

# THE RISE OF RECREATIONAL SPORTS IN GHANA



 WEIGHTLIFTING, TABLE TENNIS,  
BADMINTON & ARM WRESTLING



# WEIGHTLIFTING

Weightlifting in Ghana has seen significant growth in recent years as opportunities to participate in the sport have expanded.

As part of efforts to develop weightlifting nationally, the **Ghana Weightlifting Federation** renovated an inactive training centre in Accra, transforming it into a community facility for athletes.

Currently ranked **5th in Africa**, Ghana is looking to build towards future Olympic success. Junior programmes have been launched with the aim of attracting **more than 300 youth athletes**, while the **National Youth Authority** has accredited over **1,000 community groups** supporting sports development.

To further strengthen the sport's foundations, the **University of Ghana** has introduced a foundational course in weightlifting, helping coaches develop the technical knowledge required to train and support athletes.



#### NOTABLE JUNIOR ATHLETES:

Emmanuel Amo Boateng,  
Abdul Salim



# TABLE TENNIS

Table tennis is rapidly gaining popularity among young people in Ghana. The sport saw **record-breaking participation** at the 2025 African Youth Games, reflecting growing grassroots engagement.

**The Black Loopers**, Ghana's national women's table tennis team, continue to perform strongly on the international stage, competing at the **World Table Tennis Championships** against some of the best teams in the world.

A development initiative called "**Cadet – The Future Champions**" aims to expand participation, particularly within youth communities.

More than **200 children have benefited** from programmes delivered by the **International Table Tennis Federation (ITF)** and **EduDrive Ghana**, which combine educational support with table tennis training.

## THE PROGRAMME HAS ALSO SHOWN STRONG EDUCATIONAL OUTCOMES:

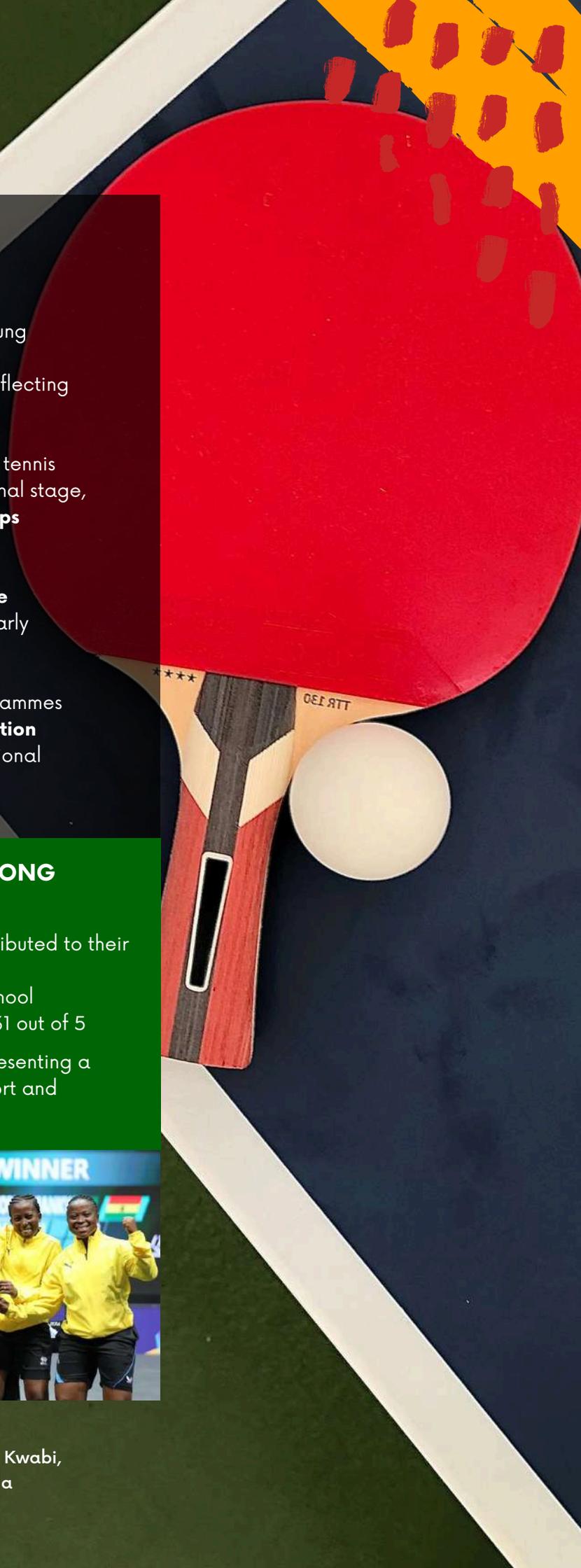
- 94% of students said table tennis positively contributed to their academic performance
- 96% reported increased motivation to stay in school
- The average academic motivation score was 4.31 out of 5

Importantly, girls made up 62% of participants, representing a major step forward for gender inclusivity in both sport and education.



### NOTABLE FEMALE PLAYERS:

Eva Adom-Amankwaa, Cynthia Kwabi,  
Joanita Borteye, Agbottah Hilda





# BADMINTON

Badminton in Ghana continues to grow from grassroots participation to competitive performance. With a busy competition calendar planned for **2026**, the federation aims to develop champions across **singles, doubles, and mixed doubles**, while targeting qualification for LA28 and the **2026 Youth Olympics**.

Through the **Badminton Ghana 2032 Mission**, the federation aims to engage **more than 110,000 children** through its **Badminton in Schools Project**, while offering over **100 scholarships** to help young players pursue long-term careers in the sport. The initiative is supported by the **National School League** and focuses on building a strong grassroots pathway.



#### NOTABLE YOUTH PLAYERS:

- EBoys: Andy Amofa, Adu-Mintah Obapomba
- Girls: Moslena Adu, Rachael Quarcoo





# ARM WRESTLING

Arm wrestling has become one of Ghana's fastest-growing sports. The **Ghana Armwrestling Federation (GAF)** has transformed the sport from a casual pastime into a highly competitive discipline across Africa.

At the **2025 African Armwrestling Championship**, held at the **Moshood Abiola National Stadium in Nigeria**, Ghana delivered an outstanding performance. Competing against **19 nations**, the Ghanaian team won **53 medals in total**:

- **24 gold** • **20 silver** • **9 bronze**

These medals were earned across junior, youth, and senior divisions.

Aligned with the Government of Ghana's commitment to the **UN Sustainable Development Goals**, arm wrestling is increasingly being used as a community sport to promote participation and development. The national team, known as the **Golden Arms**, continues to play a key role in growing the sport.

## NOTABLE CHAMPIONS INCLUDE:

- **Haruna Tahiru**
- **Derrick Adu Kwakye ("Asoka")**
- **Antwi Boasiako ("Punisher")**
- **Yasmin Kadri Moro**
- **Alberta Boatemaa Ampomah**

Ghana is currently ranked **2nd in Africa and 29th globally** in arm wrestling. Nationally, the sport ranks **2nd among more than 50 sports disciplines** in terms of participation, competition, and development.

The federation is also working to expand youth engagement, with programmes targeting **more than 15,000 junior and senior high school students**.

Female participation is also increasing rapidly, with **women representing a 47% growth in participation** at the **2025 African Championships**.

