

Get Seven Bounces

Quick and Easy



PLAY

Get Seven Bounces is an engaging and challenging coordination game played in pairs. The aim is to bounce a table tennis ball on a flat surface a specific number of times—working up to exactly seven bounces before the ball reaches your partner.



Family Objects

Enhancing Hand-Eye Coordination and Timing:

Family members work on their precision and timing by bouncing a table tennis ball with control, improving their ability to predict and manage its movement.

Promoting Focus and Precision:

Everyone learns to concentrate on each bounce, aiming to hit the exact number required—cultivating patience and an eye for detail.

Encouraging Healthy Competition and Teamwork:

This fun, pair-based game fosters friendly competition and cooperation. As partners rotate, you build bonds and enjoy a supportive, energetic challenge together.



Success Milestones

Accurate Execution of Bounces:

Players consistently bounce the ball the exact number of times required, showing marked improvement in hand-eye coordination and control.

Consistent Focus and Concentration:

Participants maintain their focus throughout each round, managing to hit the target number of bounces without errors.

Positive Interaction and Sportsmanship:

Family members cheer each other on and display good sportsmanship, whether they win or lose the round, making the game fun and inclusive for all ages.



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Objective:

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Players:

Played in pairs, making it ideal for family gatherings, sporting events, or just a fun challenge between mates.

Materials:

- A table tennis or ping pong ball
- A flat surface such as a bench, deck, or table

Setup:

1. Pair Up:

- Each pair stands at opposite ends of the flat surface.

2. Prepare the Playing Area:

- Ensure there's enough room for the ball to bounce safely between partners.

Gameplay:

1. Starting Bounce:

- Player one begins by bouncing the ball once on the table or bench. Player two then catches the ball.

2. Increasing Bounces:

- On each subsequent turn, the number of bounces increases by one. For example, after one bounce, the next round requires two bounces, then three, and so on.

3. The Challenge:

- The goal is to reach exactly seven bounces before the ball is caught by the partner. Hitting too few or too many bounces means the round is lost.

4. Error Penalty:

- If a player bounces the ball more or less than the required number, they lose that round.

5. Rotation:

- Continue playing rounds until one player wins five rounds. Then swap partners to keep the fun going and build new connections.



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Winning the Game:

The first player in each pair to successfully complete the seven-bounce challenge wins that round. After five wins, you can swap partners, and the overall winner is determined by how many rounds you can successfully complete in the allotted rounds or time.

Variations for Different Settings:

- **Children's Edition:**

Use a larger, softer ball to make catching and bouncing easier for the little ones.

- **Competitive Edition:**

Introduce a timer to increase the pressure and add a competitive edge.

- **Inclusive Edition:**

Adjust the distance between players or the height of the bouncing surface to suit varying abilities, ensuring everyone can join in the fun.

Additional Notes:

Get Seven Bounces – Family Edition is a brilliant, skilful game that not only boosts coordination and timing but also brings loads of fun. Its adaptable nature makes it perfect for various settings—whether you're enjoying a lazy arvo at home or setting up an outdoor family challenge. Enjoy the friendly competition, have a laugh, and watch as your precision and focus improve with every bounce!

