



OPEN
VIRTUAL
GAMES

WEEK 6 – TENNIS TABLE TENNIS SERVING CHALLENGE

This challenge has been set by Kiran from Redbridge
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many times can you serve the ball in 60 seconds?



Scoring:

You will receive 1 point for each serve.

Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use any type of ball. If you don't have a bat, you can try using a book or any other object with a flat surface.

Adapt for Ability and Inclusivity:

You can do this challenge seated or standing. You may need a partner to help retrieve the balls for you. If the challenge is too difficult then you can bounce the ball before you serve. If you don't have a table then you can try sitting on the floor if you are able to. If this challenge is too easy then try to hit the ball back without stopping to re-serve each time.

Coaching Tips:

Experiment with the point of contact to see what spin and speeds you can create from your serve. For example, you can hit the ball in an upward motion to make it travel more slowly.

Benefits From Challenge:

This challenge will help improve your hand-eye coordination.

Remember to submit your scores before Monday 22nd March at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.

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