



# SPORTS ABILITY

## Polybat

# Poly Skill Skittles

A challenging version of Polybat to develop accuracy in forehand and backhand shots.



### Learning Intention

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



### Skill Focus

Defending, shot placement, striking



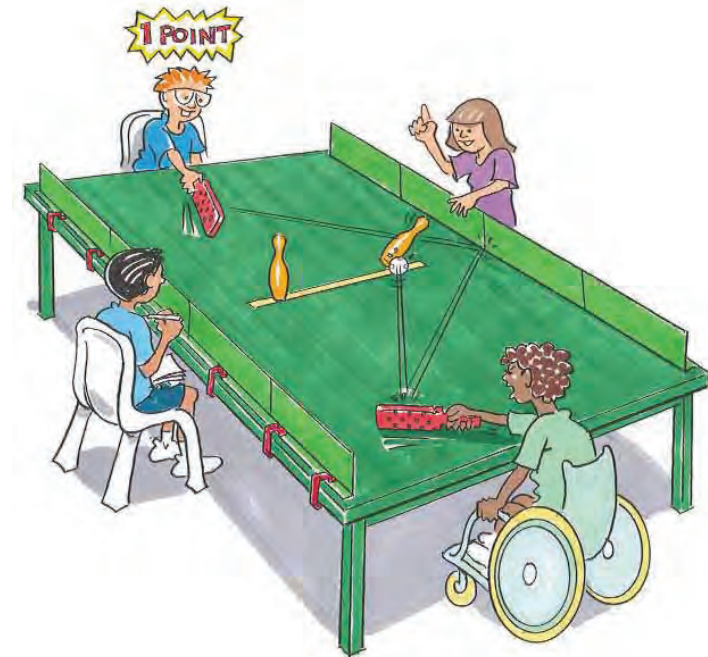
### What you need

- Polybat bats and balls or alternatives (see Equipment)
- Table tennis table or any large table (see Equipment)
- Attach rebound sides to the table using materials such as wood or cardboard
- Skittles, small plastic bottles or plastic cups



### What to do

- Place two skittles halfway down the table, evenly spaced between the rebound sides.
- 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 or knocking over one of the skittles.
- Play 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.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- Players must avoid knocking the skittles over as this results in a point to the opposition. The skittle is then replaced for the next serve.





**TREE**

## 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's movement:
  - encourage players to keep the bat steady and in front of the 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.

### 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 some players to serve directly to their opponent.

### Equipment



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

### Environment



- Reduce the width of the end line by adding shorter rebound 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 surface?
- What action is better to use in order to get better control of the ball?
- Where should you aim to try and score points against your opponent?