

## TABLE TENNIS - ROUND THE TABLE

### Quick introduction

A very active game of table tennis with players hitting the ball and running to the other end of the table. Players lose lives if they miss the ball or the table. A great game to involve a lot of people if time is short.

### Getting started

- Form two queues (even numbers as possible) at each end of the table – up to six players at each end.
- Player whose end has the most players starts the game with a simple service, player then runs round the table to join the queue at the other end.
- First player at the other end returns the ball and then runs round the table to join the queue at the other end.
- Play is continuous with one hit per player as players run round the table until a mistake is made.
- Player who makes a mistake loses a 'life'. Start with three lives; players are eliminated when they lose all three lives.
- When only two players remain, play one 'normal' point to determine the winner.

### Think tactics

Try to place the ball in a difficult place for your opponent.



# TABLE TENNIS – ROUND THE TABLE



## Organising the game

- Use an older more experienced leader as the feeder.
- Ensure players with three misses get the chance to carry on practising. This could be rallying on the floor or practising hitting targets.

## Think inclusively

- Find appropriate distances for some players to travel.

## Officiating

- Let players have another turn if the ball is not fed to them very well.
- Try playing a short game (best of three or seven points) when only two players are left.

## Keeping it enjoyable

- Start by selecting one player per table to be Table Champion.
- Next invite a second player to go to each table to 'Challenge the Champ'.
- Other players queue behind a table of their choice (well away from the playing area), ready to make the next challenge.
- In each game, serve alternately and the first to seven points is the winner.
- The winner remains on the table as Champion.

- The loser selects any queue to join as a challenger in waiting.
- On each table a new challenger plays the Champion.

## Spirit of the Games: Excellence through Competition



Tell yourself you can always get to the other end of the table in time to make a good shot.



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## TABLE TENNIS - TEN PIN

### Quick introduction

A target game where players try to hit targets. This could easily be used as a virtual league, with all groups of players organising themselves and posting their personal bests on a noticeboard.

### Getting started

- Set up 10 targets fairly close together at the end of the table.
- Number of players: three in a team. One hitter, two fielders; one at back and one at front who returns ball to hitter.
- Hitter drop feeds the ball and hits it over the net aiming it at the targets.
- Each target scores one point.
- Take turns to keep score.
- Each player has 10 balls to score as many points as possible.
- Replace or re-set targets and change hitters and fielders.

### Think tactics

Is it better for you to go for the easier or harder targets first?



Alternative pins

# TABLE TENNIS – TEN PIN



## Organising the game

- Polystyrene or light plastic cups make excellent targets.
- Vary the targets by making some bulls-eye targets that can be hit to double or treble a score. Put a penalty area in the bulls-eye. If that area is hit the score is reduced to zero.
- This game does not need to be played on table tennis tables and is an excellent warm-up activity.

## Think inclusively

- Use colours and bright objects as targets to provide additional stimulation or motivation.

## Officiating

- Take care to set up the targets in the same way each time.
- Discuss with the players any rule adaptations that need to be made to include disabled players (polybat sides on the table for example).
- Try playing a quick version where each player only has 30 seconds to play.

