



TT KIDZ Delivery Content

Game Title: Heads, shoulders, knees and cone			
Type: Off the table		Activity type: Warm up	
Recommended time: 5-10 minutes		Theme: Grip, ready position and technique basics	
Level(s): Bronze			
Description: Participants work in pairs facing each other with a cone placed on the floor between them. The leader calls out body parts such as heads, shoulders, or knees, and players must quickly touch the corresponding body part. The commands should be repeated in different orders and at varying speeds to challenge concentration and reaction time. When the leader calls “cone”, both players race to be the first to pick up the cone. The player who successfully grabs the cone earns a point. Players then return the cone to the middle and prepare for the next round. Encourage participants to stay focused, listen carefully, and react quickly, as the leader may try to catch players out by speeding up the commands or repeating the same body part multiple times before calling “cone.”			
Equipment needed: Cones, bats			
Simplify: Slow down the pace of instructions			
Progress: Add additional body parts e.g. ankles, elbows, hips and increase the speed of commands			
People	Equipment	Task	Space
Rotate partners regularly to vary challenge levels. The bat or cone can be placed on a table and the activity can be done individually rather than against someone else.	The cone command can be replaced by a table tennis bat to make the activity more table tennis specific.	Ensure that you demonstrate the ready position, this is the stance that all players should be in.	For larger groups, organise participants in a single line. This makes it easy to rotate players up and down the line, creating new pairings and ensuring everyone experiences a variety of opponents and challenge levels.