TABLE TENNIS

I am not at all good at playing table tennis, or Ping-Pong as I like to call it. You see my hands are simply too big for those little paddles, but I do like it all the same.

FLIP OVER FOR YOUR NEXT CHALLENGE



Find a table tennis table that you can use and play four games. First player to score 11 or 21 is winner, you choose.

For this challenge, you are going to learn the rules of table tennis. And by the way, if you have played it with the Wii, it is a little tougher in the real world. Now, clearly this is a miniature game of tennis, but it does not follow many of the tennis rules. And in case you didn't realize it, you will have to find a partner and somewhere that has a table that you can use. The good news is they are pretty common. And the game does a lot to develop your hand-eye coordination.

- 1. If you are a little intimidated, you can start by playing up against a wall to get used to handling the paddle and hitting the ball better.
- 2. Pick a person to serve. The serve is done by tossing the ball about six inches into the air and hitting it with the paddle. The ball must bounce one time on your side of the table before going over the net and once on the opponent's side. If the ball fails to go over the net or fails in some other way, this is a "let." After two consecutive lets, a point is awarded to the other player.
- 3. When the ball is successfully served it can be returned by hitting it with the paddle. The ball must bounce once on your side of the table but no more before you return it. Then it must bounce once on your opponent's side.
- 4. You score a point every time your opponent fails to return the ball successfully after you serve or hit it back. Change the server every time the server has scored two points.

Good luck with this. Those small hands of yours are definitely going to be an advantage if you play against a bear.

