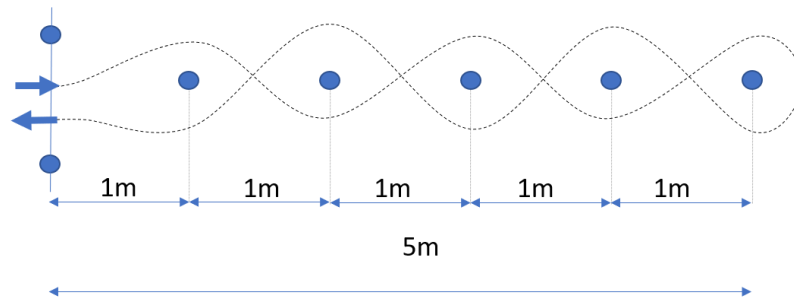


Special Olympics Challenge



Skill Table Tennis 5 – Course



Presentation of the skill

The player moves through the course by slalomming between 5 poles, with the ball balanced on the paddle. The player goes out and back as indicated in the diagram. The time is counted. The player goes out and back twice, the better of the two results counts.

Effect of the skill

This skill evaluates the player's motor skills and coordination ability. It involves two motor tasks simultaneously. The player must orient themselves in space while maintaining a balanced ball.

General guidelines for delivering results

The coach starts the stopwatch and stops it when the player crosses the finish line. The player goes through the course twice, the better of the two times gives the final result.

Rules of the skill

- This skill can be performed on any playing surface outdoors or indoors, with a table tennis paddle and ball and 5 poles of a minimum height of 45 cm.
- The starting line must be clearly marked: line on the floor of a gymnasium, two cones, etc.
- The player may not hold the ball with their hand. The player uses the same ball for the entire exercise. There is no penalty if it falls on the ground. The coach gives the player a new ball. They balance it on their paddle and continue the exercise.
- The space between the starting line and the first pole as well as between each pole is 1 metre.
- The skill must be played in the same place (on the same surface) throughout the duration of the Challenge.

For further information, please contact us at: challenge@specialolympics.ch