



MONSTER TENNIS

Ages 5+ | Individual or Family based | 1+ players

AIM OF THE GAME



- ▶ Bat a ball or balloon to a playmate as many times as you can using your Monster Hand Rackets.

EQUIPMENT



- ▶ Safe space to play, a ball, balloon or rolled up socks. You may wish to make your own Monster Hand Racket with newspaper or card and decorate it yourself with the help of an adult.

HOW TO PLAY



- ▶ With a playmate in a safe playing area, imagine you are monsters with the biggest and scariest hands you can think of.
- ▶ Bat the ball, balloon or rolled up socks to each other as many times as you can using your Monster Hand Racket.
- ▶ If playing as an individual, count how many times you can bat the ball up without it touching the ground.
- ▶ Why not try being creative in designing and decorating your own Monster Hand Racket with an adult. This could be from card, rolled up newspaper or other pieces of household equipment. Make some small and large monster hands -which ones work better?

GAME VARIATIONS



1. Depending on the ball or object that is being hit, decide if you want to let it bounce between batting the ball.
2. Try playing on your knees rather than standing up.
3. Add a net (chair, line of books set upright, or shoes) to hit the ball over.
4. Play against each other by marking out an area for each player that the opposite player must hit the ball into. The ball can be bounced once or twice to score a point.