



Special Olympics Challenge Table Tennis

Skill – Bouncing ball on racket

Skill - The player has 30 seconds to bounce the ball on his racket as many times as possible. The coach counts the number of bounces. The exercise is performed twice.

This skill tests the player's capacity for coordination in handling the ball on the racket. These coordination gestures are very specific to table tennis.

How to calculate scores - The coach starts the timer (30 s) and counts the number of bounces. The counting stops when the 30 seconds are up. The exercise is repeated a second time. The sum of both scores yields the final result.

Rules of the skill

- This skill can be conducted anywhere with a table tennis racket and ball.
- If the ball touches the racket at the exact moment when the 30 seconds are up, that touch is counted.
- If the ball falls to the ground, the coach immediately gives the player a new ball, there is no penalty and the count continues.
- This exercise is conducted in a standing position. Ensure that you have enough space around you.

For further information on this skill, please contact your Regional Office