

10 good reasons to play ping pong

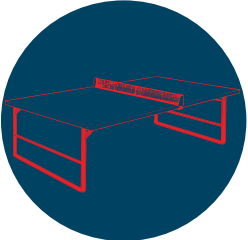
All you need are some bats, a ball, just add people and instant ping pong! Anyone can play, you can improvise with any table and it's cheap and easy to get started!

it's fun!

play where you want, when you like

great stress buster

enhances mental and physical fitness



improves concentration and creativity

and if you really like it, take it further!

improves balance, co-ordination and agility

for all people of all abilities!

wear what you want

it's social!



2
players

target ping pong



targets
can be
anything!

score
targets
based on
size and
position

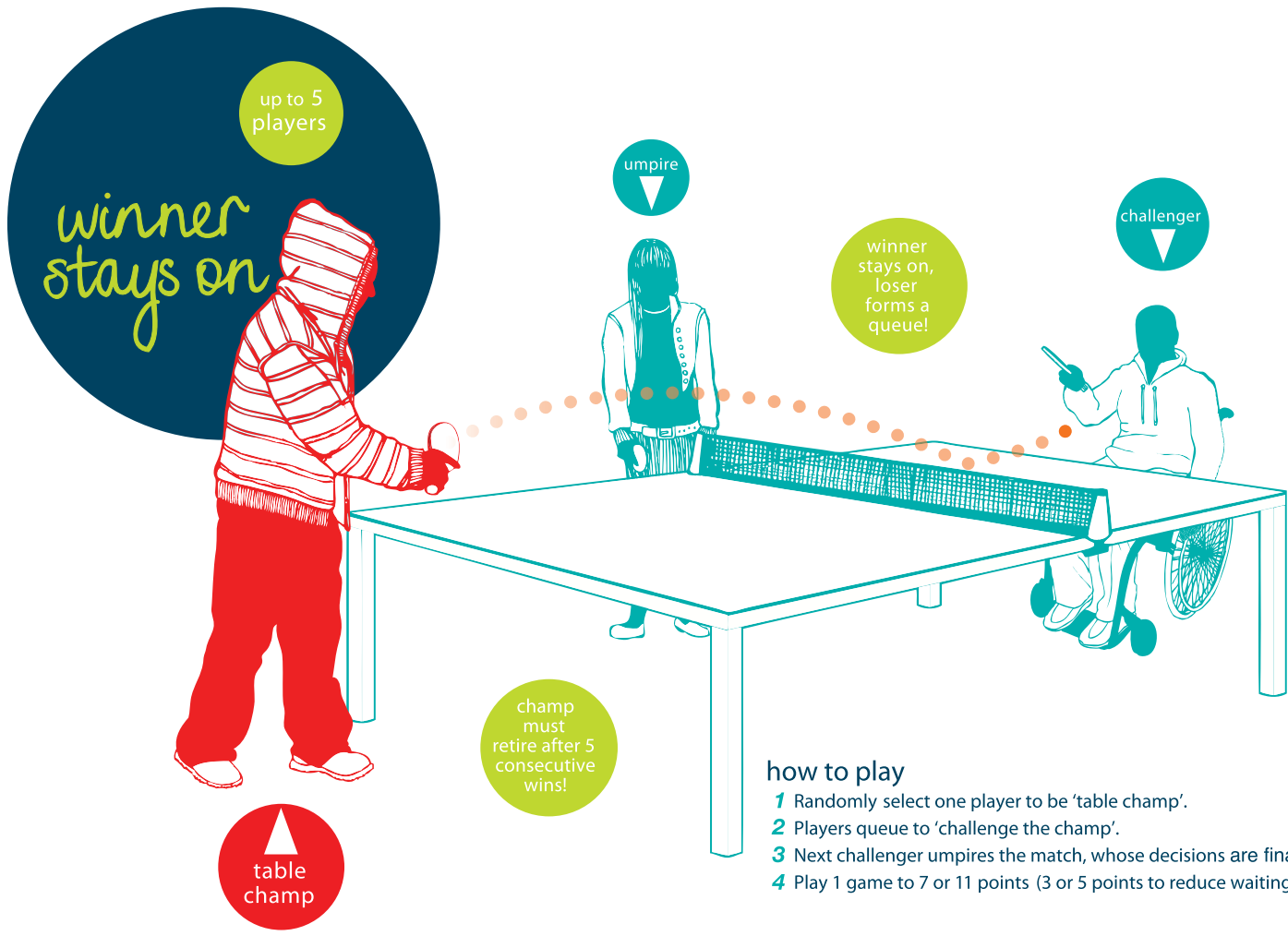
second
player
returns
ball to
server

how to play

- 1 Set up a number of 'targets' on any table.
- 2 Give each target a score.
- 3 Aim is to hit targets with 10 serves of the ball, adding up your score as you go.
- 4 Play again to beat your score! Or duel with a second player to beat their score!

try a
spin
serve!





up to 5 players

winner stays on

umpire

winner stays on, loser forms a queue!

