



# SPORTS ABILITY

## Polybat

# Classic Polybat

A table-top bat and ball game to develop striking and defending skills.



### Learning Intention

To practice striking and returning shots along the table top with a partner.



### Skill Focus

Defending, shot placement, striking



### What you need

- Polybat bats and balls or alternatives (see Equipment)
- Table Tennis table or any large table (see Equipment)
- Attach rebound sides to the tables using materials such as wood or cardboard



### What to do

- Aim is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface.
- Played as singles or doubles.
- Each player has 5 serves. Serve then goes to another player (or rotates alternately for doubles).
- First to 11 points wins.
- Play begins with the server playing the ball off any side. Strokes can then be played directly or off the side.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- Polybat is suitable for players who have arm, balance, or coordination impairments for whom table tennis may not be possible. It can also be used to introduce Table Tennis to younger children.



### Curriculum links

ACPMPO43, ACPMPO45, ACPMPO61, ACPMPO63, ACPMPO80, ACPMPO82





## Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

### Teaching style



- To improve technique or anticipation of the ball movement:
  - encourage players to keep the bat steady and in front of their body
  - rest the bat on the table surface if necessary to provide more stability
  - encourage players to watch the speed and direction of the ball. Practice this by rolling the ball from different angles.

### Rules



- Play first to 11 or 21 points with or without a two-point advantage.
- Modify the multiple touch rule for players of different abilities.
- Allow players to serve directly to their opponent.

### Equipment



- If polybats are not available use any small flat-edged bat. Plastic or wooden rulers may also be used.
- A number of smaller tables can be pushed together and taped to smooth the joins to create a large table.
- Larger wiffle balls can be used before progressing to a standard Polybat ball.

### Environment



- Reduce the width of the end line by adding shorter sides to the table to cater for different abilities, or if two players play against one.

### Safety



- Ensure the lower limbs of wheelchair users do not rub against the table.
- Avoid striking the sides with the bat.
- Ensure rebound sides are correctly clipped or taped onto the table.

### Ask the players



- How can you change the angle of the bat to keep the ball on the table?
- What action is better to use to improve control of the ball?
- Where should you aim to try and score points against your opponent?