



COLLEGE of HUMAN KINETICS



LESSON 4 Basic Skills and Techniques

What should I know?

Role and Position is the most important in playing Sepak Takraw. Their role also determines their positions on the courts. Each player takes up a specific role in the game, so players must determine first what will be their role and position but in order to determine it must know first the basic skills. The basic skills is the most important in all sports game.

Lesson Objectives

At the end of this lesson, the students should be able to:

- A. determine the specific role and position of a player during the game;
- B. practice the basic skills in playing Sepak Takraw;
- C. observe the development of physical fitness components by doing the activity; and
- D. value the importance of basic skills in playing sports game.



Activity 1. Basic Kicks in Sepak Takraw

1. THE INSIDE KICK ...

There are 5 basic kicks/hits that any good player will have mastered. The most important of these is the **inside kick**, for it provides maximum ball control. Use this kick to field a ball dropping in front of you. With your support leg flexed at the knee, lift up your other leg and swing the foot and lower part of the leg in and up sideways like a pendulum in front of you, turning the ankle so that you hit the ball with the flat surface of the inside of your foot. The inside kick is commonly used for passing and setting the ball up high for a spike.



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AW Chickering



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BABR BASIC SKLS ED LVL C 2/E Nila Banton Smith, Pearson Education Canada, 1977 **The Skill-Building Quick & Easy Block Tool** Debbie Rodgers, 2022-11-25 The ultimate no math block reference for quilters this quilting reference provides block patterns quilting tips and ideas for your quilting projects Ultra portable and indispensable this reference tool keeps the cutting instructions at your fingertips with more blocks more diagrams and more practical tips No quilter should be without the essential toolkit that makes up the block tool featuring dozens of precut friendly designs and a complete block index plus convenient rotary cutting charts and reference tables Exploded block diagrams and repeated layouts make construction a breeze As a bonus you ll learn how to sew an accurate 1/4 seam and create half square triangles and flying geese blocks with ease 110 contemporary blocks in five sizes each with design tips diagrams color inspiration and project idea Easy to use size with handy reference tables rotary cutting charts block index and index to sixty precut friendly blocks Start with the simpler blocks and quickly take on new challenges honing skills as you go with accurate seam allowances triangles and more detailed piecing Sight Word Stories & Seatwork Activities (Book 1) , Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1978 **Index to Media and Materials for the Mentally Retarded, Specific Learning Disabled, Emotionally Disturbed** National Information Center for Special Education Materials, 1978 *Resources in Education* , 1990-07 Books and Pamphlets, Including Serials and Contributions to Periodicals Library of Congress. Copyright Office, 1977 El-Hi Textbooks & Serials in Print, 2005 , 2005 *Journal of Health, Physical Education, Recreation* , 1951 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1977 Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office Library of Congress. Copyright Office, 1978 **The Publishers' Trade List Annual** , 1985 Children's Books in Print, 2007 , 2006 **El-Hi Textbooks and Serials in Print** , 2006 Subject Guide to Books in Print , 1996 **Spelling for Writing** Houghton Mifflin Company, 1992-07 **Parliamentary Debates (Hansard)**. Great Britain. Parliament. House of Commons, 2006 **Instructor** , 1980 Subject Guide to Children's Books In Print, 1996 R R Bowker Publishing, 1996 **College Credit Recommendations** , 1992

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