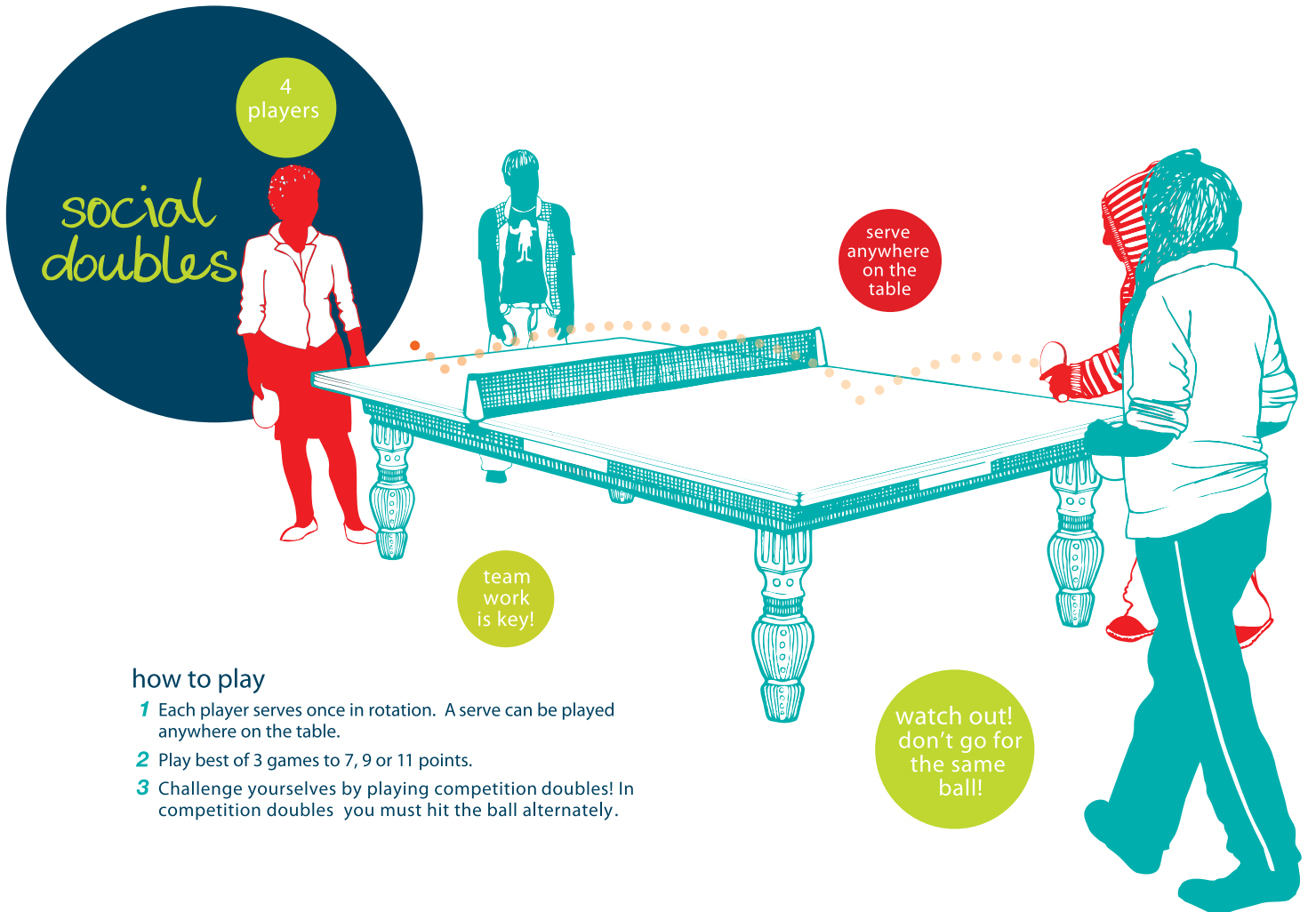
challenger

champ must retire after 5 consecutive wins!

table champ

how to play

- 1 Randomly select one player to be 'table champ'.
- 2 Players queue to 'challenge the champ'.
- 3 Next challenger umpires the match, whose decisions are final.
- 4 Play 1 game to 7 or 11 points (3 or 5 points to reduce waiting time).



