



# Takraw Australia

The Australian Sepak Takraw Association

## Basic Skills Booklet

### 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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