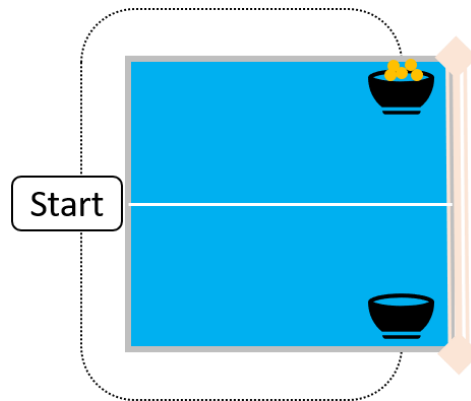


# Special Olympics Challenge



## Skill Table Tennis 3 - Run



### Presentation of the skill

The player must pass 5 table tennis balls from one side of the table to the other. They move by sidesteps, always on their side of the table.

### Effect of the skill

This skill evaluates the player's ability to move quickly with sidesteps, the preferred way of moving when playing table tennis.

### General guidelines for delivering results

The coach starts the stopwatch while giving the start signal. The stopwatch is stopped when the fifth ball is placed in the basket. The player makes two tries, the better time counts.

### Rules of the skill

- This skill can be done anywhere with 5 table tennis balls, 2 baskets (diameter between 10 cm and 30 cm) placed on the edge of the table against the net (see illustration).
- The ball must be placed, not thrown. If the ball is thrown, it must be picked up and placed correctly. If a ball bounces out of the basket, the player must put it back in the basket.
- The athlete takes only one ball at a time.
- There is no penalty if a ball falls onto the ground. The player picks the ball up and continues the exercise.

For further information, please contact us at: [challenge@specialolympics.ch](mailto:challenge@specialolympics.ch)