

95/96 Session: Week 2 [18th January 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 75 as swim 50 FC, kick 25 choice > 2x 50 as ½ length Long, stretchy BR / ½ length Short, quick BR - 25 Head Up FC > 3x 25 as: 5m Spider / 5m FC > 3x 15m Head-Up FC Sprints, vary starts with jumps, EB lifts, wrestling etc 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz BR kick / 1w FC kick > 2x 1w with Ball: 1w fwd jumps juggling the ball > 2x 1w with Ball: 1w vertical EB & juggling the ball, on whistle ball on head, then back to juggling > 2w with Partner: moving side-ways & passing the ball with 2 hands (stay close together), EB kick - rest > 2x 1w Spider with ball & lift and kick vertical on whistle (every 2-3m) > 2x 1w: sculling on back, carrying ball with feet, at end of width flick ball up from foot to hand > 2w with Partner: moving fwd-bwd & passing the ball with 2 hands (stay close together), EB kick - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > 360° Spins - kick up so arms are lifted out of the water and spin around quickly <ul style="list-style-type: none"> - practice spinning clockwise & anti-clockwise - Coach on the poolside challenges the athletes to spin - then try with ball in hand (right & left) 	5
DRIBBLING THE BALL	<p>Revise some of the dribbling skills from last week:</p> <ul style="list-style-type: none"> > Dribbling with Spider <ul style="list-style-type: none"> - as above with short Spider (2m) in middle of swim - Maintain control of ball on Spider, try to keep head still & looking over ball - Drill to practice: coach to raise hand for Spider, lower hand for regular dribbling > Swim & pick up Ball <ul style="list-style-type: none"> - Start & Stop as before, but on each Stop then bring knees forward under ball and lift ball & rotate - Drill to practice: regular starting and stopping on the whistle - To help control the ball use the other hand to 'tip' the ball back to the lifting hand > Lateral Movement Drill <ul style="list-style-type: none"> - In pairs, one resting sat on the side, one in water - Pass ball from side to side - Spider, lift ball from underneath, tuck & knees through, then kick vertical to make pass to partner on side - 3x each side then swap 	15
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Ball behind Back - kick up and sweep ball around back & into the other hand <ul style="list-style-type: none"> - practice both right to left & left to right - Coach on the poolside challenges the athletes to see how quickly they make the pass 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 3 [25th January 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 75 - FC, BK, FC as 25 swim, 25 kick, 25 swim with 15s rest > 2x 75 BR as 25 two kicks & one pull, 25 two pulls & one kick, 25 normal BR with 15s rest > 4x 25 FC build: 80%-85%, 85%-90%, 90%-95%, 95%-100% with 15s rest > 4x 12m Head-Up FC Sprints, start with Vert EB - both arms up moving forward, sprint on whistle 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front > 2x 1w with Ball: on back juggling the ball in the air > 2x 1w with Ball: 1w vertical EB & tipping the ball with finger tips into the air > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w Spider with ball & lift and kick vertical on whistle (every 2-3m) > 2x 1w: Fly Arms & BR kick with ball, keep head & chest up high to control the ball > 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together) - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Balance Ball - balance ball on forehead <ul style="list-style-type: none"> - work legs and arms in water to stay balanced and keep ball on head - Coach on the poolside challenges the athletes to see if they can keep the ball on forehead longer - then try to see how many headers they can do 	5
DRIBBLING THE BALL	<ul style="list-style-type: none"> > Dribbling with Change of Direction <ul style="list-style-type: none"> - Dribble the ball, on whistle change dir, left then right cont. - Hand under the ball on change of dir, bring ball in to chin, turn & kick forward then swim with ball, etc - Keep hips on the surface, tucking knees in on turn & strong kick out of turn - Also practice with Spider & change dir > Pairs Movement Drill <ul style="list-style-type: none"> - In pairs, one resting & making the pass, one working retrieving the ball - Resting player throws the ball into a space, the working players swims to the ball as quickly as they can - Pick up the ball underneath & kick vertical, turning to face the partner & pass - continue drill for 5 passes (max 3m away) in random directions - then swap over roles, twice each - first time the working player passes with right hand, second time with left hand 	10
