

95/96 Session: Week 1 [2nd May 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 2x 100 FC as Swim, Kick, Pull, Swim > 2x IM as Normal / all strokes with BR Kick with 20s rest > 6x 25 Head-Up FC: start & stop on whistle during length, tucking for explosive start each time 	20
Main Skills		
LEG SET	<p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> > 4x 2w with Ball: 1w Dribble / 1w horiz BR kick pushing ball under water > 2x 2w with Ball: 1w horiz EB / 1w vert EB turning 90° every 2m > 2w with Partner: moving side-ways & passing the ball with 2 hands (stay close together), EB kick - rest > 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 > 2x 2w with Ball: 1w WP BK dribbling ball behind head / 1w Sprint FC with Ball > 2w with Partner: moving fwd-bwd & passing the ball with 2 hands (stay close together), EB kick - rest 	20
DYNAMIC SWIMS	<ul style="list-style-type: none"> > Forward Spider to Backward Spider <ul style="list-style-type: none"> - 2m fwd/2m bk x4, 15s rest x2 - concentrate on rapid movement, quick tuck & quick change dir > Mirror Movement Drill with partner <ul style="list-style-type: none"> - Partners start facing each other, one leads & the other mirrors - To include Spider fwd & bwd, tucking legs left to right, jumps & short swims - 8 movements then swap over - 3x lead each > Forward Spider to Backward Spider + Pass with partner <ul style="list-style-type: none"> - as above, static partner passing the ball, one high pass on each change of direction - catch & pass ball in vertical position, not falling backwards/sideways - 8 passes then swap over - alt right & left hands - 3x each 	20
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 > 1v1 Shooting <ul style="list-style-type: none"> - Pairs start shoulder to shoulder, facing the goal, hips high ready to sprint forwards - Ball is passed from behind, over the pair onto the water - When the ball hits the water the pairs race each other to gain possession and score - The player who doesn't get possession then defends to try to win the ball back & shoot > Penalties <ul style="list-style-type: none"> - Shooting Competition 	10 10 5
FINISH	> Swim down - floppy f/s swim	5

95/96 Session: Week 2 [9th May 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<p>> 100 FC, 25 FC kick, 50 BR, 25 BR kick</p> <p>> 3x 50 as: 25: 3 strokes BR & 3 strokes fly arms & br kick 25: 5 strokes FC & 5 strokes BK</p> <p>> 6x 25 with 2 changes of direction</p>	20
<p>Main Skills</p> <p>LEG SET</p>	<p>Across width in pairs (working/resting):</p> <p>> 4x 2w with Ball: 1w Dribble / 1w horiz BR kick pushing ball under water</p> <p>> 2x 1w with Ball: 1w vert EB with 'water-wheel'</p> <p>> 2w with Partner: moving side-ways & passing the ball with 2 hands (stay close together), EB kick</p> <p>- rest</p> <p>> 2x 1w Forward Jumps & Juggling the ball</p> <p>> 2x 1w Rotation: slow vert EB movement fws, lift ball from water, rotate & lift with right hand, then left hand</p> <p>> 2w with Partner: moving fwd-bwd & passing the ball with 2 hands (stay close together), EB kick</p> <p>- rest</p>	20
ROTATION & PASSING	<p>> Static Rotation (in pairs, one working/one resting)</p> <ul style="list-style-type: none"> - good body position, high wide knees, shoulders high & level - start with hand under the ball & rotate in two stages: - stage 1: lift the ball & take arm parallel to shoulder elbow bent at 90° - stage 2: continue rotation taking ball around to '6 o'clock', making sure that the opposing shoulder comes forward, with hand sculling in front - bring ball back around and swap into other hand & continue - 6 rotations each side then swap with partner, 3x through drill each <p>> Right & Left handed Passing Drill</p> <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 	10
SHOOTING	<p>> 1v0 Shooting</p> <ul style="list-style-type: none"> - Swim 6m to 3m, pick up the ball and lift to shoot <p>> 1v1 Shooting</p> <ul style="list-style-type: none"> - Pairs start shoulder to shoulder, facing the goal, hips high ready to sprint forwards - Ball is passed from behind, over the pair onto the water - When the ball hits the water the pairs race each other to gain possession and score - The player who doesn't get possession then defends to try to win the ball back & shoot 	10
	<p>> Penalties</p> <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	> Swim down - floppy f/s swim	5

