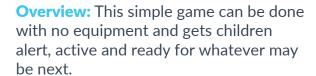






Copy Cats

Sponsored by Table Tennis England



Time: 10 minutes.

Equipment required: An open space. Tabel tennis bats - optional.

Benefits:

- Builds quick reflexes and reaction time.
- No winners or losers just a fun game to play which challenges every child.
- A great warm up for the body and mind.
- Improves footwork.



How to play:

- 1. This game can be played in pairs or threes. All players should face each other, with a two-arms distance between them.
- 2. Have all the children in a "ready position" knees slightly bent, weight on the front of their feet and slightly bouncy.
- 3. Choose will be the leader their job is to sidestep from side to side in unpredictable patterns.
- 4. The other player has to copy the leader as quickly as possible.
- 5. After two minutes, swap around.

Tips:

- 1. The leader can only take a maximum of three steps either way.
- 2. If you're limited for space, have all the children stand and move their hands as if they're playing table tennis.
- 3. To add an extra challenge, introduce table tennis moves forehand and backhand to the sidestepping. This can be done with or without table tennis bats.
- 4. If you've got more than one pair, try swapping partners.