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Tip Ball in Air - static EB, tipping ball high n the air & catching again <ul style="list-style-type: none"> - see how high the ball can be thrown up, but only successful if caught on the way down - Coach on the poolside challenges the athletes to see how high the ball can go with clean catch - practice right & left handed 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 4 [1st February 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 2x 100 as swim, kick, pull, swim - FC & BK with 15s rest > 3x 50 as: ½ FC with BR kick / ½ FC - ½ BR with FC kick / ½ BR with 15s rest > 4x 25 Head-Up FC, with 5s Vertical EB lift at half way 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front > 4x 1w with Ball: alt, FC with ball between knees / Sculling on back guiding ball with feet > 2x 1w with Ball: Jump forward and scoop ball off the water into hand. Alt left & right hands > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w Bwd Vertical EB - hands sculling to keep ball in close to chest (try not to touch ball with hands) > 2x 1w: WP BK dribbling ball behind neck/shoulders, look left & right on stroke to keep control of ball > 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together) - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Flick Ball - flick ball from foot onto hand <ul style="list-style-type: none"> - sit in water with knee tucked up to chest & flick ball to hand - Coach on the poolside challenges the athletes to see if they can flick the ball onto left & right hands - then try with leg extended, or try with pass onto foot & back onto hand 	5
DRIBBLING THE BALL	<ul style="list-style-type: none"> > Dribble & Pass to Partner <ul style="list-style-type: none"> - Partners start side by side (2m gap) - Dribble the ball 2m, both players stop & kick into vertical position - Pass the ball across hand to hand - then swim and continue drill - Also practice with Spider & Pass > 3 v 3 Possession Game <ul style="list-style-type: none"> - In teams, vertical passing game with defenders in between trying to steal - Defenders can block & jump, working between attackers - Attackers kick high and sideways with the ball to make a safe pass - Aim to make 10 safe passes with good catches - then swap over roles, twice each 	10
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Roll Ball down arm - roll ball from one hand, down arm & shoulders to the other hand <ul style="list-style-type: none"> - see if the ball can make it from one hand to the other without dropping - Coach on the poolside challenges the athletes to make the skill - practice right & left handed 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 5 [8th February 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 2x 100 as 50 FC, 25 BK, 25 BR with 15s rest > 3x 50 as 25: 6 strokes FC - 6 strokes WP BK / 25: 6 strokes BR - 6 strokes underwater with 15s rest > 6x ½ Length Races, vary starts 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front > 2x 1w with Ball: vertical EB, water wheel with ball > 2x 1w Rotation: slow vert EB movement fwds, lift ball from water, rotate & lift with right hand, then left hand > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w Dribble ball, lift ball & tumble every 2-3m, try to keep ball dry > 2x 1w with Ball: 1w vertical EB & tipping the ball with finger tips into the air > 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together) - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Back of Hand Flick - balance ball on back of hand & flick ball up to catch <ul style="list-style-type: none"> - quick hand movement, flicking the fingers forward to tip ball into air & catch with same hand - Coach on the poolside challenges the athletes to see if they can flick the ball up & catch without dropping - try with both left & right hands 	5
