

Table Tennis New Zealand ~ Kiwi Table Tennis Manual

Fun Games

Balance Ball

Suitable for beginners and above.

Equipment needed:

1 bat, 1 ball per player.

Numbers:

Limited only by the number of bats and balls available.



Recommendation:

- When working with pupils that have lesser abilities or skills, replacing the ball with a brightly coloured balloon will make the exercises easier. This may be a useful variation to use with beginners or children with a disability.
- For further considerations when teaching children with a disability, refer to the Hillary Commission's Kiwi Can Manual.

How to play:

- First, get the players to get the feel of their bat; by asking them to balance the ball on a side of their bat. Next you might try getting them to bounce the ball up and down on one side of their bat. The final stage allows the players to hit the ball on alternate sides of the bat until they make an error. The winner is the person who dropped the ball the least amount of times. Alternatively, you may ask them to count how many times they can bounce the ball without error and compare this to their previous best total.

Variation:

- Get players to balance a ball on their bat without it dropping to the ground. Progressively make it harder for the players to keep it balanced by ordering any of the following:
 - Players to turn in circles
 - Players to kneel down
 - Player must change hands
 - Player must hop on the spot
 - Player passes the bat behind their back and through their legs
- Last player left with the ball still on the bat is the winner. You may also divide players into teams and players then win for their team instead of individually.

Bouncer

Suitable for beginners and above.

Equipment needed: 1 ball and 1 bat.

Numbers: Limited only by the number of bats and balls.

How to play:

Players are given one ball each and asked to count the maximum number of bounces they can do in 30 seconds.

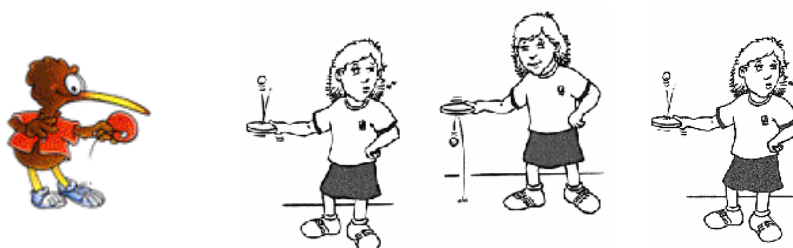


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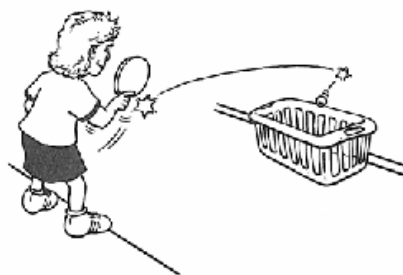
Bounce Ball

Suitable for beginners and above

Equipment needed:

1 bat, 1 ball per player, 1 clothes basket or similar shaped box or basket.

Numbers: Up to 15 per group.



How to play:

Strategically place the clothes basket against the wall, and on the floor. Draw a line behind which the players must stand.

The object is to get as many balls into the basket as the player or team can. The starting line can be moved back or forward depending on the skill level of the players.

Alternatively a set number of balls can be given to each team (say 25) and their score recorded. Otherwise a time limit is imposed with unlimited attempts.

Variation:

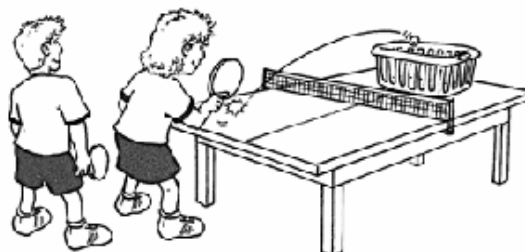
In a team situation, players may go one at a time or altogether. To make skill level progressively harder, move the start line back for each subsequent attempt.

Bucket Ball

Equipment needed:

1 table per group, 1 bat, 1 ball for each player, 1 clothes basket or similar object.

Numbers: Up to 15 per table.



