

95/96 Session: Week 1 [3rd October 2008]

**Session Aim: Basic Ball Skills & Game Play**

| Section                     | Drill   | Time         |
|-----------------------------|---|--------------|
| Warm-up                     | <p>&gt; <b>75 FC, 75 BK, 75 BR</b><br/>           &gt; <b>4x 25</b> as ½ Head Up FC - ½ Head Down FC<br/>           &gt; <b>3x 75</b> split as: 25: fly arms &amp; br kick<br/>                               25: 6 strokes Spider - 6 strokes Head Up FC<br/>                               25: 3 WP BK - 3 strokes BR</p>   | 20           |
| Main Skills                 |   |              |
| LEG SET                     | <p>Across width in pairs (working/resting):<br/>           &gt; <b>2x 2w with Ball:</b> 1w horiz BR kick / 1w vert EB moving backwards holding ball above head<br/>           &gt; <b>2x 1w with Ball:</b> 1w fwd jumps juggling the ball<br/>           &gt; <b>2x 1w with Ball:</b> 1w vert EB turning 90° every 2m 'Water Wheel' with ball<br/>           &gt; <b>2w with Partner:</b> moving side-ways &amp; passing the ball with 2 hands (stay close together), EB kick<br/>           - rest<br/>           &gt; <b>2x 1w Penguin</b> (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m)<br/>               - juggle ball between hands above head on EB kick<br/>               - juggle ball between hands on water on BR kick<br/>           &gt; <b>2x 1w Rotation:</b> slow vert EB movement fwds, lift ball from water, rotate &amp; lift with right hand, then left hand<br/>           &gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with 2 hands (stay close together), EB kick<br/>           - rest</p> | 20           |
| ROTATION & PASSING          | <p>&gt; <b>Static Rotation</b> (in pairs, one working/one resting)<br/>           - good body position, high wide knees, shoulders high &amp; level<br/>           - start with hand under the ball &amp; rotate in two stages:<br/>           - stage 1: lift the ball &amp; take arm parallel to shoulder elbow bent at 90°<br/>           - stage 2: continue rotation taking ball around to '6 o'clock', making sure that the opposing shoulder comes forward, with hand sculling in front<br/>           - bring ball back around and swap into other hand &amp; continue<br/>           - 6 rotations each side then swap with partner, 3x through drill each</p> <p>&gt; <b>Right &amp; Left handed Passing Drill</b><br/>           - In 3's, two players passing with natural hands, 'hot' player catching with right hand from right player &amp; left hand from left player<br/>           - 5 catches from each side with good rotation technique, wide and high knees for balance<br/>           - swap over 'hot' player after 10 passes, twice through drill each</p>  | 10<br><br>10 |
| CONTROLLED GAME PLAY SKILLS | <p>&gt; <b>Playing across the width to make small size pitch(es)</b><br/>           - Split the group into small-sided teams<br/>           - include some basic rules of the game:<br/>               picking up and passing with one hand only (best to use size 3 ball)<br/>               no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water<br/>               have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.<br/>               if sent to the 'sin-bin' please explain to them why and how to improve their play<br/>               picking up ball from underneath to make pass<br/>               only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass<br/>               score by placing the ball on the side</p> <p>&gt; <b>Penalties</b><br/>           - Shooting Competition</p>   | 20<br><br>5  |
| FINISH                      | > <b>Swim down</b> - floppy f/s swim  | 5            |

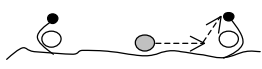
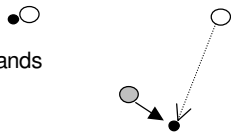
95/96 Session: Week 2 [10th October 2008]

