



# Sepak Takraw



Pal2iyawit / Shutterstock.com

*She watches the small plastic ball bounce off her opponent's head and soar back over the net. In an instant, she leaps up, turns upside-down, spikes the ball with the side of her foot, finishes her mid-air flip, and lands on her feet again. As the*

*ball slams down over the net, the opponent's lunging attempt to kick the ball fails. The stadium explodes with the roaring cheers of fans. With a scream of joy she realizes that her team has just won the King's Cup! They are the best women's sepak takraw team in the world!*

**S**epak takraw combines elements of soccer, volleyball, gymnastics, and martial arts. Like soccer, players are not allowed to touch the ball with their hands or arms. Like volleyball, players must keep the ball from touching the ground and get it over