



# SOCK TENNIS

Ages 7+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Transfer the socks using the clipboard as a tennis racquet from one end of the court to another.

## EQUIPMENT



- ▶ Five pairs of rolled up socks and a clipboard or strong piece of cardboard to be used as a racket.

## HOW TO PLAY



- ▶ Mark out a court or safe area and place all the sock balls at one end
- ▶ If playing on your own, transfer all the sock balls, one at a time, from one end of the court to the other by balancing the sock balls on your 'racket' whilst moving.
- ▶ Try to transfer all the sock balls as quickly as possible from one end of the court to the other.
- ▶ If playing with a partner see who can transfer all five sock balls the quickest.

## GAME VARIATIONS



1. Hit the sock balls up and down on your racket as moving them from one end of court to the other.
2. If an item is dropped the players must start from the beginning.
3. Add a bin/box/bucket that the socks must be hit into at the end of the court. Use a line to hit from, the further away the harder the challenge.
4. If playing with a partner try hitting the balls back and forth to each other whilst travelling.