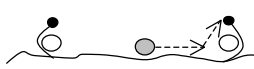
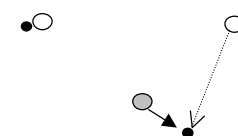
95/96 Session: Week 5 [6th June 2008]

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: 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 [13th June 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 50 alt FC / BR as ½ length swim / ½ length kick with 15s rest > 6x 25 as ½ length fly arms & br kick / ½ length easy br or fc 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"> > 4x 2w with Ball: 1w Dribble / 1w horiz BR kick pushing ball under water > 2x 1w holding Ball: 2m vertical EB (ball above head), 2m horizontal EB (ball on water) > 2x 1w WP Bk: dribbling ball behind neck, high shoulders, rapid bend arms, EB legs > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w Forward Jumps & Juggling the ball > 2x 1w with Ball: 2m tipping ball left to right hand, 2m tipping ball up in the air above head > 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"> > Head the Ball - balance ball on back of hand & flick ball up to catch <ul style="list-style-type: none"> - vertical EB position, using hands to scull for balance - Coach on the poolside challenges the athletes to see how many times they can head the ball without dropping 	5
DYNAMIC SWIMS	<ul style="list-style-type: none"> > Dynamic Swim between Passers <ul style="list-style-type: none"> - In 3s, two static players about 3m apart, each holding a ball high in the air above their heads - The 3rd player works back and forth between the other two, swimming spider - high & rapid - Each time the player reaches one of the partners with the ball, bring knees through & make a vertical jump to tap the top of the ball (not hit the ball - more controlled) - After jump, quick turn without dropping under water - then straight into spider & continue - 4 swims & 4 jumps, then swap over - 3x drill each 	10
	<ul style="list-style-type: none"> > Dynamic Swim and Return Ball <ul style="list-style-type: none"> - In 3s, two static players with a ball each & one working player - Two static players take it in turns to pass the ball 1m away from the working player on to the water putting the ball in any direction - Working players continuously swims retrieving the ball & returning it to the passer - Quick swim, scoop up the ball & lift to pass - 5 passes from each passer (10 in total per turn) - 2x drill each, first time passing back with right hand, second time passing back with left hand 	10
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 	15
	<ul style="list-style-type: none"> > Penalties <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 7 [20th June 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 3x 50 as 25: FC / 25: 5 strokes bk - 5 strokes head up FC with 20s rest > 4x 50 as ½ length zig-zag FC / ½ length BR, 1 pull & 2 kicks 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 fast FC kick / 1w fast BR kick - holding ball out in front > 5x 20s Chaos Swim with Ball: dribbling non-stop, changing direction, keeping hips up > 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 > 5x 20s Chaos Swim with Ball: dribbling non-stop, changing direction, keeping hips up > 2x 1w Juggling Ball: lying on back 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"> > 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 can successfully move the ball 	5
CROSS BODY CATCH & PASS	<ul style="list-style-type: none"> > Cross Body Passing in 4's <ul style="list-style-type: none"> - Set up group in a square, 3/4m apart - Catch in front of face, open hand & thumb pointing upwards - Try not to stop ball, but to catch and continue movement of ball into rotation - Accurate pass to partners hand etc - Change direction for those groups with Left-handers - Also, change hand & direction so that they learn to do the cross-body catch & pass with both hands - After a few mins of passing give 2 widths easy to loosen shoulders & then start again 	10
LONG PASS/SHOT	<ul style="list-style-type: none"> > 5/6m Pass on Hand <ul style="list-style-type: none"> - Partners start 5 or 6m apart - Passing the ball as accurately as possible - Use full rotation, start with the ball back at '6 o'clock' and opposite hand at '12 o'clock' in front of body - Kick to lift and make pass - Competition to see how many passes can be made without a drop - If successful, start moving the partners further apart - After a few mins of passing give 2 widths easy to loosen shoulders & then start again - Move wider apart for long shot, making sure catcher uses both hand in front on face to stop ball - Try to encourage flat hard shot, with good rotation 	10
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 	15
	<ul style="list-style-type: none"> > Penalties <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 8 [27th June 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 2x 75 as 25: swim FC / 25: kick BR / 25 swim FC with 20s rest > 4x 50 as ½ length swim head-up FC / ½ length kick FC / 1 length fly arms & BR legs 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 zig-zag with Ball: swim spider & controlling ball on turns > 4x 1w with Ball: alt, FC with ball between knees / Sculling on back guiding ball with feet > 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 Forward Jumps & Juggling 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"> > 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
JUMPING SET	<p>> Technique for Vertical Jumps</p> <p>> Vertical Jump - spend some time working on technique & quality of jump</p> <ul style="list-style-type: none"> - small egg-beater kicks to bring knees high & close to surface - light sculling with hands (don't want to rely of hands for lift) - explosive breaststroke kick from high-knee position & long reach up - extend body and arm to stretch as high as possible, look up to hand - try to keep arm still, no 'flapping' - aim to get hips clear of the water - practice with right arm & left arm reach, after each jump ensure start position is high knees <p>drill 1 - set of 6 jumps (alt hands) on the whistle give time to recover from jump & get to ready position for next jump (knees high)</p> <p>drill 2 - in pairs one working (in pool) & one resting on the side player on the side holds out hand (or float) for partner to jump and touch easy target to start with, then make the target a little more difficult</p>	20
SHOOTING	<ul style="list-style-type: none"> > 2v0 Shooting <ul style="list-style-type: none"> - Drive forwards with partner (post width apart) 6m to 3m, pick up the ball, pass across to partner - Partner to catch, lift & shoot - for last fews mins include blockers on 2m line > Penalties <ul style="list-style-type: none"> - Shooting Competition 	15
		5
FINISH	> Swim down - floppy f/s swim	5

