

the
kit!

Instant Ping Pong is a bag full of ideas and equipment to get you started!



anytime,

the pack

Instant ping pong is designed to be played anytime - just add people! The activity pack is jammed full of ideas, including fun games, mini competitions and guidance to help build up your ping pong skills!

Visit www.etta.co.uk/instantpingpong to download larger score cards, for professional coaching, to buy a table tennis table or general help!



anywhere,

the table

Any flat surface is an instant ping pong table! Whether it be a dining table, desk or a park bench, instant ping pong can be played at home, work or play! Just use your imagination and see what you can play on!

Join the English Table Tennis Association facebook and show us how you play! Post your photos and chat to all the other ping pong people!



anyone

the people

We are all ping pong people! It doesn't matter about how fit, sporty, young or old you are or if you have a disability, instant ping pong is a fun and sociable exercise for anyone to enjoy!

Why not have an **INSTANT LEADER** to organise easy competitions, group activities or a regular club? A poster is provided to publicise any events!

10 good reasons to play instant ping pong

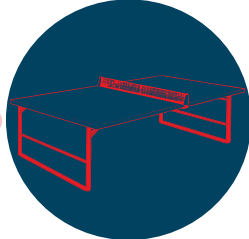
All you need are some bats, a ball, just add people and **instant ping pong**! Anyone can play, you can improvise with **any table** and it's cheap and easy to get started!

it's fun!

play where you want, when you like

great stress buster

enhances mental and physical fitness



which 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!



getting started!



equipment + safety = play

the essentials

- 1 bat per player.
- 1 ball.
- Any table and net.

before and during play

- Clear space around table.
- Be wary of slippery floors.
- Preferably non-slip footwear.

get a grip!

Correct grip is vital to make playing easier and can speed up improvement.

Shakehands grip above is a good way to start. Positions for thumb and index finger are key.

ping pong rules!

By following these simple rules, your matches will run smoothly and fairly.



scoring

A match is played best of 1, 3 or 5 games.

For each game, the first player to reach 11 points wins the game. However a game must be won by at least a 2 point margin.

A point is scored at the end of each rally.

The edges of the table (but not the sides) are part of the legal table surface.

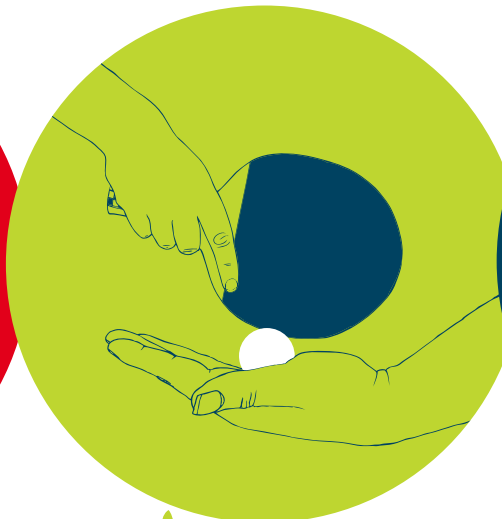
A point is lost if a player:

Fails to make a good serve.

Fails to hit the ball onto opponent's side.

Fails to hit ball.

Hits the ball before it bounces (volley).

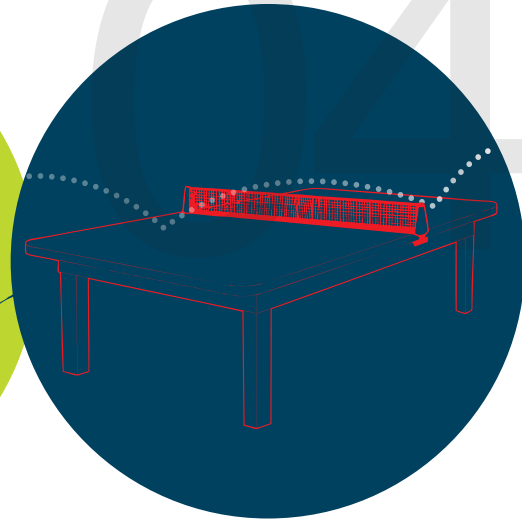


good serve

The ball must rest on the palm of the open hand. Then toss up at least 15 cm (6 inches) and strike it so the ball first bounces on the server's side and then on the opponent's side (see above right).

