

HOME GUIDE

- SECOND EDITION -

The Spinneroos Home Guide: Second Edition builds on the first version of the Spinneroos Classroom & Home Guide. In this version, we focus on fun exercises that can easily be played at home. You will have lots of fun and keep your children physically active while they are indoors.

Do you need any equipment?

Get your bats, balls and tables from us and we will deliver them to your door! Head to our online order form [here](#).

A few tips to get the most out of the activities:

- Engage children by focusing on the 'fun' element rather than skill development
- Be creative! Modify your environment and use a variety of items available in your home to play
- Develop a 'thinking player'. Involve your child in any game modifications by asking open questions, e.g. "How can we make this game more/less challenging" or "What item in the house can we use as the net/table?".

EQUIPMENT



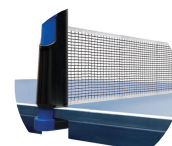
Tables

Every table is a table tennis table! Use a desk or your dining room table.



Nets

Books and folded A4 paper can be made into a net when table tennis nets aren't available.



Targets

Toy cars, building blocks or plastic cups can be used as targets. If it can't break, it's a target.



Bats & Balls

[Click here](#) to purchase bats, balls, retractable nets or tables.



Learning the Basics

Ball-ance

One player balances the ball on the table tennis bat. Other player (or parent) call out instructions in random order

- 1) Turn around - Player has to turn 360 degrees
- 2) Sit - Player goes to his knees
- 3) One leg jump - Player jumps on one leg



Progression

Call out instructions faster



Regression

Use soft toy or other item instead of ball

Parkour

Use chairs and toys to build obstacle courses in which the child takes turns, steps over hurdles and balances while trying to balance or bounce ball on bat.



Progression

Add more challenging obstacles i.e. jumps or crawling



Regression

Use balloon to balance on bat or hand

Frog Game

Place green A4 paper targets (lily pads) on each side of the table. The paper should be placed near the end of the table. Players practice 'dart throw' feeds trying to hit the lily pads. Player catches the ball and does the same thing back. Players should be encouraged to stand in the ready position to help them move and catch the ball.



Progression

Play table tennis serve instead of throwing



Regression

Get partner to throw the ball to you

Progress to Rallying

Bench Table Tennis

Players face each other 2-3 metres apart. Small chairs, or line of toys become the 'net'. Players hit the ball to each other using either backhand or forehand side.



Progression Players use only forehand or only backhand side



Regression Player catches ball, drops in front and hits back

"Playing like a Pro"

Rally Rally

Players play with each other, with the aim to keep the ball on the table for as long as possible. Encourage to hit the ball softly and slightly up to give the other player time to react.



Progression Smaller area of play



Regression Player catches ball, drops in front and hits back

CLICK HERE!



Watch training 101 | Forehand & Backhand Counter Hit presented by our National Para Head Coach, Alois Rosario and our friends at Ping Skills.

INFORMATION

Order Equipment

If you would like to purchase table tennis equipment to use at home [CLICK HERE](#). We have bats, balls, retractable nets and tables that can be purchased online and delivered straight to your door.

Spinneroos

If your child wants to continue their table tennis journey then Spinneroos is a great place to start. Spinneroos is our new entry-level program for children aged 12 and under. Over the course of the 8-week program, children will learn all the basic skills necessary to enjoy a great game of table tennis. To express your interest in the program [CLICK HERE](#) or head to the [website](#) for more information.

Websites

Spinneroos | www.spinneroos.com.au

Table Tennis Australia | www.tabletennis.org.au

Ping Skills | www.pingskills.com

Contact Information

Spinneroos | spinneroos@tabletennis.org.au

Sporting Schools | anshul@tabletennis.org.au

Hygiene Information

It's important to ensure that all activities remain as safe as possible. We recommend washing hands before and after handling equipment, and avoiding touching your face during activities where possible.

Special thanks

Sport Australia and the Move it Aus initiative

Table Tennis England

