

Instant Table Tennis (ITT) is a game that most people of any ability can have a go at. It is more difficult to adapt like games such as Boccia, New Age Kurling and Bowls but participants can always try.

It's easy to set up as the nets can be stretched out and attached to most tables. Ideally you want to set it up on a rectangular wooden table but it's not a necessity.



One thing we've found is that ITT is a game that can be soon picked up and improved by participants. Although they may seem to struggle getting grips with it to start with, it's often seen they get better once the proprioception with the brain adapts to the activity.

Two participants can take part at a time, one at the end of each table.

In this setting we recommend you relax the rules and focus on participants trying to get a rally together.

To serve, one of the participants hits the ball over the net so it bounces on their opponent's side of the table. Traditionally the server is supposed to make it bounce on their side of the table too but you can ignore this rule.

The rally ends when one person fails to return the ball to their opponent's side of the table before the ball bounces more than once.

It's up to you (or the participants) whether you keep score of the match. If they want to score to decide who wins then you can do the 1st to 11 points. To improve proprioception we encourage them to try and have a long rally instead of trying to win.

A ping pong ball collector is a great idea as it's easy to retrieve balls that have come off the table

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Adaptations

- Standing
- Not holding on to table
- Good example for those with no balance issues

- Where balance is more of a prevalent issue the participant can hold on to something for support
- For example, the table or their walking stick

- Instant ping pong can also be played seated, this is particularly useful for those with balance and leg strength issues, as well as those who use a wheelchair.
- An adaptation is to set up two ITT nets along the sides of the table and the participants can play roll ball instead.

