



Takraw Australia

The Australian Sepak Takraw Association

Basic Skills Booklet

What is Sepak Takraw?

Sepak Takraw is a team sport that is most simply described as kick volleyball. Two teams of three players each compete to move a plastic or rattan ball over a net and into the opposing team's court. The players may only use their feet, legs, torso or head. No hands or arms are allowed to touch the ball – just like in soccer. There are three distinct positions or roles in a team – the server, setter and spiker.

History

Sepak Takraw is over 500 years old and originated in South East Asia along the Thai-Malay peninsula. Traditionally, the sport was played socially in a similar way to hacky-sack or footbag, where players stand in a circle and attempt to keep the ball up for as long as possible.

In the 1830's sepak takraw moved onto a court with a net and the modern form of the game was born. It has since become a popular international sport, with over 28 nations competing at international competitions.

Sepak Takraw In Australia

Sepak Takraw is a young sport in Australia that has been played in cultural groups, but it's now time for it to go mainstream! The Australian Sepak Takraw Association supports the Australian national team and we're committed to the development of the sport at all skill levels Australia-wide.

This booklet will show you a few basic skills to get you and your friends started playing Sepak Takraw.

If you want to know more about Sepak Takraw, get in touch with us online via our website TakrawAustralia.com or at facebook.com/TakrawAustralia



Malaysia versus Thailand at the 2011 Arafura Games in Darwin, Australia



Australia versus Brazil at the 2012 King's Cup in Bangkok, Thailand



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Produced by the Australian Sepak Takraw Association
 Proudly sponsored by the Northern Territory Government