

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.

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.