How to play:

- Place the basket on the far side of the table. The players line up and take turns at trying to hit their ball into the basket.
- If the ball bounces out of the basket, then the shot doesn't count. Players then retrieve their ball from wherever it goes and go to the back of the line.
- Game is played either to a time limit or each player is given a set number of attempts.
- The player with the highest number of successful baskets is the winner.

Variation:

- Players qualify for a "final" by scoring a set number of baskets in qualifying.
 - In the final, all players go at the same time and are given one minute to score the most baskets they can. A counter is appointed for each finalist to count their baskets.
 - After retrieving the ball from the basket or the floor after each shot, the player must return behind the start line before starting their next shot.
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Mini Ball

Suitable for learners and above. May be adapted for beginners.

Equipment needed: 1 ball and 1 bat per player, a mini ball court with a basket.

Numbers: 2 teams of up to 7 players a side.



How to play:

- Each team starts from one end of the court. The ball must be passed to each member of the team before it reaches the far end.
- Once this is achieved the object is to hit the ball through the basket. The ball can at no stage be touched by the hand, bats only can be used, even when scooping up the ball from the ground. Players may pass, bounce, dribble or
- balance the ball on their bat without using their hands.
- The winning team can be determined by either (a) the fastest time for a basket, or (b) the most baskets in a given time period. There is no tackling or defence. The team without the ball waits until the other team scores before having their turn.
- The shooter must be a different player each time the team has its turn. This stops the best player always being the one to shoot for goal.

Variation:

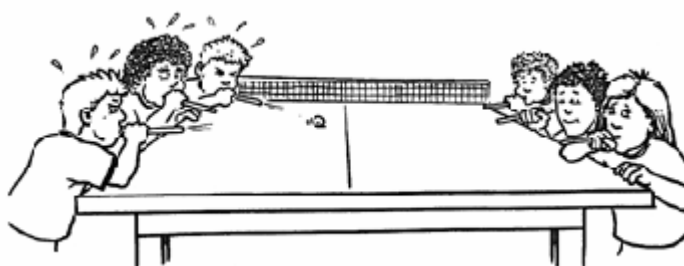
- One or two teams can play at the one time, shooting for a separate basket.

Blow Ball

Suitable for beginners and above.

Equipment needed: 1 table, 1 ball, 8 straws.

Numbers: Up to 8 players.



How to play:

- Divide into 2 equal teams, each player with a straw.
 - Each side defends their side of the table. The object is to blow through the straw to make the ball go over the opposing teams goal line.
 - Play to a time limit or up to a certain number of goals.
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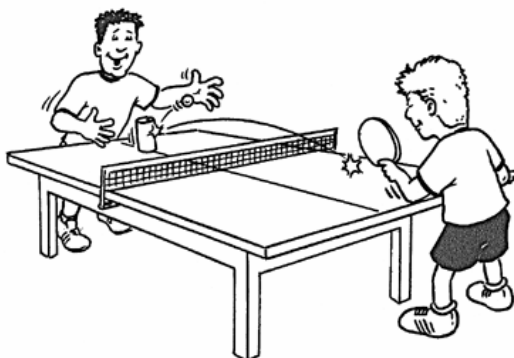
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Hit the Can

Suitable for learners and above.

Equipment needed: 1 table, a bat for each player or a minimum of 1 bat per table, 1 ball, 1 soft drink can.

Numbers: Approximately 20 at a time per table, plus one controller.



How to play:

- The controller feeds a ball to each player in turn. Each player attempts to hit the can, which is strategically placed on the controller's end of the table.
- For players of lesser ability, larger objects such as ice cream tubs can be used instead of a can.
- The ball must be hit over the net, but may hit the can either on the full or on the bounce.

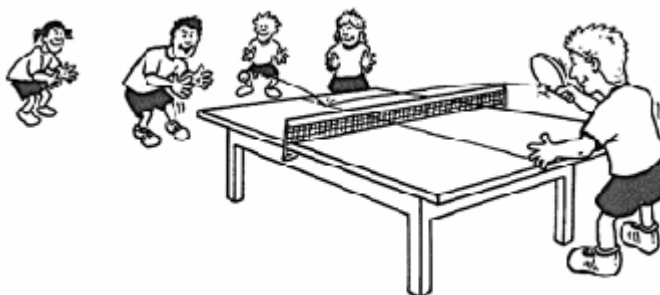
Competition variation:

- A player needs only to hit the can once to qualify for the "finals". After a set period of time or number of attempts, the final will be held with those players who were successful in hitting the can previously.
- The winner of the final is the first player who hits the can again.

