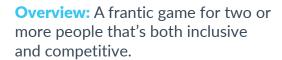






Volcanoes and Craters

Sponsored by Table Tennis England



Time: 15 minutes. **Equipment required:** A collection of cones, plastic cups or something similar. There should be more items than players and an even number.

Benefits:

- Competitive, without singling out or putting pressure on individual players.
- Improves hand-eye co-ordination.
- Build reaction times and reflexes.



How to play:

- 1. Lay down shallow cones or cups in an open space, half of them face up, half of them face down.
- 2. Create two teams (a team of one is fine!) and have them stand either side of the cones in the middle.
- 3. Team 1 has to turn the cones/cups face up. Team 2 has to turn the cones/cups face down.
- 4. Each cone is worth one point for their team.
- 4. Once the timer stops, count up the number of cones to find the winner.

Tips:

- 1. All players have to sidestep into the middle and between cones.
- 2. Players can't turn over the same cone repeatedly.
- 3. To make it harder, introduce the rule that all players have to sidestep back to their team's side after each cone they turn.
- 4. Introduce two more cones/cups that are a different colour or look different these are worth 3 points each!
- 5. If one team is constantly winning, mix up the players.