4
players

social
doubles

serve
anywhere
on the
table

team
work
is key!

watch out!
don't go for
the same
ball!

how to play

- 1 Each player serves once in rotation. A serve can be played anywhere on the table.
- 2 Play best of 3 games to 7, 9 or 11 points.
- 3 Challenge yourselves by playing competition doubles! In competition doubles you must hit the ball alternately.

5-12
players

round the table

how to play

- 1 Players form 2 queues, 1 at each table end. The queue with most players serves first.
- 2 The aim of the game is to hit the ball to player at opposite end, then move anticlockwise to join the opposite queue.
- 3 Play is continuous until mistake is made. Each player has 3 lives and a player who makes a mistake loses a life.
- 4 A player is eliminated after all 3 lives are lost.
- 5 When only 2 players remain, play 3 points to win without moving around the table.

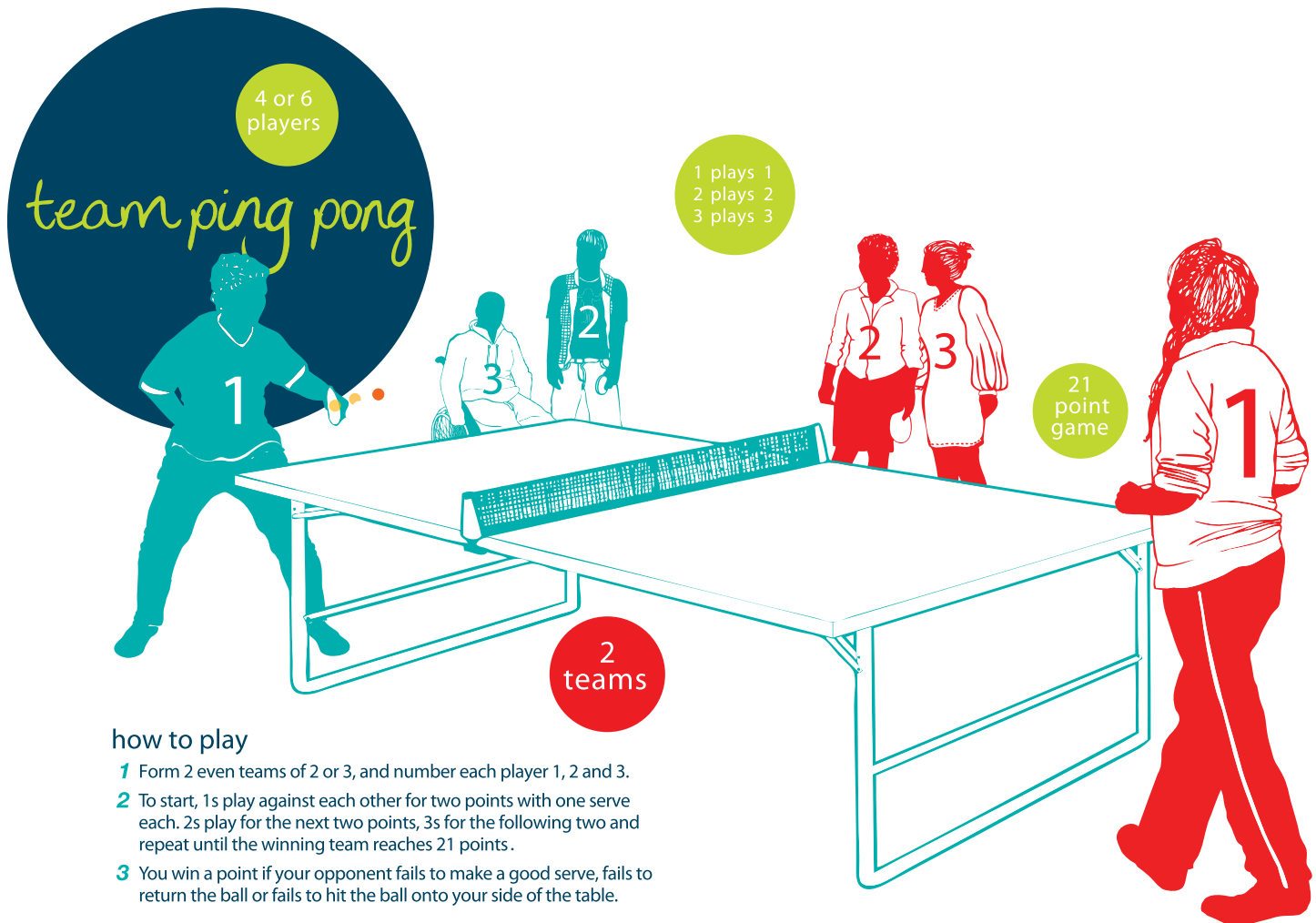
variation
alternate
forehand/
backhand
play!

keep
the ball
going!

hit
once
then
move

lose a life
if you fail to
return the ball,
or fail to hit the
ball onto your
opponent's
side!





