

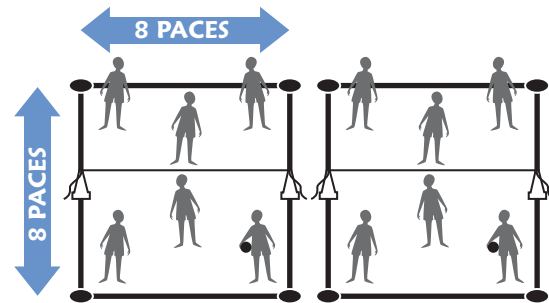


Prep

- 4 spot markers per 6 students (for boundaries)
- 2 12-18" cones per 6 students (for net)
- 1 9-12' jump rope per 6 students (for net)
- 1 ball (10" volley trainer) per 6 students

Set

- Create small (8X8 paces) grids per group of 6.
- Form 2 groups of 3 for each grid.
- Create a net (using jump rope and cones) to divide each grid into 2 equal areas.
- Position groups of 3 in a triangle on either side of the net. (See diagram.)



Teach

1. The object of *Sepak Takraw* is to hit the ball (*takraw*) over the net without the opposing group being able to return it. The difference between this and volleyball is that the ball is hit only using your lower body. “Sepak” is the Malay word for kick. “Takraw” is the Thai word for woven ball.
2. **The Rules**
 - Play begins with a toss from a side player to center player who kicks it over the net.
 - Receiving Group is allowed 3 hits to get the ball back to the other side of the court.
 - A point is scored (by Serving Group only) if the other group:
 - hits the ball out of bounds (liners are good)
 - does not return ball in 3 or fewer hits
 - allows ball to hit the ground more than 1X in a row.
 - touches the ball with a hand or arm.
 - commits a “held ball” by catching or trapping ball.
 - If the Serving Group wins the rally, they score a point and continue serving.
 - If the Receiving Group wins the rally, it is a side-out and they take over the serve.
 - On a side-out, rotate positions to get a new Server. Rotation is clockwise (Server moves to R Back, to L Back, to Server.)
3. **Cues**
 - Make good passes to your group members to set up a good return.
 - “Call” the ball to tell others in your group you are getting it.
4. **Challenges**
 - How many times can your group return the serve using 3 hits?
5. **Think About...**
 - Besides volleyball, what other sports are similar to *Sepak Takraw*?

SEPAK TAKRAW

EXTENSIONS



Raise the Roof

(Need taller cones and or head-high nets.) Are you ready to raise the level of play? Instead of 12" cones move to 18". Are you ready for more? Play with a net on a larger court.



Large Groups

(Add 1 or 2 players to each group if your class size or equipment requires you to get more students involved in each game.)



GLOBAL INTEGRATION

Thanks to the Internet we can view world games like *Sepak Takraw* in action. Share your experience with an adult in your family or school by searching for *Sepak Takraw* online. The skill and intensity of international play is amazing!



STANDARDS ADDRESSED

NASPE

#1, 2 Transferable foot skills and game strategy

#3, 4 Aerobic capacity

#5, 6 Cooperation, appreciation of diversity

Your State (Write in here)



TEACHING TIPS

- Allow groups to select their own object to practice and play with. Challenge groups to move from larger/slower to smaller/faster objects when ready.
- Prompt students to encourage the good efforts of their classmates.

NOTES
