

Jokgu

(Korean Football)



Aim of the game: A two-sided ball game with a net, where players use their head and feet to pass the ball to the other side, out of the opponent's reach, to score a point

Set up: Any indoor or outdoor area with a solid surface that allows the ball to bounce, such as a volleyball court or school. Draw the side lines - usually the pitch measures 14 x 6 meters. Set the net, like in tennis.

Rules:

Teams

- A team consists of 4 players (5 players is also fine),
- A game consists of three sets (of 15 points each) maximum: the first team to win two sets wins the match. If at the end of a set the score equals 14-14, the set continues until one of the two teams reaches a two points lead, or one of them scores the 19th point.

The game

- The serve is carried out from behind the baseline, within 5 seconds after the referee signal
- Players can hit the ball with their heads or under the knees
- Players must throw the ball to the opponent's side within 3 touches
- Each team should throw the ball into their opponent's side
- Bounces are allowed between touches
- If a player touches the net, his team loses a point
- A player's body crossing over the net ("Overnet") is allowed as long as the player touches the ball before it passes over the net completely
- Blocking the ball is considered one "touch".
- Players are allowed to move freely

Points are scored

- When the ball is passed to the opponent's half and the opponent does not manage to return it within three touches
- When the opponent makes a fault - i.e. he returns the ball into the net or outside the fields' boundaries. Please note that the side - and baseline are considered being part of the court. If a teammate manages to save a ball that has touched the net before it bounces, the game continues on



Equipment and Materials: A ball and a net

Age:
10+

Number of players:
8 – 10

Duration:
Infinite

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Let's Inklusivize TSG!

Teaching Style

1. Clearly explain the rules of the game
2. Balance the ability level of the teams
3. Practice the game before introducing scoring
4. If necessary you can help the person or people with a handicap to make contact
5. Encourage players to communicate throughout the game
6. Provide enough time for players to familiarize themselves with the equipment and the game.
7. Slow down the speed

Equipment

1. Use a smaller/bigger ball

Rules

1. Players can hit the ball with the knee.
2. Players must stick to their position on the field (they are not allowed to move freely on the pitch).
3. Make it harder: Bounces are not allowed between touches
4. Make it easier: allow more bounces between touches

Environment

1. Make the field smaller/bigger
2. Put the net lower

