



Table  
Tennis  
England



National

18<sup>th</sup> July 2019

#TableTennisDay

Organiser's Toolkit



# Introduction

## Welcome to the National #TableTennisDay Organiser's Toolkit 2019.

This year, on Thursday 18th July, we're looking to get thousands of people playing table tennis in England. To help you take part and play your part, we've put together this toolkit full of ideas and activities on how to get involved – and how you can win yourself a prize for taking part!

## Message from Commonwealth Games medallist Maria Tsaptsinos:

"National Table Tennis Day is a great way to showcase our sport and demonstrate that anyone can get involved and enjoy playing. "I'm really looking forward to it and I hope that as many clubs, schools, workplaces and community groups as possible can join in and make it a day to remember."



@TableTennisEng



Table Tennis Eng



/english-table-tennis



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tabletennisengland.co.uk



# What is #TableTennisDay?

**National #TableTennisDay is a day to celebrate all things table tennis and an opportunity for everyone involved in the game to rejoice in its diversity and inclusivity!**

It is a nationally co-ordinated, locally delivered, promotional day that takes place once a year - normally in July.

It's your chance to be part of a high-profile, nationwide project that enthuses current players re-engages people within the sport, and shows everyone who doesn't play what a great game it is!

The day lets us demonstrate that it's a sport that can be played anywhere, at any time, by anyone.

It also allows us to promote all the health benefits it brings - from heart to head - keeping you healthy and happy!

They don't say 'Live Long, Play Ping Pong' for no reason!

# How to get involved



**Playing your part is easy - whether you're part of a league, club, school, workplace, community organisation, leisure centre, Ping! city, Ping Pong Parlour or just a group of friends, everyone is welcome!**

We're looking for organisations and individuals to host the most exciting open days, events, challenges and competitions to make the 2019 day a day to remember!

This toolkit will provide some great ideas for your day, but if they seem a little daunting, don't worry, there

are plenty of other ways to mark the day and to get people playing - and that's what #TableTennisDay is all about after all!

If you're unable to create or attend an event then you can still get involved online. We want to get as many people talking about #TableTennisDay as possible.

Make sure to tweet, like and share any #TableTennisDay stories and events you come across and let's make this year the best yet!



# Ideas and Inspiration for you

How you chose to celebrate #TableTennisDay is entirely up to you, but here are a list of ideas for events and activities you might like to try;



## Hold a #TableTennisDay party:

Bring everyone together for a celebration of all things table tennis! Here's some ideas for some ping pong party themes;

- Ping Pong and Pizza
- Bat and Chat
- Bring a friend
- Pop and Ping Pong



## Hold a free coaching session

Invite a local coach in to offer some hints and tips. Use our [coach finder](#) to help!



**Hold a competition:** Everyone likes a bit of friendly rivalry! It could be a;

- [TTX](#) competition
- Name your Weapon competition
- Round the table competition



## Set a table tennis themed challenge:

- Beat the man with a frying pan
- Robot Challenge
- Keepy Up Challenge
- Most impressive improvised bat
- Most interesting location for a game

See overleaf for some more ideas



## Share on social media:

However you get involved, make sure you share it on social media using the hashtag #tabletennisday - remember we'll be giving out spot prizes online for people who post photos and videos on social media and use the hashtag!

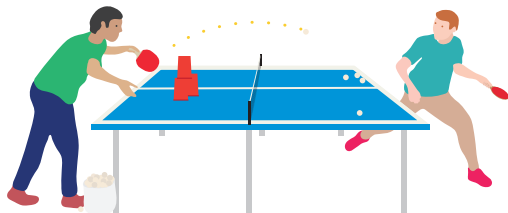
# Ideas for Fun and Games

3+  
PLAYERS

## Beat The Champ

Also known as 'winner-stays-on'. Play 1 point, best of 3 points, or a whole game; whoever wins stays on the table and is challenged by the next person. Pick one side of the table as the Champ's end so that everyone knows who the Champ and who the Challenger is.

2+  
PLAYERS



2+  
PLAYERS

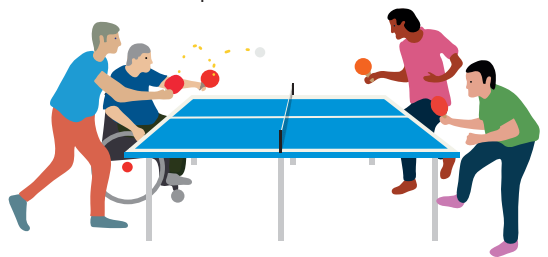
## Target Practice

Just gather some items from around the place (a cup, a tower of bats, an empty can of drink etc) and place these on one side of the table, along with a player and a bucket of balls. Another player stands at the opposite side of the table and tries to return the ball, hitting a target. Add points for each target and see who can get the highest score!

4+  
PLAYERS

## Volley Pong

Two players are in a team at one end of the table, and two in a team at the other. This is played like normal doubles, but instead of hitting the ball straight back to their opponents, they must set a shot up for their team mate to hit back. The ball must be hit at least once by each player before it is hit back over the net. Games are played to 11 points.

