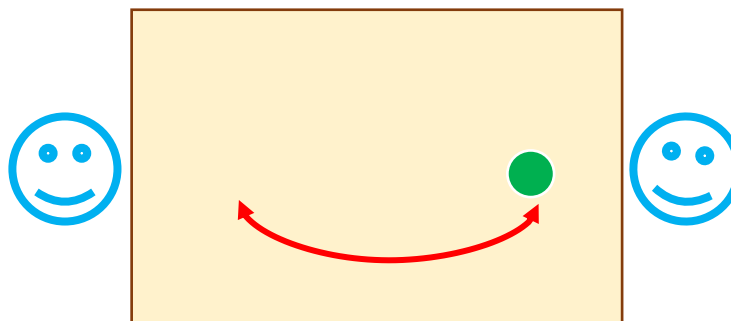


Hand Table Tennis

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 the table.



Equipment:

- ✓ Kitchen Table
- ✓ Table Tennis Ball
- ✓ Or any other small bouncy ball

How to score:

- ✓ Players score 1 point each time their partner fails to hit the ball back to them, or if the ball bounces more than once.
- ✓ Play the game to 11 points to see who wins.

How to Play:

- ✓ Players stand facing each other at opposite ends of a table (see diagram).
- ✓ One player starts the game by bouncing the ball to their partner.
- ✓ The partner must attempt to hit the ball back with the palm or back of their hand.
- ✓ The ball is allowed one bounce (allow more bounces if this is too difficult).
- ✓ Partners 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 partner fails to return the ball across the table.
- ✓ To progress – add a net.