

Coronavirus- Ideas for groups

HEALTH AND LEISURE

Health and Leisure - Crown Green Bowling, Cycling, Gardening, Flower arranging, Golf, Holistic Therapies, Line Dancing, New Experiences, Pickleball, Racketball, Table Tennis, Walking (numerous groups)
Possible Groups Walking Cricket

GARDENING AND FLOWER ARRANGING

Gardening – Before and after competition among a group

Garden indoors using everyday object as an inspiration e. g tea pots or a special ornament.

Make yourself a **window box** anything will do and plant some herbs

Advice from the gardening subject adviser

<https://www.u3a.org.uk/resources/subjects/280-gardening>

WINE TASTING – A VIRTUAL GUIDE

Do a little research and discuss in a virtual group

- learning about grapes, wines, regions, countries and methods of production

Racket Ball

Watch a short 2 minute video, Why I Love Racket ball, it demonstrates very well how people of all ages and skills can benefit from and enjoy racket ball

- <http://www.youtube.com/watch?v=ThQSJRGWp5c>

Facebook group for U3A racket ball groups and

players: <https://www.facebook.com/groups/U3Aracketball/>

TABLE TENNIS

Isolated at home? Don't waste time, pick up your bat and improve your WITHOUT A TABLE!!!- from the Subject adviser Tony Shapps

Yes, believe it or not, it is quite practical to practice at home without having a table: by executing what is known as 'dummy' strokes. However it is essential that you stand in front of a mirror in order to get your posture correctly placed.

FOR FOREHAND, STAND IN FRONT OF A MIRROR AND TAKE UP THE 'READY POSITION'. Feet apart. Left foot slightly forward. Swivel on your waistline to produce the forehand whilst dropping the racquet into position for the upwards brushing stroke of the imaginary incoming ball.

On the National website there is a Video to watch of Eli Baraty's movements and then duplicate it facing said mirror so that you can see you are performing it correctly.

For the backhand the bat should start IN FRONT OF THE STOMACH and sweep upwards, again brushing the imaginary incoming ball.

Study the two instruction videos Repeat this exercise for at least five to ten times, recovering to this the READY POSITION

Any questions? Please do not hesitate to contact me: tony@shapps.com

ONLINE TRAINING video that Eli has created specifically for all those who are self-isolating at home during the present coronavirus crisis and unable to enjoy their favourite sport in the normal manner....DO IT NOW !

Watch this video and note the tips and ideas that will improve your game, brought to you by ELI BARATY one of the UK's top table tennis coaches

Videos by courtesy of Eli Baraty Academy of Table Tennis