**Session Aim: Basic Ball Skills & Game Play**

| Section                            | Drill  | Time         |
|------------------------------------|--|--------------|
| <b>Warm-up</b>                     | <ul style="list-style-type: none"> <li>&gt; <b>300 Swim as</b> 2x 50 FC, 2x 25 BK &amp; BR, 2x 50 FC, 2x 25 BK &amp; BR</li> <li>&gt; <b>4x 25</b> swimming in waves as Head Up FC + on whistle go to WP BK etc. - allow plenty of rest</li> <li>&gt; <b>3x 50</b> split as: 25: ½ BR, 2 kicks &amp; 1 pull / ½ Horiz EB<br/>25: 6 strokes Spider - 6 strokes Head Up FC</li> </ul>  | 20           |
| <b>Main Skills</b>                 |  |              |
| <b>LEG SET</b>                     | <p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> <li>&gt; <b>2x 2w with Ball:</b> 1w horiz EB kick / 1w vert EB kick - holding ball out in front</li> <li>&gt; <b>2x 2w with Ball:</b> as above but ½ width kick then ½ width sprint head up FC</li> <li>&gt; <b>2x 1w Bwd Vertical EB</b> - hands sculling to keep ball in close to chest (try not to touch ball with hands)</li> <li>&gt; <b>2w with Partner:</b> moving side-ways &amp; passing the ball with 2 hands (stay close together), EB kick</li> <li>- rest</li> <li>&gt; <b>2x 1w: WP BK</b> dribbling ball behind neck/shoulders, look left &amp; right on stroke to keep control of ball</li> <li>&gt; <b>4x 1w with Ball:</b> alt, FC with ball between knees / Sculling on back guiding ball with feet</li> <li>&gt; <b>2x 1w with Ball:</b> 1w vertical EB &amp; tipping the ball with finger tips into the air</li> <li>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with 2 hands (stay close together), EB kick</li> <li>- rest</li> </ul> | 20           |
| <b>DRIBBLING THE BALL</b>          | <ul style="list-style-type: none"> <li>&gt; <b>Dribble &amp; Wet Pass to Partner</b> <ul style="list-style-type: none"> <li>- Partners start side by side (2m gap)</li> <li>- Dribble the ball 2m, hand under ball, keep body horiz lift ball &amp; flick it across in front of partner</li> <li>- Continue dribble then partner flicks the ball back - slow swimming to start with</li> <li>- First flick the ball with the outside hand, then later with inside hand (back flick)</li> <li>- Also practice with Spider &amp; Pass</li> </ul> </li> <li>&gt; <b>Faking &amp; Mirror Block in Pairs</b> <ul style="list-style-type: none"> <li>- In pairs, one faking the ball &amp; partner trying to block the ball</li> <li>- Blocker mirror blocks the ball</li> <li>- Player with ball can kick sideways, forwards, backwards - Def player follows</li> <li>- 10-15s work with ball, then swap over</li> <li>- first time fake the ball with right hand, second time with left hand, etc</li> </ul> </li> </ul>   | 10<br><br>10 |
| <b>CONTROLLED GAME PLAY SKILLS</b> | <ul style="list-style-type: none"> <li>&gt; <b>Playing across the width to make small size pitch(es)</b> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul> </li> <li>&gt; <b>Penalties</b> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul> </li> </ul>   | 20<br><br>5  |
| <b>FINISH</b>                      | > <b>Swim down</b> - floppy f/s swim   | 5            |

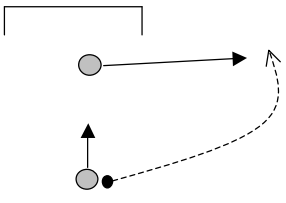
95/96 Session: Week 3 [17th October 2008]

**Session Aim: Basic Ball Skills & Game Play**

| Section                     | Drill   | Time |
|-----------------------------|---|------|
| Warm-up                     | <p>&gt; <b>250 Swim as</b> 75 FC, 50 BK, 75 FC, 50 BR</p> <p>&gt; <b>3x 75 as:</b> 25 - ½ length Fly &amp; BR kick / ½ length BR<br/>25 - ½ zig-zag Spider / ½ length FC<br/>25 - 6 strokes FC/6 strokes BK</p> <p>&gt; <b>6x 15m Sprint Races</b> in groups or pairs</p>   | 20   |
| Main Skills                 | <p>Across width in pairs (working/resting):</p> <p>&gt; <b>2x 1w with Ball:</b> vertical EB, water wheel with ball</p> <p>&gt; <b>2x 1w Rotation:</b> slow vert EB movement fws, lift ball from water, rotate &amp; lift with right hand, then left hand</p> <p>&gt; <b>2x 1w Dribble ball,</b> lift ball &amp; tumble every 2-3m, try to keep ball dry</p> <p>&gt; <b>2w with Partner:</b> moving side-ways &amp; passing the ball with 2 hands (stay close together), EB kick</p> <p>- rest</p> <p>&gt; <b>2x 1w with Ball:</b> Jump forward and scoop ball off the water into hand. Alt left &amp; right hands</p> <p>&gt; <b>2x 1w with Ball:</b> 1w vertical EB &amp; juggling the ball, on whistle ball on head, then back to juggling</p> <p>&gt; <b>2x 1w with Ball:</b> Fast Dribble, lifting head &amp; shoulders to look over the ball, and with big FC leg kick</p> <p>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with 2 hands (stay close together), EB kick</p> <p>- rest</p> | 20   |
| DYNAMIC SWIMS               | <p>&gt; <b>Dynamic Swim between Passers</b></p> <ul style="list-style-type: none"> <li>- In 3s, two static players about 3m apart, each holding a ball high in the air above their heads</li> <li>- The 3rd player works back and forth between the two, swimming spider - high &amp; rapid</li> <li>- Each time the player reaches one of the partners with the ball, bring knees through &amp; make a vertical jump to tap the top of the ball (not hit the ball - more controlled)</li> <li>- After jump, quick turn without dropping under water - then straight into spider &amp; continue</li> <li>- 4 swims &amp; 4 jumps, then swap over</li> <li>- 3x drill each</li> </ul>   | 10   |
|                             | <p>&gt; <b>Dynamic Swim and Return Ball</b></p> <ul style="list-style-type: none"> <li>- In 3s, two static players with a ball each &amp; one working player</li> <li>- Two static players take it in turns to pass the ball 1m away from the working player on to the water passing the ball in any direction</li> <li>- Working players continuously swims retrieving the ball &amp; returning it to the passers hand</li> <li>- Quick swim, scoop up the ball &amp; lift to pass, using good technique</li> <li>- 5 passes from each player (10 in total per turn)</li> <li>- 3x drill each, 1st time pass with right hand, 2nd time pass with left hand, 3rd time alt hands</li> </ul>   | 10   |
| CONTROLLED GAME PLAY SKILLS | <p>&gt; <b>Playing across the width to make small size pitch(es)</b></p> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul>   | 20   |
|                             | <p>&gt; <b>Penalties</b></p> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul>   | 5    |
| FINISH                      | <p>&gt; <b>Swim down</b> - floppy f/s swim</p>  | 5    |

