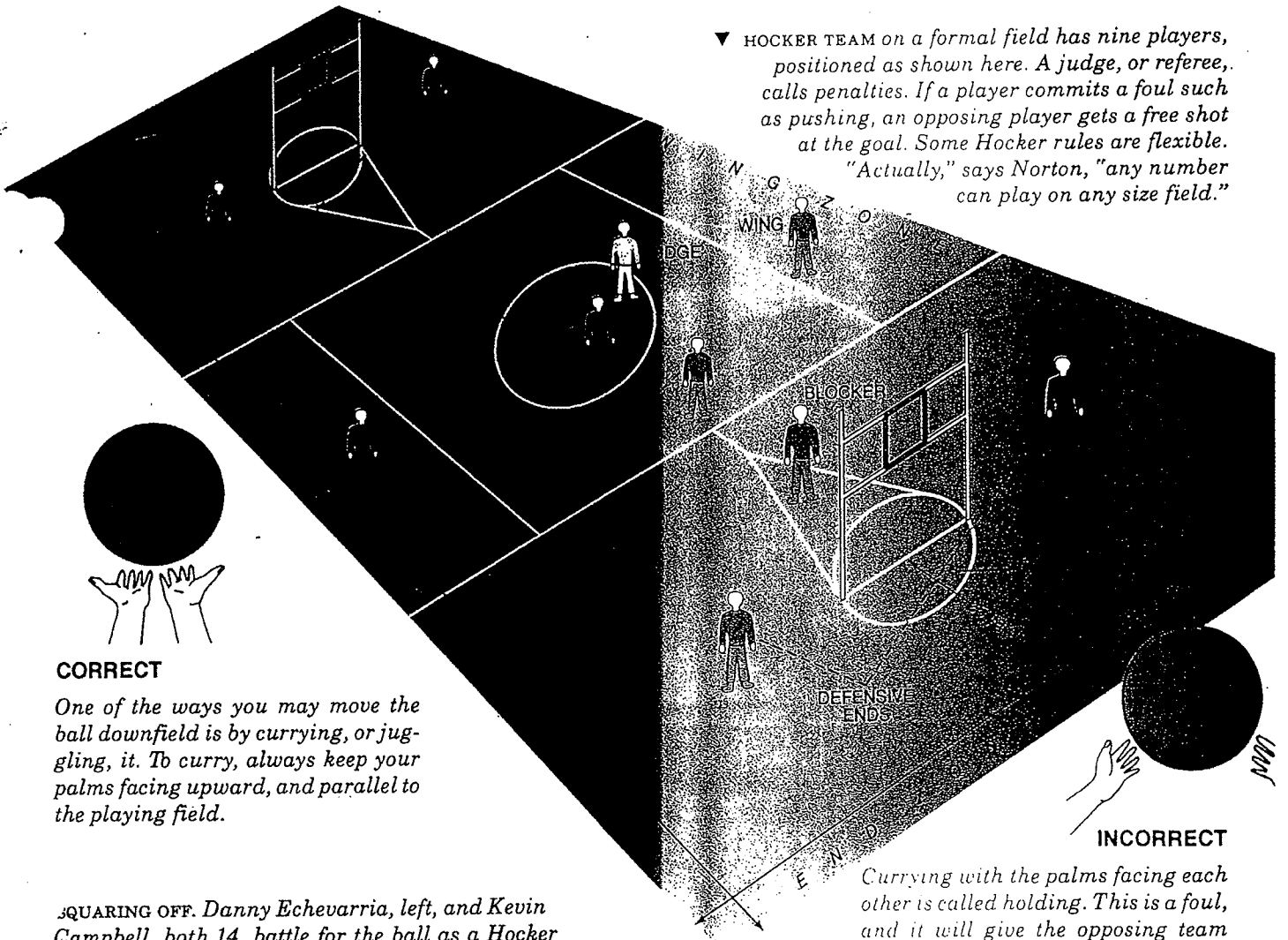
Hocker is catching on in places far from Fairfield. In Riverdale, Georgia, Danny Echevarria, 14, plays Hocker at school with his friends: "It's a great game," he says. "The action never stops!"

You'll find out more about the rules of Hocker for both formal and informal play on the next page.

HAVING A BALL, John H. Norton referees a Hocker match at his home in Fairfield, Connecticut. Norton invented Hocker because he wanted a sport his entire family could play together. Norton has 7 sons and 7 daughters. They range in age from 12 to 35.



▼ HOCKER TEAM on a formal field has nine players, positioned as shown here. A judge, or referee, calls penalties. If a player commits a foul such as pushing, an opposing player gets a free shot at the goal. Some Hocker rules are flexible. "Actually," says Norton, "any number can play on any size field."