Table Tennis Cricket

Equipment needed: 1 table, 1 bat, 1 ball

Numbers: Up to 11 players per team. 2 teams per table.



How to play:

- Players are divided into 2 teams of the same number. The team batting is attempting to score as many "runs" as they can in their turn of bat.
 - A run is scored after the batter hits the ball over the net and on to the table and it then drops to the floor or hits a wall before it can be caught by the opposition team.
 - The bowler throws the ball over the net at a reasonable height, ensuring the batter gets a fair swing at it.
 - If the batter is caught, then the batter is out and the next batter comes in.
 - A ball that hits the back wall on the full scores 6 runs. A ball hitting the side wall before being caught scores 4 runs. All other shots score 1 run.
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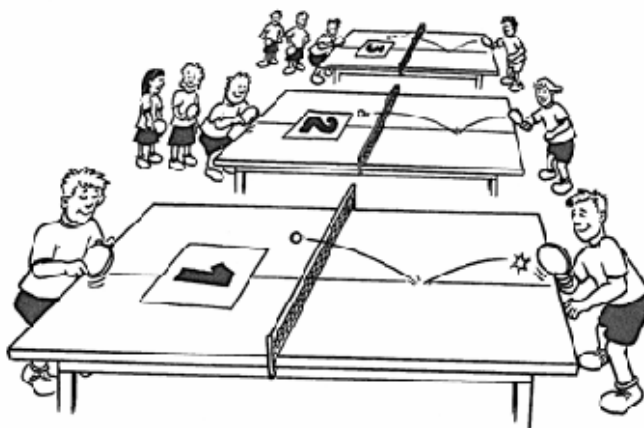
Table Changing

Equipment needed:

3 to 4 tables, 1 ball per table, 1 bat per player

Numbers:

Up to 30 individuals or 4 teams.
1 controller for each table.



How to play:

- Tables are numbered 1 to 4. One of the controllers calls out table changes, e.g. "1 and 4". Players are lined up behind each table. The players lined up behind tables 1 and 4 run in a sideways motion to the table they are changing places with.
- Once the player at the front of the line reaches the table, they are fed a ball by the controller at that table, which they must successfully return or be eliminated. If they are successful, they return to the back of their line. If they are unsuccessful then they lose a point for their team and join the back of their line. The winning team is the team with the lowest number of penalty points after a given time period.

Variation:

As play progresses, the controllers need not wait until the player has reached the table and can make them stretch to retrieve the ball if they wish. Harder balls can be given to more efficient players to make it an equal challenge for all players.

Partners Race

Suitable for specialists.

Equipment needed: A bat for each player. Up to 8 bats at a time. 1 table per 1 or 2 pairs. About a dozen balls per pair. One clothes basket per table.

Numbers: One or two pairs per table at a time.



How to play:

- Start each pair about 5 metres from the table with one ball between them.
 - Players need to volley the ball back and forth to each other, and move toward the basket which is placed on the table.
 - The object is to get as many balls into the basket, without the ball ever touching the ground.
 - If a ball goes to ground, the players leave it and go back to the start for another ball and start again.
 - Give them about 2 minutes to get as many balls in as they can.
 - Balls should be placed in a container on a chair at the start line.
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Hoop Knockout

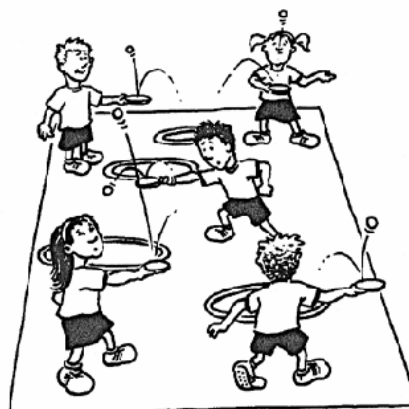
Suitable for learners and above.

