



Activity for Laos

Katakaw

Katakaw is played with a small ball woven out of rattan (modern balls may be made of plastic). The players stand in a circle and try to keep the ball in the air, without using their hands, by kicking it or hitting it with their knees and elbows.

A more competitive version is called sepak takraw. Two teams of three players toss the ball back and forth over a volley ball net, using their legs, arms, shoulders, and head. Laotian sepak takraw teams participate in the King's Cup international competition, which attracts competitors from throughout Southeast Asia.