4 or 6
players

team ping pong

1 plays 1
2 plays 2
3 plays 3

21
point
game

2
teams

how to play

- 1 Form 2 even teams of 2 or 3, and number each player 1, 2 and 3.
- 2 To start, 1s play against each other for two points with one serve each. 2s play for the next two points, 3s for the following two and repeat until the winning team reaches 21 points.
- 3 You win a point if your opponent fails to make a good serve, fails to return the ball or fails to hit the ball onto your side of the table.



5 to 12
players

round the world

feeder returns ball

hit once then move

lose a life if you fail to return the ball, or fail to hit the ball onto the feeder's side!

variation play more than one shot

how to play

- 1 Select 1 confident player to be the feeder who remains at one table end and continuously returns the ball to the queuing players.
- 2 To start, feeder serves ball to the first player, who hits the ball back to feeder, then moves anticlockwise round the table (behind feeder) rejoining the queue. Play is continuous with each player returning the ball until a mistake is made.
- 3 A player who makes a mistake will lose a life. Each player starts with 3 lives and is eliminated when all lives are lost.
- 4 When only 2 players are left, remain opposite the feeder and alternate hits until 1 player loses all their remaining lives.



player names

winners

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champ

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how to play:
Randomly determine 'who plays who'
and write player names on draw card.
Each match loser is knocked out.

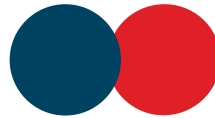
Knockout tournament

8 player draw card

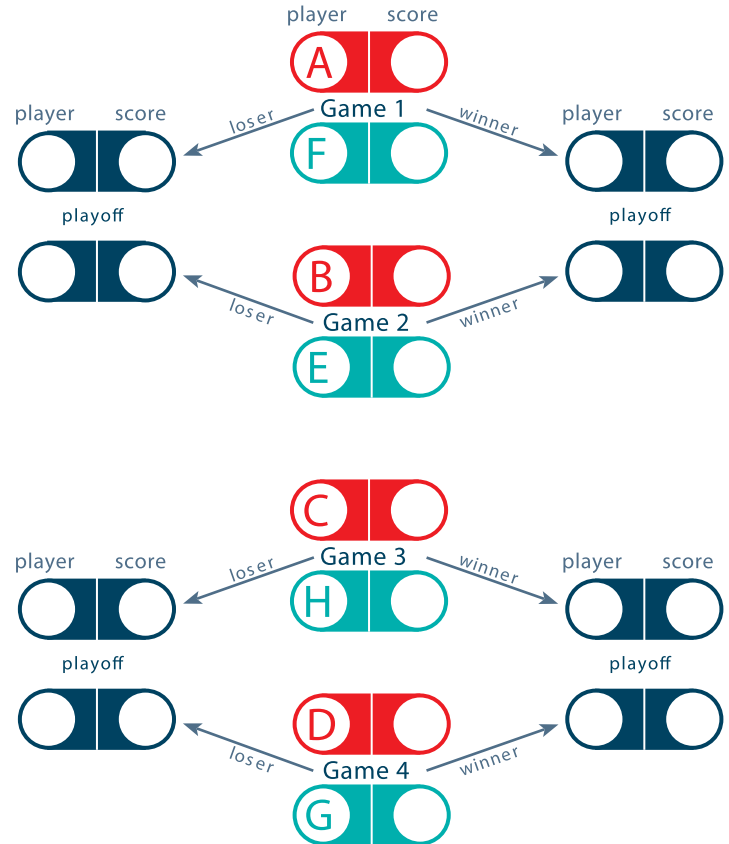
photocopy to play



group and KO

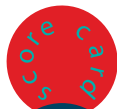


Red Group		Dark Blue Group	
Player	Score	Player	Score
Teal Group		Dark Blue Group	
Player	Score	Player	Score



2-a-side team

match card



how to play:

Use this sheet when competing in the 2-a-side league or any team match. Write team and player names in space provided and follow the match chart to play. The whole match takes approximately 15 minutes if playing one game 11 up.

team name

player name

A

B

team name

player name

X

Y

match chart		players					score					cumulative match score		final score			
game		A	B	A+B	V	X	Y	X+Y	Y	X							
1																	
2																	
3																	
4																	
5																	

