



Takraw Australia

The Australian Sepak Takraw Association

Basic Skills Booklet

Toe Kick

The toe kick is a skill that can be used to trap balls when the instep kick is not possible – balls that are low to the ground, or far from your body. The toe kick is generally less accurate than the instep kick, and so should only be used if you can't reach the ball using an instep kick.

How to

- 1) Keep your standing or non-kicking leg planted, with your knee slightly bent
- 2) Kicking leg - With your toes pointing forwards and a slightly bent leg, aim to kick the ball upwards using the laces of your shoes.
- 3) Aim to meet the ball at or below knee height.
- 4) You don't need to kick the ball very hard - try to keep the ball below head height. It's not a football kick!

To Practice

- (By Yourself) Gently throw the ball upwards to yourself, and try to kick the ball up so that you can catch it without chasing it – practice with both your left and right feet.
- (With a Partner) Stand about two to three metres from your partner, and have them throw you the ball underarm, towards your feet. Attempt to kick the ball up so that you can catch it without chasing.



Slightly bend the knee of the kicking leg



Contact the ball on the laces at or below knee height



Raise the ball vertically



Contact Point: Top of the foot on the lower laces



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