

POLYBAT – TRADITIONAL

Quick introduction

The aim of the game is to hit the ball over the opponent's end of the table, or cause them to play a fault by lifting the ball off the table surface. Polybat is a suitable game for all ages and abilities. It is particularly aimed at players who have co-ordination or balance issues.

Getting started

- Polybat can be played as a singles or doubles game.
- Each player has two serves; the serve then goes to the other player (or rotates alternately for doubles).
- The first to 11 points wins.
- Play begins with the server who must serve the ball off any side; strokes can then be played directly or off the sides.
- The ball must always stay on the table surface; a lifted ball scores a point for the opponent.
- Players can stop, control and hit the ball back towards their opponent using more than one hit; no 'trapping' of the ball is allowed.
- Polybat can also be used as a means of introducing table tennis to younger children.

Think tactics

How quickly can you find the strong and weak side of your opponent?



POLYBAT – TRADITIONAL



Organising the game

- Fixing the sides to the table is easy; use plastic clips or small clamps (supplied with polybat kit) or secure with tape if the table edge is thick.
- Polybat can be played on any kind of table.

Keeping it enjoyable

- Try some target challenges.
- Try a simple rally challenge, seeing how many shots each pair can make.
- Try some of the other polybat games from the TOP Sportsability resource.

Think inclusively STEP

Space

- A larger table gives players more reaction time, but requires more power to reach the opposite end.

Task

- Players can begin by trying to see how many strokes they can play without the ball going off the edge of the table (co-operative play).

Equipment

- A larger, slower-moving ball (for example, a large air flow ball) can be used.
- Some players may need to use a glove-bat or light strapping to secure the bat to the hand.

People

- Players can stand or sit to play.

Officiating

- An umpire should oversee the game to award points and decide if the ball has been 'lifted'.
- Alternatively, the players officiate their own games with honesty.

Spirit of the Games: Excellence through Competition



Do you always own up when you lift the ball?



POLYBAT - POLY SQUASH

Quick introduction

This game combines polybat and squash. Players, positioned side-by-side, take turns to play a shot off the end wall; they must prevent the ball from going over their end of the table.

Getting started

- Position a large, flat table (or half a table tennis table) against a wall.
- Use coasters or small blocks under the table legs nearest the wall to create a slight slope (the ball will roll back towards the players).
- Players are positioned, standing or sitting, next to each other at the end of the table furthest from the wall, either side of a 'centre line'.
- Players take turns to play the ball off the wall and table sides keeping the ball on the table surface.
- If the ball passes over the players' end of the table, on the opponent's side, the player making the shot scores a point.
- Play to 11 or an agreed score.

Think tactics

Can I vary the speed of my shots to deceive my opponent?



POLYBAT – POLY SQUASH



Organising the game

- The slope on the table can be varied depending on the ability of the players; for example, a slight slope means the ball rolls back towards the players more slowly.
- Players must keep to their side of the table and avoid contact; keep bats over the table.

Think inclusively STEP

Space

- Vary the size and gradient of the table; for example, a larger sloping table gives more reaction time.

Task

- Allow multiple touches to control the ball initially; gradually reduce touches as control improves.

Equipment

- Use a larger, slower-moving ball until skills develop.

People

- Play individually, without an opponent, to develop polysquash skills.

Keeping it enjoyable

- Play co-operatively to start; how many shots can you make together?

Officiating

- Players can take turns to umpire/score by playing in groups of three.
- Or players officiate themselves honestly.

Spirit of the Games: Excellence through Competition



Do you give your opponent space to make their shots and avoid reaching onto their side?



POLYBAT - POLY SKILL

Quick introduction

Poly Skill is played like regular polybat but with the addition of two obstacle skittles. The aim of the game is to hit the ball over the opponent's end of the table, cause them to play a fault by lifting the ball off the table surface or by knocking over one of the skittles.

Getting started

- Place two skittles on the mid-point of the table spaced evenly between the rebound sides.
- Play as singles or doubles.
- Each player has five serves. Serve then switches to their opponent (or rotates alternately for doubles). First to 11 points wins.
- Play begins with the server playing the ball off any side. Strokes can then be played directly or off the side.
- Players can touch the ball more than once with the bat before returning it to their opponent's end.
- In Poly Skill, players must avoid knocking the skittles over as this gives a point to their opponent. The skittle is re-set for the next serve.
- The ball must stay on the table surface at all times.

Think tactics

Can you play a shot that causes your opponent to knock over a skittle? For example, a shot that rebounds off a side.



Organising the game

- Skittles tend to slow play down and make players develop strategies to win points; for example, by using angled shots off the rebound boards.

Think inclusively STEP

Space

- Reduce the width to be defended by adding a short end section; this balances play between opponents with different abilities.

Task

- The 'multiple-touch' rule can be modified by specifying the number of hits for players of different abilities.

Equipment

- Increase difficulty by adding more skittles.

People

- Allow some players to rest the bat on the table surface to provide more stability.

Keeping it enjoyable

- Colour-code the skittles; players lose points if they knock over the wrong colour – but score if they knock over their own colour.

Officiating

- Players can take turns to umpire/score by playing in groups of three.
- Or players officiate themselves honestly.

Spirit of the Games: Excellence through Competition



Do you think about ways you can keep getting better at this game?