DRIBBLING THE BALL	<ul style="list-style-type: none"> > Dribble & Wet Pass to Partner <ul style="list-style-type: none"> - Partners start side by side (2m gap) - Dribble the ball 2m, staying horizontal lift ball off the water & flick it across in front of partner - Continue dribble then partner flicks the ball back - slow swimming to start with - First flick the ball with the outside hand, then later with inside hand (back flick) - Also practice with Spider & Pass > Faking & Mirror Block in Pairs <ul style="list-style-type: none"> - In pairs, one faking the ball & partner trying to block the ball - Blocker mirror blocks the ball - Player with ball can kick sideways, forwards, backwards - Def player follows - 10-15s work with ball, then swap over - first time fake the ball with right hand, second time with left hand 	10
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > High Juggle - static EB, tipping ball high in the air & catching again <ul style="list-style-type: none"> - horizontal on front, throw the ball up & try quick turn onto back to make the catch - Coach on the poolside challenges the athletes to see if they can make the throw & catch without drop - practice right & left handed 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 6 [15th/22nd February 2008 (half term)]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 3x 75 FC as 50 swim, 25 kick with 15s rest > 3x 50 as 25: BR, 1 pull & 2 kicks / 25: 6 strokes Head Up FC & forward tumble with 15s rest > 6x ½ Length Races, vary starts 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front > 2x 1w with Ball: 1w fwd jumps juggling the ball > 2x 1w: Fly Arms & BR kick with ball, keep head & chest up high to control the ball > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w: sculling on back, carrying ball with feet, at end of width flick ball up from foot to hand > 2x 1w with Ball: Fast Dribble, lifting head & shoulders to look over the ball, and with big FC leg kick > 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together) - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Shoulder Shrug - flick ball onto shoulder & catch with hand <ul style="list-style-type: none"> - flick ball into air toward the shoulder, nudge the ball with the shoulder back to the same hand - Coach on the poolside challenges the athletes to see if they can flick the ball up & catch without dropping - try with both left & right hands 	5
SPIDER & VERTICAL JUMP	<ul style="list-style-type: none"> > Spider across & Vertical Jump to touch Ball <ul style="list-style-type: none"> - In 3's, two static players 4m apart, holding a ball high up in the air - Working player spiders across, then bring knees forward ready to kick vertical - Get knees as high as possible before explosive kick up, reaching to touch the ball - Turn and Spider across to other player & repeat - Alt jumping and touching ball with left & right hands - 4 jumps then switch the working player, twice through drill each 	10
TRIANGLE PASSING DRILL	<ul style="list-style-type: none"> > Right & Left handed Passing Drill <ul style="list-style-type: none"> - In 3's, two players passing with natural hands, 'hot' player catching with right hand from right player & left hand from left player - 5 catches from each side with good rotation technique, wide and high knees for balance - swap over 'hot' player after 10 passes, twice through drill each 	5
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Head the Ball <ul style="list-style-type: none"> - throw the ball up in the air with the right hand, head the ball and catch it with the left hand & continue - Coach on the poolside challenges the athletes to see if they can make the throw & catch without drop - practice starting with the ball in the right & left hand 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15 5
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 7 [29th February 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 5x 50 FC with 15s rest > 2x IM, all strokes with BR kick with 15s rest > 6x ½ Length Races, vary starts 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front > 2x 1w with Ball: 1w vertical EB & juggling the ball, on whistle ball on head, then back to juggling > 2x 1w with Ball: 1w vert EB turning 90° every 2m 'Water Wheel' with ball > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w Spider with ball & lift and kick vertical on whistle (every 2-3m) > 2x 1w with Ball: on back juggling the ball in the air > 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together) - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Finger-Tip Keepy-Uppy <ul style="list-style-type: none"> - Coach on the poolside challenges the athletes to 20s 'keepy-uppy' - Tipping the Ball with left and right hands - Try to keep the ball off the water for 20s 	5