95/96 Session: Week 9 [4th July 2008]

Session Aim: Ball Skills & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 50 as FC / BK / FC / BR with 20s rest > 6x 25 as ½ length swim head-up FC / tumble at half way / 3 strokes Br - 3 strokes Fly+BR kick > 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: Fly Arms & BR kick with ball, keep head & chest up high to control the ball > 2x 1w: WP BK, controlling ball behind neck > 2w Passing with Partner: moving side-ways & passing the ball alt. right & left hands (stay close together) - rest > 2x 1w with Ball: Jump forward and scoop ball off the water into hand. Alt left & right hands > 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"> > 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
DYNAMIC MOVEMENT	<ul style="list-style-type: none"> > Working in Pairs, with one ball > Drills with movement and passing - take time to work on correct technique & give plenty of rest/feedback <p>drill 1 - swim head-up fc across the width, side-by-side with partner, 3m apart</p> <ul style="list-style-type: none"> - swim 2/3 strokes and flick ball across to water in front of partner - use outside hand to pass ball, ie player on right uses right hand & player of left uses left hand - players swap over sides with same practice - then change to use inside hand to flick ball <p>drill 2 - one player static and one working</p> <ul style="list-style-type: none"> - working player spiders forward, receive pass to hand & return pass to partner - then spider backwards, catch & pass - short distance for swim to help accuracy of pass - 6 passes then swap over <p>drill 3 - one player static and one working</p> <ul style="list-style-type: none"> - static player passes the ball to left or right of working player, 1-2m away - working player spiders to ball, lift ball from underneath & kick up to pass to partners hand - repeat alt left and right pass for 6 passes, then swap over 	20
SHOOTING	<ul style="list-style-type: none"> > 2v0 Shooting <ul style="list-style-type: none"> - Drive forwards with partner (post width apart) 6m to 3m, pick up the ball, pass across to partner - Partner to catch, lift & shoot - for last few mins include blockers on 2m line 	15
	<ul style="list-style-type: none"> > Penalties <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

95/96 Session: Week 10 [11th July 2008]

Session Aim: Conditioned Match Play

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 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> <ul style="list-style-type: none"> > Period 1: Spider Polo <ul style="list-style-type: none"> - All players spider, can only pass to team mate who is spidering - Score by placing ball on side > Period 2: '2 Second' Polo <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 > Period 3: Opposite Hand Polo <ul style="list-style-type: none"> - Right-handers can only use Left hand and vice-versa - Score by placing ball on side > Period 4: '5 Passes' Polo <ul style="list-style-type: none"> - Each Team must make five passes before scoring - Score by placing ball on side > Period 5: 2m Polo <ul style="list-style-type: none"> - Player can only move 2m with the ball before passing - Score by placing ball on side > Period 6: Regular Polo <ul style="list-style-type: none"> - Regular Polo rules - Score by placing ball on side 	55
PENALTY SHOOT-OUT	<ul style="list-style-type: none"> > Penalties <ul style="list-style-type: none"> - Shooting Competition 	10
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5