



Bounce Alzheimer's Therapy

## SIMPLE GAMES TARGET PING PONG



### Setting Up:

Place five or six 'targets' randomly on one side of the table. Targets can be anything...a coaster, coffee cup, saucer, book, TV remote.

### Getting Started...

Give each 'target' a score. You could give them all the same score, or higher scores to targets nearer the net, which are harder to hit.

### How to play!

1. Players stand or sit at the table end away from the targets.
2. Players take it in turns serving balls at the targets. Everyone gets 5 balls to serve.
3. The aim is to hit as many targets as you can on your turn. Add up the score as you go.

### A Challenge...

Play again to beat your score, or challenge a friend to a game. You could make the targets harder to hit, change their scores or take fewer serves..

For more exercises, resources, and special coaching video, go to [www.batfoundation.com](http://www.batfoundation.com)



Gavin Fungay, Scottish Number 1 Table Tennis Player - photo Emma Brown  
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