POSSESSION DRILLS	<ul style="list-style-type: none"> > 1v1, 2v2 Games <ul style="list-style-type: none"> - 1v1: keeping possession with ball on the hand or on the water - see how long the player can keep the ball away from their partner. Tackle only allowed when player is holding the ball. - time how long they can keep possession, then swap roles - 3 times drill each - 2v2: same rules, but can now make a pass to your partner, keeping possession for as long as possible - time how long they can keep possession, then swap roles - 3 times drill each pair 	10
WET PASSING DRILL	<ul style="list-style-type: none"> > Wet Passing Drill <ul style="list-style-type: none"> - In 3's, passing clockwise, pass the ball to the water - an accurate pass in front of right shoulder - Make sure the knees are high & wide for good balance, then lift the ball from underneath - Rotate the ball up and back, then kick to lift the body high out of the water and make the wet pass - 20 passes then swap to anti-clockwise and 20 passes with left hand 	5
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Spin the Ball <ul style="list-style-type: none"> - Coach on the poolside challenges the athletes to spin the ball on the finger - Try with both Left & Right hands - See how many seconds they can keep the ball up for 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15 5
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 8 [7th March 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 150 FC as 75, 50, 25 with 15s rest > 2x 50 as ½ length Long, stretchy BR / ½ length Short, quick BR - 25 Head Up FC > 3x 25 as: 5m Spider / 5m FC > 4x 15m Head-Up FC Sprints, vary starts with jumps, EB lifts, wrestling etc 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front > 2x 1w Penguin (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m) <ul style="list-style-type: none"> - juggle ball between hands above head on EB kick - juggle ball between hands on water on BR kick > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) <ul style="list-style-type: none"> - rest > 2x 1w Dribble ball, lift ball & tumble every 2-3m, try to keep ball dry > 2x 1w with Ball: 1w vertical EB & tipping the ball with finger tips into the air > 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together) <ul style="list-style-type: none"> - rest 	20
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > 360° Spins - kick up so arms are lifted out of the water and spin around quickly <ul style="list-style-type: none"> - practice spinning clockwise & anti-clockwise - Coach on the poolside challenges the athletes to spin - then try with ball in hand (right & left) 	5
DRIBBLING DRILLS	<ul style="list-style-type: none"> > Ball Dribble Drills <ul style="list-style-type: none"> - 1: Straight Dribble Relay <ul style="list-style-type: none"> - high head, looking over ball / high elbows controlling path of ball / big leg kick, high feet - 2: Straight Dribble Relay & Picking up Ball <ul style="list-style-type: none"> - as above, but include Picking up the ball in the middle 2m section - Knees forward under ball, hand underneath the ball to pick up, and Eb forwards for 2m - place ball back on the water and continue sprint FC - 3: Zig-Zag Dribble Relay <ul style="list-style-type: none"> - hand under the ball & bring into chin / turn hips to make direction change / big kick to accelerate forward & dribble again 	10
DRY PASSING DRILL	<ul style="list-style-type: none"> > Passing Drills <ul style="list-style-type: none"> - In 3's, passing clockwise, on the whistle change direction of ball - Make sure they fully rotate, keeping the ball high, elbow bent at 90° - Wide & high knees for good balance - 20 passes then rest - Try drill with both right & left hands 	5
CHALLENGE THE COACH!	<ul style="list-style-type: none"> > Ball behind Back - kick up and sweep ball around back & into the other hand <ul style="list-style-type: none"> - practice both right to left & left to right - Coach on the poolside challenges the athletes to see how quickly they make the pass 	5
