

International Tchoukball Federation

Technical and tactical differences between tchoukball and beach tchoukball

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FITB ref. doc n°: T-02 24.05.06 E*

This document aims at explaining the major differences between what can be called “normal” or “indoor” tchoukball and beach tchoukball.

Those differences are listed and explained from a “trainer’s” or “coach’s view”: things that are technically and tactically different while training and playing.

- **Jumping is more difficult** because sand offers a softer starting surface than hard floor and because bare feet offers a smaller contact surface than shoes. Consequently:
 - The shooter will jump lower and less close to the frame. This will give them less variety in shooting. To change the shot, they will have to adapt their starting point (closer to the centre to shoot at the centre, closer to the base line to shoot along the line). This can be seen by the defense, which can more easily defend with only 2 people in first line defence. However, the defenders need to have a good mobility.
 - It is more difficult to avoid landing. A specific training to jump higher and to shoot faster may be necessary. Another solution may also be to adapt the shot movement to release the ball earlier while jumping.

- **There is more open space in defence** because there are only 5 defenders instead of 9 on a 40x20 m field. Consequently, for the attack::
 - Collective game becomes more important (it is easy to switch from one frame to the other with only 1 pass) in order to create big spaces in defence. Precise and quick passes across the field are more efficient than aerial switching above a frame (be careful about landing).
 - Second line shots may become very efficient because it is difficult for the second line defenders to move quickly in the sand.

And for the defence:

- Diving may become more important to defend the large spaces in defence. A specific training should be considered.
- Very good physical condition is necessary to run from one frame to the other when the other team is attacking. Tactics becomes also very important to allow the players to rest (the intelligent use of substitutes is important).

- **There are only 5 people on the field (1 center, 4 wings) to cover a very broad range of needs and technical skills.** Consequently:
 - Very specific skills for each player are less interesting than in indoor tchoukball because a shooter is also a first line defender and defender have also to score points.
 - At least 3 very good second line defenders are necessary to cover the direct and deviated shots. This may ask for specific training because at least two of these defender are also shooters and first line defenders!

- **Matches are played in sets instead of periods of a given duration.** The first team to win a given number of sets wins. Consequently:
 - Even after a team has won 2 sets easily, the match is not yet finished, to the contrary to the system with periods where a team winning 30-15 after the second period is almost sure to win the match. This requires the players to keep their concentration really up to the very end of the match.
 - The length of the match may vary between 30 minutes and 2 hours. The players have to be physically ready. The winner is the team that scores the last point. This means that players have to be fit (or more fit than the other team) until the end to win the match.
 - Mental strength is crucial because a match may count up to 5 very tight set ends. The ability to manage these periods may change the match result. With periods, there is maximum one of these moments: at the end of the match. It is important to have mentally strong players who can score and defend those keypoints. Experienced players might gain an advantage on younger ones during these set ends.