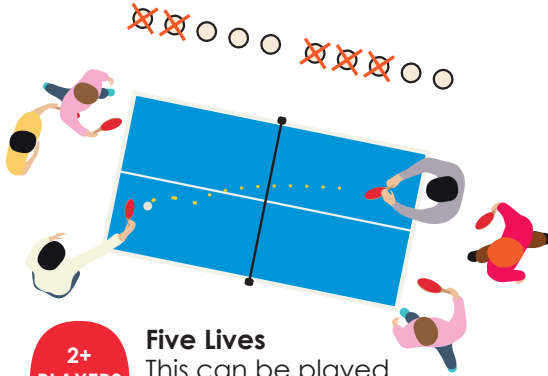
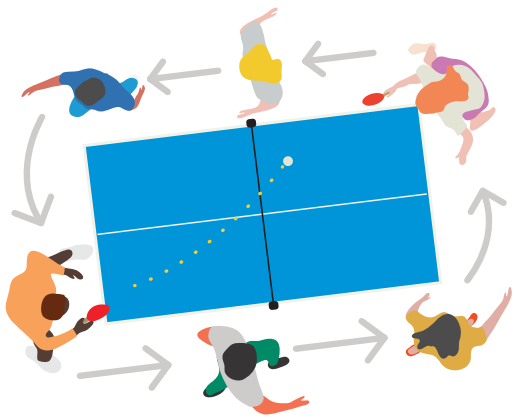


4+  
PLAYERS

### Round the World

This is a great game if there are lots of people wanting to get involved;

- Every player has the same number of lives e.g. 3
- Players take 1 shot and then move anti clockwise round the table towards the other end to take their next shot
- Play continues until someone makes a mistake and they lose a life
- Once a player loses all their lives, they are eliminated
- When it gets down to just two players remaining, they play normal table tennis with their remaining lives but must spin around between shots
- The winner is the last player still with a life/lives



2+  
PLAYERS

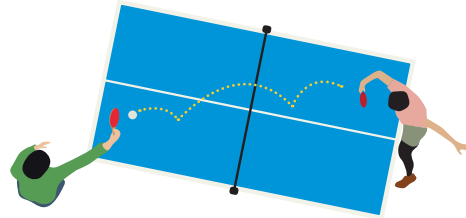
### Five Lives

This can be played as singles, doubles, or in large teams, just make sure you take it in turns to hit the ball. Players start with five lives each, each point lost equals a life lost. The match continues until one player or team has lost all five lives. The winner carries over their remaining lives into a game against a new challenger/team. The new challenger/team starts with five lives.

2/4  
PLAYERS

### Double Bounce Challenge

Play normal rules table tennis, but the ball must hit both sides of the table in rally play. It's trickier than you think!

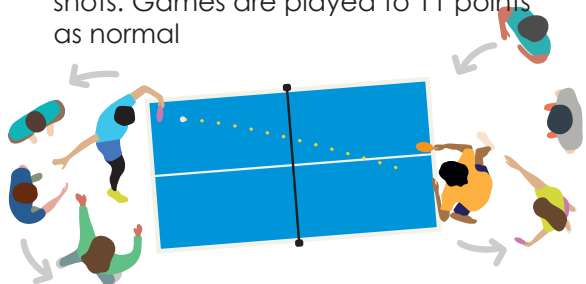


8  
PLAYERS

### Tag Table Tennis

Groups of 4 form a team at each end of the table. Play is started with a serve as normal. Players in the team take it in

turns to return the ball, rotating with the person behind them between shots. Games are played to 11 points as normal



# Spread the word about your event

Once you've decided when and where your National #TableTennisDay event is going to take place then it's time to think about promoting it. Follow our simple steps below to ensure your day is a success!

- 1)** Tell Table Tennis England what you're planning - we may be able to help with your publicity & the first 100 to register get themselves a free #TableTennisDay activation pack, which contains posters, flags, balloons, bunting, stickers and wristbands! [Click to register your event.](#)
- 2)** Tell your local newspapers, radio and television networks. We've produced a press release template which is available to download from our [resources section.](#)
- 3)** Promote your day in as many places as possible - on your website, word of mouth, flyers, register your event on BBC Get Inspired and spread the word on social media (don't forget to use the hashtag #TableTennisDay). We've produced some poster templates which are available to download from our [resources section](#) to help you spread the word.







# Getting Social

The more people who tweet, post and share the hashtag **#TableTennisDay** the more likely it is to become a trending topic and therefore the more likely people are to see it.

Please help us achieve our trending goal by sharing your activities before, during & after the big day by using the hashtag: **#TableTennisDay!**

## Win Prizes for Participating!

Everyone who takes part in National **#TableTennisDay** and lets us know by sharing a photo or video on social media with the hashtag **#TableTennisDay** has a chance of winning a prize!

So what are you waiting for; pick up a bat, get playing and share the photo proof!

Don't forget to follow us on social media to see what's happening all over the country on the day!



@TableTennisEng



/TableTennisEngland



Table Tennis Eng



[www.tabletennisengland.co.uk](http://www.tabletennisengland.co.uk)

National  
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