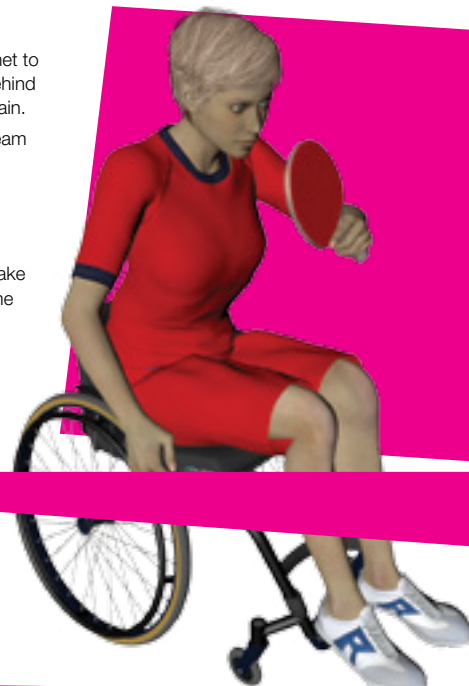
## Keeping it enjoyable

- Try playing 'Keep the kettle boiling'.
- A fun team game that encourages the players to keep the rally going.
- Up to six players per team on one table (can be one team or more).
- One feeder per team.
- Players queue and in turn hit one ball over the net to the feeder. Player then runs around the table behind the feeder and joins the queue to hit the ball again.
- How many shots without a mistake can each team make in one/two/three minutes?

## Spirit of the Games: Excellence through Competition



If you are competing against each other make sure the targets go back in exactly the same places.





## TABLE TENNIS - TOP TABLE

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### Quick introduction

A timed game, where all players finish their games at the same time. With games up to 7, 9 or 11 points many players can be involved both playing and officiating.

### Getting started

- Designate one table at the end of a row as top table.
- Two or four (doubles) players to a table.
- Games up to 11 all start at the same time.
- The winner of the first game to finish shouts "change" or blows a whistle.
- All play on the other tables ends, even if the game has not ended.
- If the score is level, one additional point is played to decide the winner.
- Players leave the ball on the table and the winner from each table moves up to the next table. Loser on each table moves down.
- Winners on the top table stays where they are. Losers on the bottom table stays where they are, unless there are additional players waiting to start, in which case the loser comes off the table and a new player comes on.
- Play re-commences as soon as players get to their 'new' table.

### Think tactics

If your game could finish at any time, how do you ensure you are always in the lead?



Winner on top table shouts change.



Two serves and change.

# TABLE TENNIS – TOP TABLE



## Organising the game

- Scorers and scorecards would be a useful addition.
- A winner could be declared at the end or positions could be noted and play started again at another time.
- Why not build scorers and umpires into the rotation.

## Think inclusively

- Include a separate polybat league.

## Officiating

- Umpire calls out the score clearly after each point.
- Service changes every two points.
- In doubles service must be diagonal from the right half court:
  - A1 serves to B1 (two serves)
  - B1 serves to A2 (two serves)
  - A2 serves to B2 (two serves)
  - B2 serves to A1 (two serves)

## Keeping it enjoyable

- Give waiting players a space to play using a smaller table or the floor.
- Try some wall rally challenges.
- Try a smash and defend competition where one player has ten balls to hit and a defender tries to get the ball back into play.

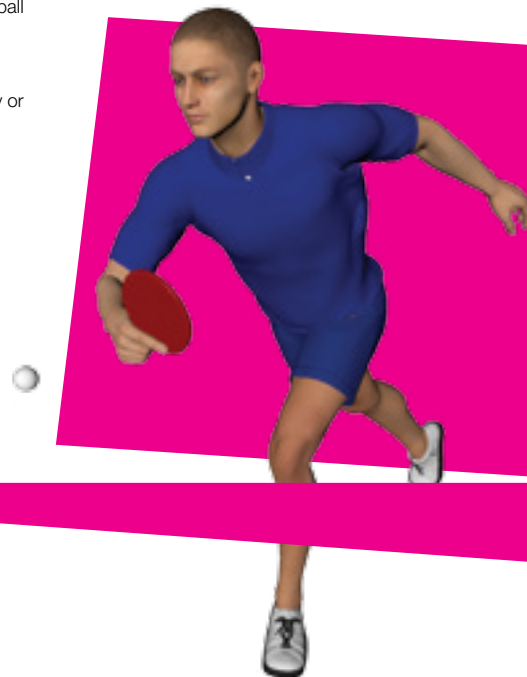
## Make it easier

- Organise mini-leagues with players of similar ability or friendship groups.

## Spirit of the Games: *Excellence through Competition*



Always make sure you congratulate your opponent after a game.



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