



Takraw Australia

The Australian Sepak Takraw Association

Basic Skills Booklet

Putting It Together

Once you have practiced with your instep, knee, head and toes, you can start to put it all together and play some sepak takraw games with friends! Try juggling the ball yourself, grabbing some friends and playing circle game or getting onto the court and playing the real thing.

Juggling

Try juggling the ball using all of the skills you've practiced - try to keep the ball in the air as long as possible without using your hands! See how many touches you can get in a row and compare with your friends. Try and juggle using every skill you've learnt - even the ones you find trickier! See if you can get five in a row, after that try for 10, 20, 50, 100!

Circle Game

Try playing circle game - with two or more friends stand in a circle and try and keep the ball in the air for as many touches in a row as you can. Similarly to juggling - challenge yourself by trying to use every skill you've learnt.

Net Game

Set up a net and have a go playing a game of sepak takraw! Choose to add any combination of the rules below to make the game a bit easier to start with - as you get better, remove the modified rules to make it more challenging until you're playing standard rules.

- Add more players per team
- Allow two faults per serve (like tennis)
- Allow one bounce per side
- Allow players to catch the ball at any time (cannot move when holding ball) and then drop to themselves and kick.
- Allow players to catch only the first ball as it comes over the net, and then kick it.

Thanks to...



MONSOON
STUDIO

Studio Photography by
Peter Eve of
Monsoon Studio



Proudly sponsored by
**Northern Territory
Government**



TakrawAustralia.com
facebook.com/TakrawAustralia
youtube.com/TakrawAustralia

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