A 'let' service is called if the ball touches the top of the net.

Let serves do not score points and the server serves again.



match flow

Each player serves 2 points alternately.

If a game reaches 10 all, each player serves one point alternately, until the game is won by 2 clear points.

After each game players change ends.

In the final game players change ends after the first player reaches 5 points.

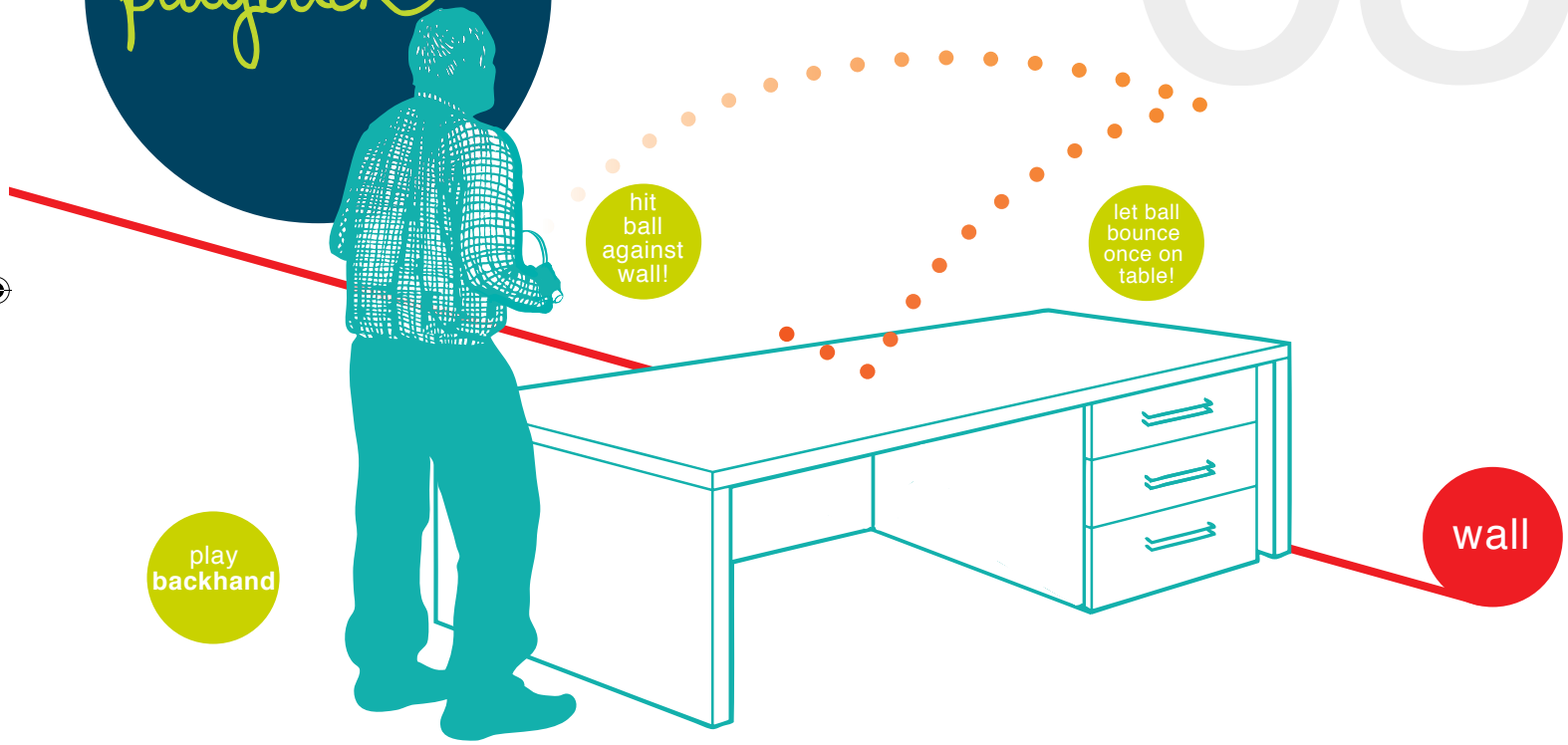
For the complete Laws of Table Tennis visit: www.ittf.com/ittf_handbook/ittf_hb.html

