

# SUPER TROOPERS

with

laya  
healthcare

## Unusual Sports to try at Home

**In Ireland we play lots of different sports like hurling, football, rugby, soccer, cricket, and tennis but there are lots of other different sports played all around the world.**

Some of these sports are really unusual like cheese rolling in Gloucester, while others are a combination of sports we know, like the German game of cycle ball – a game of football and cycling. Super Troopers has ideas for how you can try your own version of two of these unusual sports (**sepak takraw** and **jai alai**) at home.

### Sepak takraw

This is a traditional game played in Asia. It is really popular in Malaysia. In fact, 'sepak takraw' means 'kick ball' in Malay. This game is like volleyball but played using your feet, head, knees or chest to get the ball over the net, instead of using your hands and arms like in volleyball.

- › When a team gets to 21 points, they win a set.
- › The winners are the first team to win two sets.

### Sepak takraw at home:

- › Sepak takraw uses a small rattan ball but you can try this game with a volleyball or a large ball.
- › There are normally 3 players for each team.
- › The teams stand each side of a net. Instead of a net, you can mark out a side for each team by laying a skipping rope in the middle of your playing area.
- › Like in volleyball, the players must keep the ball from touching the ground on their side of the net. Players cannot touch the ball with their arms or hands!
- › When a team lets the ball drop on their side of the net, the other team wins a point.



# SUPER TROOPERS

with

laya  
healthcare

## Unusual Sports to try at Home

### Jai alai

Jai alai is a traditional sport from the Basque area of Spain. It's played in a walled area with 1 or 2 players per team. It's like squash, with players using a scoop-like racket to bounce the ball off the wall. It is known as the fastest game in the world.

#### Jai alai at home:

- › First of all, you need a wall for this game.
- › Jai alai uses a special scoop-like racket called a cesta and a hard ball called a pelota. The players also need a helmet but for your game you can try it with a racket and tennis ball.
- › You can play with one or two players per team.
- › The teams stand facing the wall.
- › The players have to strike the ball against the wall using the racket, hitting it to for the other player to strike back.
- › In jai alai there are marked lines where the ball must bounce, but for your game, players can win a point if they return a ball, gently striking it after it has bounced once (but not letting it bounce twice or more). For your game make sure you do let the ball bounce!
- › When a player lets the ball bounce twice or more before they strike it back, the other player wins a point.
- › In jai alai you normally need 7 points to win a game.

