



# SEPAK TAKRAW ASSOCIATION OF CANADA

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## NATIONAL SEPAK TAKRAW SKILLS TEST – page 1

**\*Test must be administered and signed by a Provincial or National Sepak Takraw Coach for Funding Eligibility\***

Full Name: \_\_\_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_ (mm/dd/yy)  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Gender (circle one): M / F Occupation: \_\_\_\_\_ Date: \_\_\_\_\_

### A.) BASICS:

#### 1. CONSECUTIVE KICKS – record the best ONE out of three tries:

Ball is considered dead and you must start over when you foul (ball hits ground, hand, arm or any other object) or when ball is kicked by a method other than what you are working on):

- |   |                  |                 |
|---|------------------|-----------------|
| a. Inside Kick:                             | right foot _____ | left foot _____ |
| b. Outside Kick:                            | right foot _____ | left foot _____ |
| c. Toe Kick:                                | right foot _____ | left foot _____ |
| d. Knee Bump:                               | right side _____ | left side _____ |
| e. Header:                                  | forehead _____   |                 |
| f. Shoulder Bump:                           | right side _____ | left side _____ |
| g. Low Ball-High Ball (two hits = 1 point): | right foot _____ | left foot _____ |

Total \_\_\_\_\_ Total \_\_\_\_\_

Left & Right Foot Basic Hits Points Total \_\_\_\_\_

- |  |       |                                  |
|--|-------|----------------------------------|
| h. Left Low Ball-Right High Ball (two hits = 1 point): | _____ |                                  |
| i. Right Low Ball-Left High Ball (two hits = 1 point): | _____ |                                  |
| j. Free Style (all kicks, both sides):                 | _____ | Advanced Hits Points Total _____ |

#### 2. DEFENSE/SETTING – record how many out of 5 tries were successful in receiving a thrown ball from 25 ft. away, popping it up then setting it onto a mat target (front edge being 9 ft. away from kicker) – understanding that a “successful” SET must rise to a minimum height of 8-10 ft. and drop straight downward onto the mat:

- |   |                     |
|---|---------------------|
| a. Slow lob throw to right foot, pop ball up & set onto 8' x 8' mat target, 9' away:      | _____ / 5 = _____ % |
| b. Slow lob throw to left foot, pop ball up & set onto 8' x 8' mat target, 9' away:       | _____ / 5 = _____ % |
| c. Slow lob throw to right knee, pop ball up & set onto 8' x 8' mat target, 9' away:      | _____ / 5 = _____ % |
| d. Slow lob throw to left knee, pop ball up & set onto 8' x 8' mat target, 9' away:       | _____ / 5 = _____ % |
| e. Slow lob throw to chest, pop ball up & set onto 8' x 8' mat target, 9' away:           | _____ / 5 = _____ % |
| f. Slow lob throw to head, pop ball up & set onto 8' x 8' mat target, 9' away:            | _____ / 5 = _____ % |
| g. Hard, fast throw to right foot, pop ball up & set onto 8' x 8' mat target, 9' away:    | _____ / 5 = _____ % |
| h. Hard, fast throw to left foot, pop ball up & set onto 8' x 8' mat target, 9' away:     | _____ / 5 = _____ % |
| i. Hard, fast throw to right knee, pop ball up & set onto 8' x 8' mat target, 9' away:    | _____ / 5 = _____ % |
| j. Hard, fast throw to left knee, pop ball up & set onto 8' x 8' mat target, 9' away:     | _____ / 5 = _____ % |
| k. Hard, fast throw to chest, pop ball up & set onto 8' x 8' mat target, 9' away:         | _____ / 5 = _____ % |
| l. Hard, fast throw to head, pop ball up & set onto 8' x 8' mat target, 9' away:          | _____ / 5 = _____ % |
| m. Over-the-head, right corner throw, pop ball up & set onto 8' x 8' mat target, 9' away: | _____ / 5 = _____ % |
| n. Over-the-head, left corner throw, pop ball up & set onto 8' x 8' mat target, 9' away:  | _____ / 5 = _____ % |

TOTAL \_\_\_\_\_ / 70 = \_\_\_\_\_ %

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### B.) TARGETED SERVING FROM A DESIRED CONSISTANT TOSS:

1. Medium Speed Serve Between Defense, right side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
2. Medium Speed Serve Between Defense, left side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
3. Hard Serve, right side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
4. Hard Serve, down the centre: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
5. Hard Serve, left side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
6. Short Serve, right side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
7. Short Serve, left side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
8. Corner Lob, right side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
9. Corner Lob, left side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
10. Short Spinner (fake hard serve), right side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
11. Short Spinner (fake hard serve), centre: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
12. Short Spinner (fake hard serve), left side: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
13. Net Drop Serve, anywhere in the court: \_\_\_\_\_ / 5 = \_\_\_\_\_ %

TOTAL \_\_\_\_\_ / 75 = \_\_\_\_\_ %

### C.) SPIKING FROM GOOD CONSISTANT SETS/TOSSES CLOSE TO THE NET:

1. Head Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
2. Soul Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
3. Roundhouse Instep Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
4. Roundhouse Soul Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
5. Roundhouse Toe Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
6. Standing Sun Back Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
7. Jumping Sun Back Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
8. Ninja Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
9. Hand Stand Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
10. Roll Spike: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
11. Dink: \_\_\_\_\_ / 5 = \_\_\_\_\_ %

TOTAL \_\_\_\_\_ / 50 = \_\_\_\_\_ %

### D.) BLOCKING A CONSISTANT SPIKE FROM CLOSE TO THE NET:

1. Back Block: \_\_\_\_\_ / 5 = \_\_\_\_\_ %
2. Combination Leg-Back Block: \_\_\_\_\_ / 5 = \_\_\_\_\_ %

TOTAL \_\_\_\_\_ / 15 = \_\_\_\_\_ %

### E.) PLAYER/TEAM GAME ANALYSIS RESULT:

1. # of points made due to this player's kick: \_\_\_\_\_ / over total # of points achieved in set or match = \_\_\_\_\_ %
2. # of points against due to this player's error: \_\_\_\_\_ / over total # of points achieved in set or match = \_\_\_\_\_ %

### F.) RECOMMENDED STRONGEST POSITION FOR THIS PLAYER:

1. Tekong \_\_\_\_\_
2. Setter/Blocker \_\_\_\_\_
3. Spiker \_\_\_\_\_

### G.) TEST ADMINISTRATOR:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
City: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### STAS OFFICE USE ONLY:

1. This player kicked \_\_\_\_\_ consecutive Basic Kicks, \_\_\_\_\_ consecutive Advanced Kicks, totaling \_\_\_\_\_
2. This player's skill totals: Defense/Setting \_\_\_/70, Serving \_\_\_/75; Spiking \_\_\_/50; Blocking \_\_\_/15 = \_\_\_/210.
3. This player's skill rating is: Defense/Setting \_\_%, Serving \_\_%, Spiking \_\_%, Blocking \_\_%. Average: \_\_\_\_
4. This player is \_\_\_ is not \_\_\_ recommended a provincial/national competitive team placement in their division.