



# Takraw Australia

The Australian Sepak Takraw Association

## Basic Skills Booklet

### Header

The header is a versatile skill; a defensive header can be used to trap a ball that is above waist height, and an offensive header is the easiest way to spike the ball and score points in a game.

#### How to (Defensive Header)

- 1) Keep your knees slightly bent and contact the ball above your forehead at the hairline – but not on the top of your head.
- 2) Keeping your eyes open, aim to pop the ball vertically by pushing upwards with your legs.

#### How to (Offensive Header)

- 1) Stand side on to the ball.
- 2) Thrust your head sideways and make contact on the corner of your hairline, above the temple.
- 3) Forcefully flick the ball sideways, rather than upwards.

#### To Practice

- (By Yourself) Gently throw the ball upwards to yourself, and try to head the ball up so that you can catch it without chasing it.
- (By Yourself) Throw the ball up to yourself and head it against a wall as though you were spiking the ball over the net – aim to hit the same spot on the wall every time.
- (With a Partner) Stand about three to four metres from your partner, and have them throw you the ball underarm. Attempt to head the ball upwards so that you can catch it without chasing.



(Defensive)  
Contact ball at the hairline



(Defensive) Straighten legs  
and pop ball upwards



(Offensive)  
Stand side on to the ball



(Offensive) Flick ball sideways  
and over the net



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