game 1 playback

1
player

how to play

- 1 Simply push any table against a wall and practice serving and hitting the ball.
- 2 Getting good? Why not test your skills by alternating forehand and backhand strokes?



hit
ball
against
wall!

let ball
bounce
once on
table!

play
backhand

game 2
target
ping pong

2
players

second
player
returns
ball to
server

targets
can be
anything!

score
targets
based on
size and
position

try a
spin
serve!

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!

07

game 3
winner stays on

up to 5 players



▲
table
champ

▼
umpire



winner stays on,
loser forms a
queue!

▼
challenger



champ
must
retire after 5
consecutive
wins!

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

game 4
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.**

game 5 round the table

5-12
players

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!

10

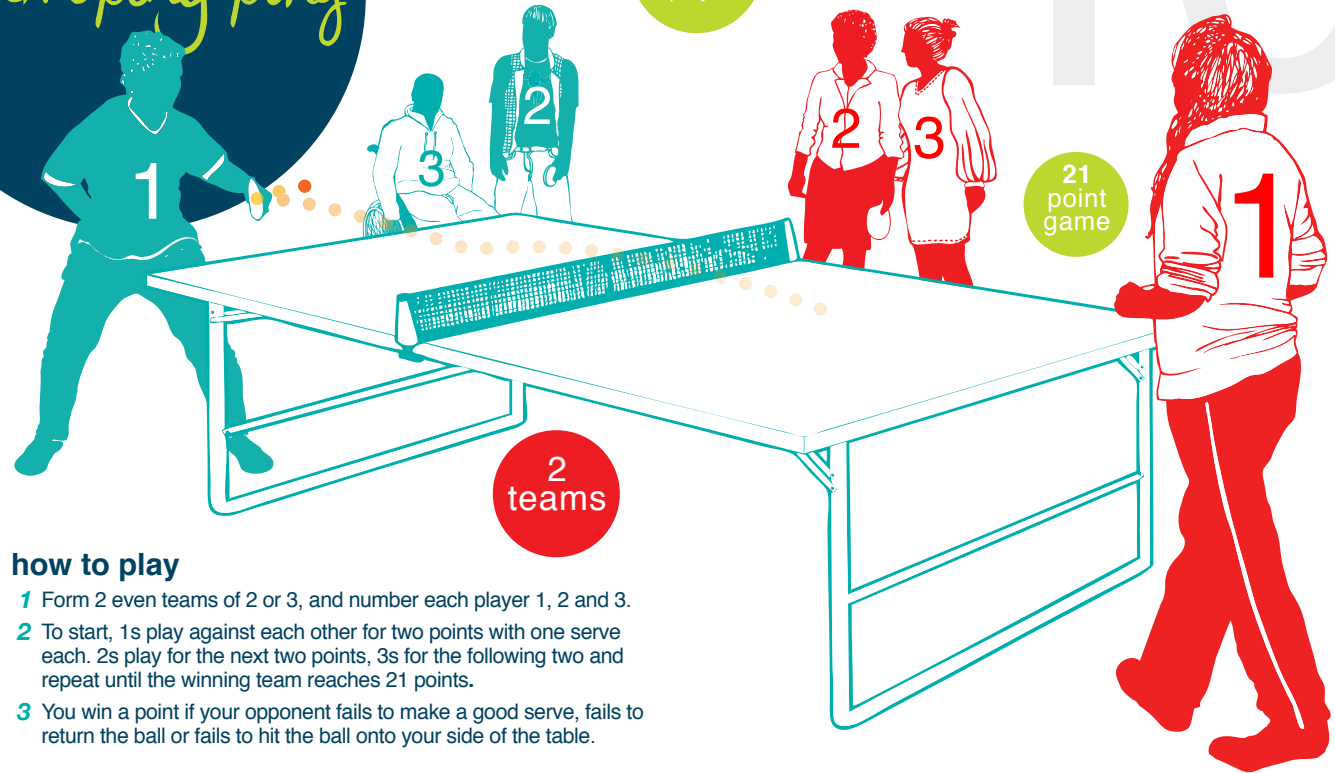
game 6
team ping pong

4 or 6
players

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.

game 7 round the world

5 to 12
players

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.





competition ideas

Enjoyed the games? Show how good you've become by playing in a competition!

These five competitions are fun and designed for all levels!

Photocopy or download the score cards A-F to play!

A being the easiest to organise and **E+F** the most challenging.



player names

Eight empty rounded rectangular boxes for entering player names, arranged in two columns of four.

