



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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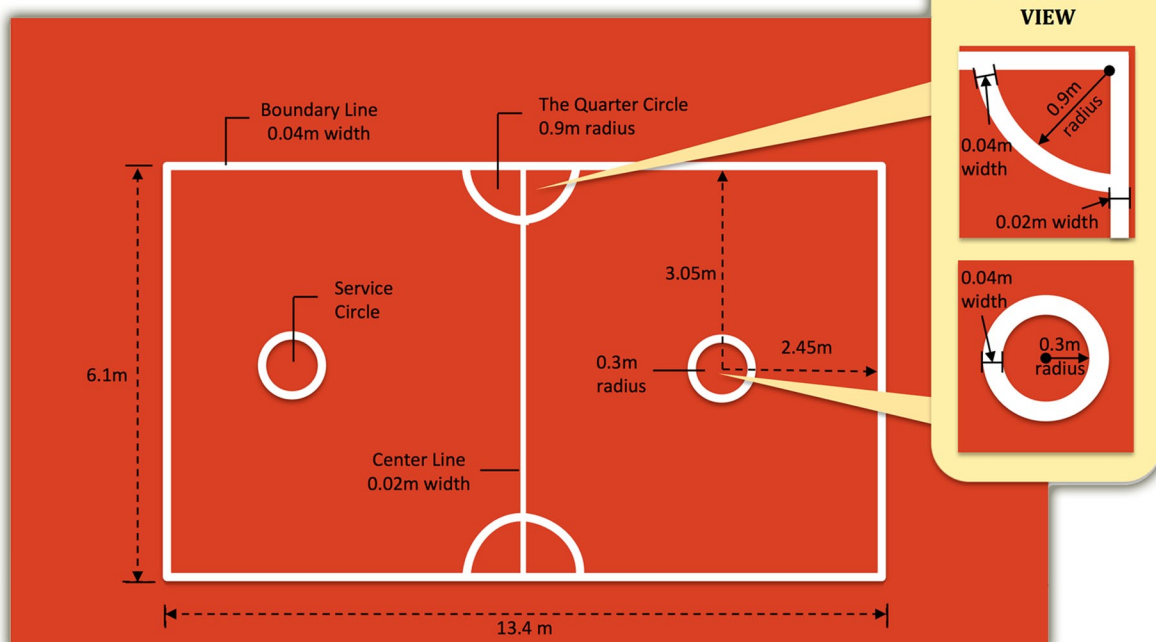
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The Court

Sepak Takraw is played on a court with the same external dimensions as a doubles badminton court, with a 1.55m high net. On each side of the court there are two quarter circles, and a service circle.

Court Dimensions



Sepak Takraw Terminology

The Trap (First Touch): Receiving the first ball off a serve or spike with the aim to raise the ball up for the setter.

The Set (Second Touch): Raising the ball up for the spiker.

The Spike (Third Touch): Hitting the ball over the net and into the opponents court in an attempt to win the point.



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How To Play

Two teams of three players stand on either side of the net, and the point begins with a serve. Once the ball is in play, each team will attempt to trap, set and then spike the ball into the opposing team's court. A spike successfully wins the point if the ball touches the ground inside the opponent's court, or if it causes the opponent to make an error.

Starting Play

- The server on the serving team stands with one foot inside the service circle, while the other two players on the serving team stand in the quarter circles.
- One of the players in the quarter circles throws the ball to the server who kicks the ball over the net and into the opponent's court on the full.
- The receiving team can stand anywhere in their court while waiting for the serve.
- Each team serves three times in a row, regardless of who wins the points.

Gameplay

- Once the ball has been served each team will attempt to trap, set and then spike the ball into the opponent's court.
- Each team may touch the ball up to three times before the ball must go over the net – one player can take all three touches.
- A team wins a point if the ball touches the ground in the opponent's court or the opposing team fails to return the ball, kicks the ball out, or uses more than three touches in one return.
- The game is played to the best of 5 sets, and a set is won when one team reaches 15 points.



Player positioning during service - Thailand serving against Korea at the 2013 King's Cup in Udonthani, Thailand.



Australia serving at the 2013 King's Cup in Udonthani, Thailand



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Instep Kick

The instep kick is the most important and most frequently used skill in Sepak Takraw – it can be challenging to learn, but offers the best control of the ball. The ball should contact the foot on the instep, and this kick can be used to serve, trap, and set the ball.

How to

- 1) Keep your standing or non-kicking leg planted, with your knee slightly bent
- 2) Kicking leg – Keeping your toes pointing forwards, raise your knee up and out to the side in one motion and lift your instep to face upwards. Your toes should still be pointing forwards.
- 3) Aim to meet the ball around knee height – Don't try to kick the ball hard, instead aim to gently lift the ball up.
- 4) The aim is to raise the ball vertically.

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.
- (By Yourself) Gently throw the ball upwards to yourself, and kick it against a wall aiming as if as though you were delivering the ball over the net. Kick the ball straight so that you can catch it as it comes back.
- (With a Partner) Stand about three or four metres from your partner, and have them throw you the ball underarm. Aim to kick the ball up so that you can catch it without chasing.



Bend the knee outwards and raise the instep



Contact the ball around knee height



Keep toes pointing forwards and lift the ball up



Contact Point: The middle of the instep



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Knees

Just like in soccer, the thigh can be used to control the ball when it is too high to be kicked. The ball should contact the lower thigh area between the knee and the mid thigh. This skill is used to trap and raise the ball upwards from waist height and is one of the easiest skills to learn.

How to

- 1) Keep your standing or non-kicking leg planted, with your knee slightly bent
- 2) Kicking leg - With your toes pointed forward, raise your leg with a bent knee and aim to pop the ball vertically using your lower thigh.
- 3) At the point of contact your thigh should be about parallel to the ground.

To Practice

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



Lift the knee straight upwards



Contact the ball with the thigh parallel to the ground



Aim to pop the ball vertically upwards



Contact Point: Front of the mid-thigh, above the knee



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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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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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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.

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