



Circle sepak takraw

A kicking game from the 15th century played throughout South East Asia.

Age: 5+

Players: Teams of six.

Pitch: A 1m radius circle on any flat playing space bounded by a 4m radius circle.

Time: Unlimited.

Rules: The playing team stands anywhere in the 4m circle but not in the 1m circle.

A player starts in the centre of the 1m circle and tosses the ball to any one of their team members and then rejoins their team.

The first touch by this player must be a kick-volley.

All kicks or passes between players should cross the 1m circle and aim to be above head height.

Players should use a variety of skills such as kicking, heading, shouldering, kneeling and tipping with a toe. All parts of the body can be used except the hands and arms.

Each team has three tosses to keep the ball in play.

After the three tosses are completed, change the playing team.

The ball may not be passed to a team member immediately on the left or right.

A player may only touch the ball a maximum of three times before passing.

A player may not step outside the 4m circle or into the 1m circle.

Scoring

- Kick-volley, head pass = one point.
- Shoulder, knee, toe or other body pass = two points.
- Team total is the number of points gained from the three tosses.

Equipment

- A rattan ball or a ball of similar size, with a circumference of around 40/45cm.

Safety

- Ankles protected by socks or stockings and sports shoes.



Adaptations and variations

Easier

- **S**pace: Use the whole playing area (both circles).
- **T**ask: No limit to the number of touches before passing.
- **E**quipment: Use a softer ball.
- **P**eople: NA.

Harder

- **S**pace: Make the playing space larger.
- **T**ask: Each player can touch the ball a maximum of two times before passing.
- **E**quipment: Use a smaller ball.
- **P**eople: Reduce the number of players in a team.

Inclusion

An adaptation for this game could be to use hands and arms.

Skills developed

- Kick-volley
- Heading
- Coordination

This activity can be used as

- A skill-development activity
- A game

Who could use this card?

- Teachers
- Young leaders
- Sports coaches
- Community leaders
- Students