winners

Empty rounded rectangular box for the first round winners.

Empty rounded rectangular box for the second round winners.

Empty rounded rectangular box for the third round winners.

Empty rounded rectangular box for the fourth round winners.

Empty rounded rectangular box for the fifth round winners.

Knockout

tournament
8 player draw card

photocopy
or download
to play



Empty rounded rectangular box for the final match.

champ

how to play:

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

round robin

group score card



how to play:

Can be used for groups of 3, 4, 5 or 6 players. Write player names in spaces provided. If less than 6 players, decide who will umpire. If players have equal number of match wins, use games difference to identify the final positions.

Event: _____

Group: _____

player name	final position		games		match wins
	1	2	won	lost	
A	○	○	○	○	○
B	○	○	○	○	○
C	○	○	○	○	○
D	○	○	○	○	○
E	○	○	○	○	○
F	○	○	○	○	○

match	umpire	game 1		game 2		game 3		winner
		1	2	1	2	1	2	
A _v B	E	○	○	○	○	○	○	○
C _v D	F	○	○	○	○	○	○	○
E _v F	B	○	○	○	○	○	○	○
A _v C	D	○	○	○	○	○	○	○
B _v E	A	○	○	○	○	○	○	○
D _v F	C	○	○	○	○	○	○	○
C _v E	B	○	○	○	○	○	○	○
A _v D	F	○	○	○	○	○	○	○
B _v F	C	○	○	○	○	○	○	○
A _v E	D	○	○	○	○	○	○	○
C _v F	A	○	○	○	○	○	○	○
B _v D	E	○	○	○	○	○	○	○
A _v F	B	○	○	○	○	○	○	○
D _v E	C	○	○	○	○	○	○	○
B _v C	A	○	○	○	○	○	○	○

group and KO tournament

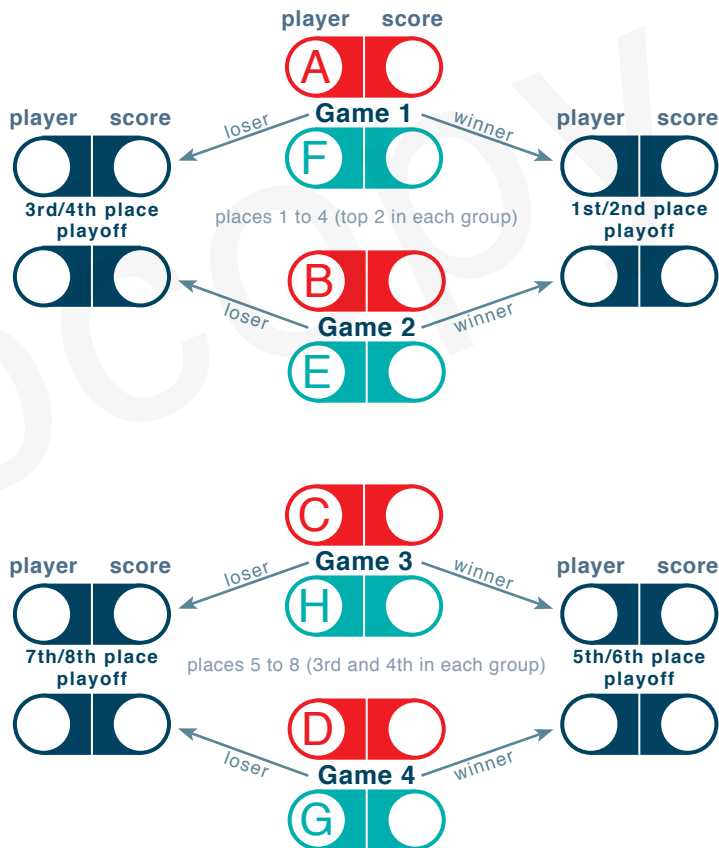
(2 groups of 4 'all play all' + knockout 'playoffs')