SHOOTING	<ul style="list-style-type: none"> > 1v0 Shooting <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 9 [14th March 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<p>> 250 as 2x 50 FC, 1x 25 BK, 2x 50 FC, 1x 25 BR with 15s rest</p> <p>> 3x 50 as 25: BR, 1 pull & 2 kicks / 25: 6 strokes Head Up FC & forward tumble with 15s rest</p> <p>> 4x 25 Head-Up FC, with 5s Vertical EB lift at half way</p>	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <p>> 2x 2w with Ball: 1w horiz EB kick / 1w vert EB kick - holding ball out in front</p> <p>> 2x 1w: Fly Arms & BR kick with ball, keep head & chest up high to control the ball</p> <p>> 2x 1w: WP BK, controlling ball behind neck</p> <p>> 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together)</p> <p>- rest</p> <p>> 2x 1w with Ball: Jump forward and scoop ball off the water into hand. Alt left & right hands</p> <p>> 2x 1w with Ball: Fast Dribble, lifting head & shoulders to look over the ball, and with big FC leg kick</p> <p>> 2w with Partner: moving fwd-bwd & passing the ball with alt. right & left hands (stay close together)</p> <p>- rest</p>	20
CHALLENGE THE COACH!	<p>> High Jumps - jumps with one arm or two arms up</p> <ul style="list-style-type: none"> - start: knees high and wide & hands sculling in front of body no wider than shoulder width - Explosive BR kick & stretch body/arm as high as possible, looking up to hand - then try double kick (2 short sharp BR kicks) to stay high longer - Finally, try jumping with two hands up - Coach should demonstrate technique and jump on poolside, see if they can keep up with you! 	5
DYNAMIC PASSING DRILLS	<p>> Forward Spider & Double Pass</p> <ul style="list-style-type: none"> - In 3's: two static passers 6m apart, one active passer working in between - Active player spiders across, stops and kicks vertical to catch & pass back to static passer - Static Passer makes long pass across to other static passer - Active player turns & spiders toward the other passer to catch & pass back, etc - Active player makes 4 swims then swap over, 3 times through each 	10
VARIOUS PASSING DRILLS	<p>> Passing Drills</p> <ul style="list-style-type: none"> - 1: Dry Pass & 360° Spin <ul style="list-style-type: none"> - staying vertical on catch & spin before making pass (use both right & left hands) - 2: Backhand Flick <ul style="list-style-type: none"> - roll hand down side of ball, so thumb is underneath & elbow is high - lift ball off water & use wrist to flick ball across to partner (use both right & left hands) 	5
CHALLENGE THE COACH!	<p>> Head the Ball</p> <ul style="list-style-type: none"> - throw the ball up in the air with the right hand, head the ball and catch it with the left hand & continue - Coach on the poolside challenges the athletes to see if they can make the throw & catch without drop - practice starting with the ball in the right & left hand 	5
SHOOTING	<p>> 1v0 Shooting</p> <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot 	15
	<p>> Penalties</p> <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	<p>> Swim down - floppy f/s swim</p>	5

95/96 Session: Week 10 [28th March 2008]

Session Aim: Conditioned Match Play

Section	Drill	Time
Warm-up	> 4x 50 FC with 15s rest > 3x 4X1 IM (2nd 4X1 all strokes with BR kick) with 15s rest > 6x 25 Racing Sprints, vary starts with lift, jumps, wrestle etc	20
Main Skills MATCH PLAY	<p>Playing multiple pitches across width in small groups - adopt the following conditions: (this may vary with pitch size or group size)</p> <p>Encourage team spirit & fair play and to use the skills they have learned over the term.</p> <p>> Period 1: Spider Polo</p> <ul style="list-style-type: none"> - All players spider, can only pass to team mate who is spidering - Score by placing ball on side <p>> Period 2: '2 Second' Polo</p> <ul style="list-style-type: none"> - Each player can only hold or dribble the ball for max. 2s before passing - Score by placing ball on side <p>> Period 3: Opposite Hand Polo</p> <ul style="list-style-type: none"> - Right-handers can only use Left hand and vice-versa - Score by placing ball on side <p>> Period 4: '5 Passes' Polo</p> <ul style="list-style-type: none"> - Each Team must make five passes before scoring - Score by placing ball on side <p>> Period 5: 2m Polo</p> <ul style="list-style-type: none"> - Player can only move 2m with the ball before passing - Score by placing ball on side <p>> Period 6: Regular Polo</p> <ul style="list-style-type: none"> - Regular Polo rules - Score by placing ball on side <p>PENALTY SHOOT-OUT</p> <p>> Penalties</p> <ul style="list-style-type: none"> - Shooting Competition 	55
FINISH	> Swim down - floppy f/s swim	5