

# CHAIR

# Tennis



# Chair Tennis

## Instructions

### Objective:

Chair Tennis is a simple yet engaging game suitable for small spaces involving two players, a tennis ball, and a chair. The objective is to score points by bouncing the ball over the chair and having it land between the chair and the opponent.

### Players:

Two players per game.

### Materials:

- A chair.
- A tennis ball (or any suitable ball).

### Setup:


Place the chair in the middle with players kneeling on either side.

### Gameplay:

- Players take turns underarm, tossing the ball over the chair.
- The goal is to make the ball bounce between the chair and the opponent to score a point.
- The game can be played for a set time (e.g., two minutes), with the player scoring the most points winning.
- Alternatively, the first player to reach a set number of points (e.g., eleven) wins.



## Variations for Different Settings:

- Children's Edition: Use a larger, softer ball to make catching and throwing easier.
  - Competitive Edition: Introduce rules to increase difficulty, such as requiring the ball to bounce only once.
  - Inclusive Edition: Adapt the game for varying physical abilities, modifying the chair height or distance as needed.
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## Additional Notes:

- Chair Tennis is a versatile game that is fun and engaging for all ages.
  - It requires minimal equipment and space, making it ideal for indoor play or small areas.
  - The game encourages hand-eye coordination, quick reflexes, and friendly competition.
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