how to play:
Use **round robin group score card B** to determine round robin group positions. Play knockout rounds to establish finishing positions, 1 to 8.

round robin group position	player name	finishing positions
1st	(A)	○
2nd	(B)	○
3rd	(C)	○
4th	(D)	○

round robin group position	player name	finishing positions
1st	(E)	○
2nd	(F)	○
3rd	(G)	○
4th	(H)	○



box league

starting positions on

finishing positions

& starting positions for next box league on



Diagram showing four leagues (league 1 to league 4) with 5 positions each. Red arrows indicate promotion and relegation between leagues.

League	1	2	3	4	5
league 1					
league 2					
league 3					
league 4					

Arrows indicate: League 1 (5) to League 2 (1), League 2 (5) to League 3 (1), League 3 (5) to League 4 (1).
Arrows indicate: League 2 (1) to League 1 (5), League 3 (1) to League 2 (5), League 4 (1) to League 3 (5).

how to play: In each league, 'all play all' using the **round robin group score card B**, establishing finishing positions. Finishing positions are your next box league starting positions. The player who wins each league is promoted to the league above. The player who finishes fifth in each league drops to the league below.

team name

1	V
2	V
3	V
4	V
5	V
6	V

match chart to run a league

	week 1	week 2	week 3	week 4	week 5
6	5	4	3	2	
5	4	3	6	1	
4	6	2	1	5	
3	2	1	5	6	
2	1	6	4	3	
1	3	5	2	4	

2-a-side league

team competition for 12 players

how to play:

Form 6 teams of 2 players and write **team names** in space provided. Each team then plays 5 matches over a number of consecutive weeks or agreed dates, governed by the **match chart to run a league** (left). When competing, use the **2-a-side team match card F** and record the **final score** in the **match score card** (bottom left). Use these results to update the **league table** (below).

photocopy or download to play



team	played	won	lost	games for	games against	points
1st						
2nd						
3rd						
4th						
5th						
6th						

match score card
(write final score in boxes)

V	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						

league table
(3 points for a win, 1 for a loss)

1st
2nd
3rd
4th
5th
6th

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** _____

player name **B** _____

team name _____

player name **X** _____

player name **Y** _____

game	players	umpire	score	cumulative match score
1	A v X	Y	<input type="text"/>	<input type="text"/>
2	B v Y	X	<input type="text"/>	<input type="text"/>
3	A+B v X+Y	B	<input type="text"/>	<input type="text"/>
4	A v Y	A	<input type="text"/>	<input type="text"/>
5	B v X	B	<input type="text"/>	<input type="text"/>
			final score	<input type="text"/>

photocopy
or download
to use

play instant ping pong

any
queries?
contact
your instant
leader!

no kit
needed,
bats & balls
provided!



event

place

when

contact

Feeling semi-professional yet?
Why not show off your skills by joining a club for coaching, real competition and 'friendly banter'!

Visit <http://spotlight.etta.co.uk>

Join the English Table Tennis Association and get loads more information on clubs, coaching, competitions, tips, news and more.