Equipment needed:

A bat and ball for each player; up to 9 hoops per game.

Numbers:

Up to 10 players.



How to play:

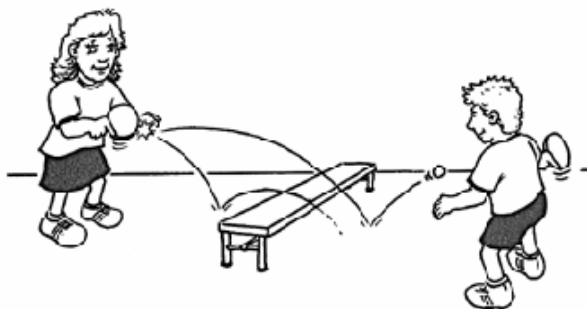
- Each player moves around an area hitting a ball continuously while moving. For beginners, players should balance the ball.
- On a signal, the players must stop in a hoop but continue to hit the ball upwards.
- Players not reaching a hoop are eliminated, as are players who lose control of the ball.
- When eliminated, players should continue to move around the playing area practising this skill.
- While outside the hoops, players must avoid touching them.
- Each round a few hoops are eliminated thus leaving fewer hoops than players.

Bench Table Tennis

Equipment needed:

A bench per 2 players; a bat and ball for each player, hoops optional.

Numbers: Limited by the number of benches available



How to play:

- Play in pairs with a player on either side of a bench.
 - See how many shots they can play in 60 seconds? Then try again, and see if they can get more shots this time?
 - Hoops can be added to make it more difficult or to emphasise one stroke, e.g. forehand or backhand. These should be placed on the floor beside each player, giving the other player something to aim into.
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Head Ball

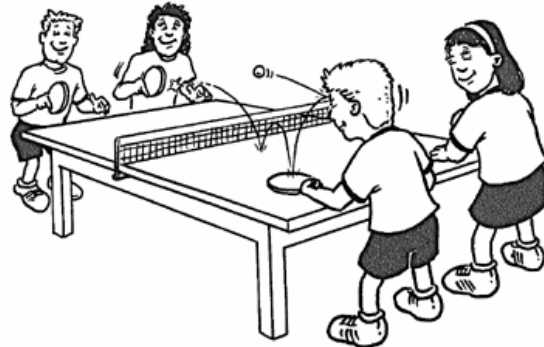
Suitable for specialists.

Equipment needed:

1 table per 4 players, 1 ball per table, 4 bats per table.

Numbers:

4 players per table.



How to play:

- Players hit the ball first with their bat and propel it up into the air.
- They use their head to send the ball over the net and on to the table.
- The opponents do the same and the rally continues until one pair makes an error and loses the point.
- Play games up to 7 or 11 points.

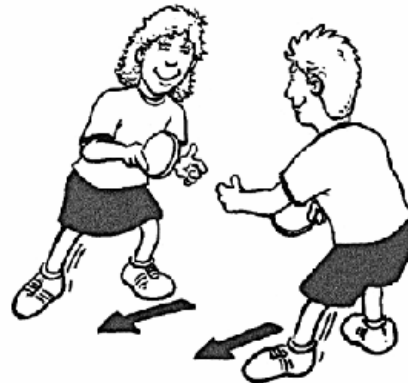
Variations:

- Singles can be played instead of doubles.
- One player hits the ball with their bat, with their partner hitting it with their head. Only 1 bat per team.

Mirror Footwork

Equipment needed: A bat for each player.

Numbers: Limited only by the number of bats.



How to play:

- One player is designated "Leader" and the other "Mirror Reflection" with the leader facing the table.
- The leader moves side to side using the side-skipping footwork randomly and with rapid changes of direction.
- The "Mirror Reflection" attempts to follow the leader's moves.
- 30 seconds activity, 30 seconds rest, change leaders and repeat.

~~ End ~~