CORRECT

One of the ways you may move the ball downfield is by currying, or juggling, it. To curry, always keep your palms facing upward, and parallel to the playing field.

SQUARING OFF. Danny Echevarria, left, and Kevin Campbell, both 14, battle for the ball as a Hocker game begins at their school in Riverdale, Georgia.

INCORRECT

Currying with the palms facing each other is called holding. This is a foul, and it will give the opposing team possession of the ball.

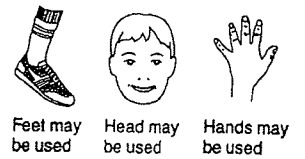
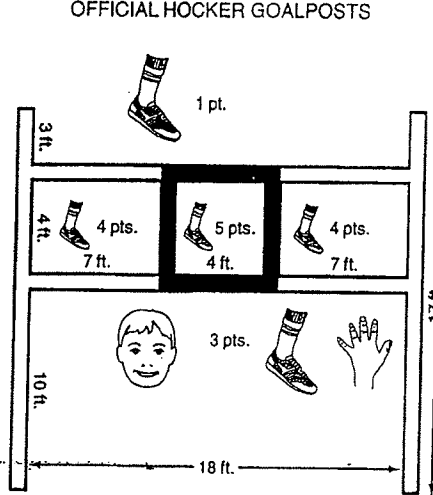
How to score

In many sports, each goal counts the same number of points. In Hocker, the number of points depends on how you make the goal. To score, you may kick, punch, slap, or head the ball. It may go under, over, or between the goalpost crossbars. You may not throw the ball to make a goal. You may score from the front or from the back of the goalposts.

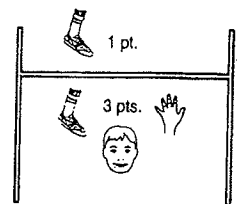
The drawings at right show the different goalposts that can be used in Hocker, and the value of different kinds of goals. To score one, four, or five points, you must use your feet. To score a three-point goal, you may use your feet, your hands, or your head.

A set is over when a team chalks up seven points. To win a match, a team must win two out of three sets, three out of five sets, or five out of seven sets.

FORMAL SCORING WITH OFFICIAL HOCKER GOALPOSTS



INFORMAL SCORING WITH STANDARD FIELD GOAL POSTS





SWAT BALL

Basic Information

Advantages of this game

- A large number of students can play
- High activity time
- High & low skilled students can participate
- Aids in the development of striking skills (can focus on volleyball skills)
- GREAT CV exercise

What do you need for this game?

- Supermarket ball
- Pinnies
- Gymnasium
- Crossbar marker & goalie box marker

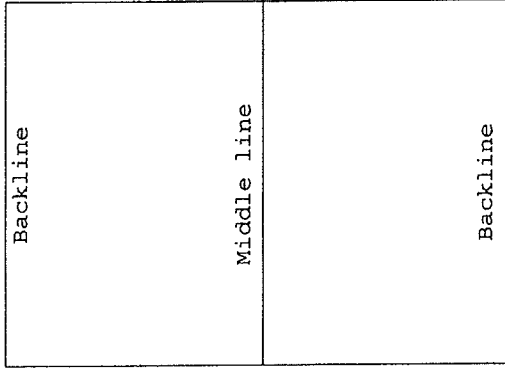
Rules of the Game

- Can only use open hand (front or back) (no fists)
- No dribbling (only air dribbles)
- Cannot possess or catch the ball
- Class is split into two teams
- One group from each team acts as the defenders/goalies. (The goal is the entire gym wall.)
- The other group is the offense and their job is to score goals.
- When a goal is scored, the offense and defense must switch roles without a break in the action – all students must move into their new positions quickly.
- Safety – can be a very rough game, so you MUST set very specific with rules

Skills

- Air dribble
- Types of Passing
 - Short passes (move down the court)
 - Medium passes (give & go)
 - Long passes (clear & quick change of field)
- Shooting
- Goalkeeping (kick saves are OK)

Box Ball: The Game



Rules:

Serving:

1. Serve the ball by dropping it waist high with one hand just behind the back line. Strike the ball with the open palm of the other hand so that it lands in your opponent's box on the first bounce.

Volleying:

1. Every time you strike the ball you must strike it underhanded with your open palm. You may not catch or slam the ball.
2. The ball must land inside your opponent's court on the first bounce.
3. The ball may only bounce once in your box before it must be hit back into your opponent's box.
4. Any ball that lands on a line is "do over"
5. You get a point and the serve any time your opponent makes a mistake.

Box ball was invented by the Rauschenbach brothers on the sidewalks of Cleveland, Ohio in the early 1970s.