



# Takraw Australia

The Australian Sepak Takraw Association

## Basic Skills Booklet

### 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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