INTRO TO WATER POLO

Lesson Plan

Duration: 60-90mins

Equipment: 1 ball per 2 students

Warm up:
- 4 laps freestyle
- 4 laps head-up freestyle
- 4 laps alternating freestyle/backstroke (4 strokes of each)
- 4 laps relay head up freestyle with ball in front
- Egg-beater kick

Drill 1
Passing in pairs
- Close range (1m) with dominant hand
- Extend distance (2-3m) with dominant hand
- Close range (1m) with non-dominant hand
- Extend distance (2-3m) with non-dominant hand

Drill 2
Catch and Spin
- catch ball from partner, spin 360° and pass back. Repeat

Drill 3
'Man in the middle'
- Circle formation.
- Centre person passes ball to a person within the circle.
- That person passes ball back and once ball has left possession, swims the perimeter of the circle back to starting position in clockwise direction.
- In the mean time, centre person passes and receives ball from every member in circle, travelling in an anti-clockwise direction.
- Aim is to complete full circle first.

Drill 4
'Flag drill'
- Using hand signals, complete 5 x 30sec sets of directional change
- Signals can be in any direction plus both arms up which indicates a jump (strong egg-beater kick needed)
- Students are expected to keep looking at instructor.
- Freestyle, backstroke and side lunges are strokes that should be used
Drill 5
‘Pressure passing’
• In 3s there are 2 offensive and 1 defensive players
• Aim of defensive player is to block the pass from 2 offensive players
• Ball can be tapped out of offensive players hand but can not be pushed under water
• All catches and passes must be with one hand

Drill 6
‘Shooting’
• Shooting from directly in front of goal
• Shooting from left and right angles
• Progress to swim and shoot

Drill 7
‘Mushroom’
• Set up players in game format as follows

- Centre forward passes to team members who attempt a screen or shot for goal.
MODIFIED GAME  Flippa Ball

1. The game consists of 4 five minute quarters.
2. The ball used is size 6 modified water polo ball.
3. All players must wear a water polo cap. Mouthguards are recommended.
4. There are six players in the water from each team at any one time. One of whom is a goalie.
5. Players can be substituted after a goal has been scored or from the corner when your team has possession.
6. Teams swap playing ends of the pool at half time.
7. To start play, players must line up along the goal line. At a signal from the referee one player swims towards half way where the referee has thrown the ball. The player that reaches the ball first must pass it backward to team-mates. The teams aim is then to take the ball forward towards the opponent's goal with the aim of scoring a goal.
8. A goal is scored when the ball completely passes over the goal line.
9. After a goal has been scored the players return to their own halves and a member of the team who did not score the goal take a throw from half way. The ball must be passed back to a team member.
10. Players may use two hands to catch the ball but must use one to throw.
11. Held ball will be called if a player holds the ball for longer than 5 seconds without passing the ball or playing it on the water.
12. A player can move with the ball by pushing it along in front of them (dribbling), the ball can be stolen from a player who is dribbling the ball provided that player is not contacted.
13. A player may tackle another player only if they are holding the ball.
14. Ordinary Fouls can be awarded by the referee for infringements such as:
   • Swimming over an opponents legs
   • Punching the ball
   • Taking the ball under water
   • Accidental contact
   • Splashing
   • Throwing the ball out of the pool area
15. An infringement of the rules results in a free throw, signalled by a whistle from the referee. The referee will signal this by pointing his arm in the direction that the attacking team are travelling.
16. A goal cannot be scored directly from a free throw. I.e: another player must touch the ball first.
17. A goal cannot be scored from a throw outside the half-way line.
18. Major Fouls can be awarded by the referee for infringements such as:
   • Deliberate contact
   • Holding or pulling back a player swimming with the ball
19. A Penalty Throw can be awarded if, in the opinion of the referee, a player is fouled when about to score a certain goal.
20. A Penalty Throw is a direct shot on goal from the 4 metre line signalled by the referee, with only the goal-keeper defending. Any player may take the penalty throw.
21. The penalty for a Major Foul shall be exclusion from the game until the offending player has touched the corner of the pool nearest their own goal or by the awarding of a Penalty Shot.
22. The penalty for abusive language, disrespect or aggression is exclusion from the game for the remainder of the match with a substitute. (Aggression is defined as deliberately striking or attempting to strike another player)
23. No player is allowed to enter the opponent's two-metre area unless the player has the ball or the ball is in front of the player.