

# Table Tennis Throwdown

An inter-office bragging rights fuelled team showdown...a pulsating paddled pugilistic play-off!



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## The Throwdown:

Run an afterwork table tennis tournament to hit back at Alzheimer's. Pass round the paddles, and get to battling...

## Getting started:

Pick a date and send out an invite to the whole office for a doubles tournament.

Get colleagues to partner up and think up a smashing name.

## On the night:

It's All-vs-All, so everyone plays each other. Plenty of games and chances to win.

Each match is one game to 11 points. The first team to 11 points wins the match. You get 3 points for a win and 1 point for a loss.

Players get 1 serve, which must be to the diagonally opposite player. After the point the ball is passed to the next clockwise player this continues for the whole match.

During games players must hit alternitively, so no hitting that ball twice in a row.

The top two teams then play a grand finale to see who is crowned office champs!

Here are a fewmore game ideas to add to your ping pong party...

### Riotous Round The World...

Form a line at each end of the table. Give everyone a bat and 3 lives. After your shot, move to back of line at other end of table. Lose a life for each miss until you're out. Last 2 players play-off to best of 3 points.

### Singles Skirmish...

You'll need at least 8 players for this. It's a one game to 11 points knockout comp with winners going on to next round. You get two serves each that can be served anywhere. Last 2 play a best of 3 games final.

### Target Challenge...

Set up 10 targets on one side of the table. Use items from the office. Give all a value from 10 to 100. Challengers gets 5 balls to serve and hit as many targets as possible. Winner is the one who scores most points.