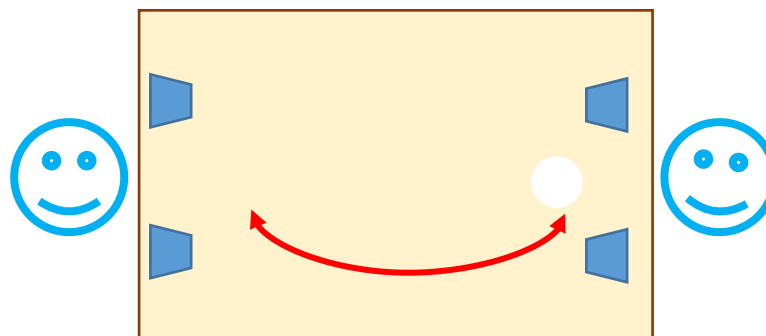


Table Hockey

How to set up:

- ✓ Arrange a table so there is enough space to move around it.
- ✓ Play in pairs, facing each other at opposite sides of a table.
- ✓ Create a goal at each end of the table with the marker cones or other items.



Equipment:

- ✓ A small ball, such as table-tennis ball (or a scrunched up piece of paper).
- ✓ Marker Cones (2 per player).
- ✓ If no cones, use other objects such as books or pencil cases.

How to score:

- ✓ Score 1 point each time they roll the ball through their opponents 'goal'.
- ✓ Play the game to 5 points to see who wins.
- ✓ If a player rolls the ball off the table, their opponent can take a penalty shot. Alternatively, use books or other items to create a guard around the sides of the tables.
- ✓ Penalty shots are taken from half way.

How to Play:

- ✓ One player starts the game by rolling the Table Tennis Ball to their partner.
- ✓ The partner must attempt to block the ball and **push** it back with the palm, or back of their hand.
- ✓ THE BALL MUST NOT BOUNCE.
- ✓ Players are only allowed to use 1 hand.
- ✓ Players must attempt to rally the ball back and forth, keeping the ball on the table.
- ✓ When players are confident with this, they can progress to a competitive game.
- ✓ Points are scored when one player scores in their opponents' 'goal'.
- ✓ To progress – only allow 1 touch.