95/96 Session: Week 4 [24th October 2008]

**Session Aim: Basic Ball Skills & Game Play**

| Section                     | Drill   | Time    |
|-----------------------------|---|---------|
| Warm-up                     | <ul style="list-style-type: none"> <li>&gt; <b>4x 75</b> as: 50 Swim &amp; 25 Kick on FC, BR, FC, BK</li> <li>&gt; <b>3x 50</b> as: 25 - ½ length under water / ½ length Fly Arms &amp; BR kick<br/>25 - ½ zig-zag Spider / ½ length FC</li> <li>&gt; <b>6x ½ Length Sprints</b> followed by ½ length easy, vary starts: vertical jump, EB lift etc.</li> </ul>   | 20      |
| Main Skills                 |   |         |
| LEG SET                     | <p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> <li>&gt; <b>4x 2w with Ball:</b> 1w Dribble / 1w horiz BR kick pushing ball under water</li> <li>&gt; <b>2x 1w: WP BK</b> dribbling ball behind neck/shoulders, look left &amp; right on stroke to keep control of ball</li> <li>&gt; <b>2x 1w with Ball:</b> 2m tipping ball left to right hand, 2m tipping ball up in the air above head</li> <li>&gt; <b>2w with Partner:</b> moving side-ways &amp; passing the ball with 2 hands (stay close together), EB kick</li> <li>- rest</li> <li>&gt; <b>4x 1w with Ball:</b> alt, FC with ball between knees / Sculling on back guiding ball with feet</li> <li>&gt; <b>2x 1w Juggling Ball:</b> lying on back tipping the ball with finger tips into the air</li> <li>&gt; <b>2x 2w zig-zag with Ball:</b> swim spider &amp; controlling ball on turns</li> <li>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with 2 hands (stay close together), EB kick</li> <li>- rest</li> </ul> | 20      |
| JUMP ½ TURN DRILL           | <ul style="list-style-type: none"> <li>&gt; <b>Individual Skill across width</b>, break down skill: <ul style="list-style-type: none"> <li>- swim onto ball and reach hand out under ball, lift ball off the water &amp; explosive BR kick forward</li> <li>- practice above skill using left &amp; right hands</li> <li>- Progression: after explosive kick forward on front, turn onto back &amp; 2 more kicks, keeping ball in hand and arm stretched out beyond head</li> <li>- Progress: after comfortable with full jump ½ turn then include passive defender, on turn defender pushes down on stomach, so attacker has to continue kicking to stay afloat, 3 kicks then turn onto front to protect the ball and then repeat jump ½ turn again until have completed the width</li> </ul> </li> </ul>  | 15      |
| SHOOTING DRILL              | <ul style="list-style-type: none"> <li>&gt; <b>Jump ½ Turn Pass &amp; Shooting Drill</b> <ul style="list-style-type: none"> <li>- CF drives out to wing, player at 3 passes ball onto water for CF</li> <li>- Shooter drives forwards, CF picks up ball underneath and Jump ½ Turns to make pass</li> <li>- Pass to hand and player shoots</li> <li>- Then drive out to other wing, for pass on water etc</li> </ul> </li> </ul>   | 5       |
| CONTROLLED GAME PLAY SKILLS | <ul style="list-style-type: none"> <li>&gt; <b>Playing across the width to make small size pitch(es)</b> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul> </li> <li>&gt; <b>Penalties</b> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul> </li> </ul>                          | 20<br>5 |
| FINISH                      | <ul style="list-style-type: none"> <li>&gt; <b>Swim down</b> - floppy f/s swim</li> </ul>   | 5       |

95/96 Session: Week 5 [7th November 2008]

**Session Aim: Protect Ball & Game Play**

| Section                            | Drill   | Time         |
|------------------------------------|---|--------------|
| <b>Warm-up</b>                     | <ul style="list-style-type: none"> <li>&gt; <b>FC Pyramid Swim:</b> 25, 50, 75, 75, 50, 25 - 15s rest</li> <li>&gt; <b>3x 75 as:</b> 25 - ½ length BR: 1 pull &amp; 2 kicks / ½ length BR full stroke fast<br/>25 - ½ FC kick &amp; BR pull / ½ length head-up FC, big leg kick</li> <li>&gt; <b>4x 25 as</b> ½ Zig-Zag FC - ½ length FC Sprint</li> </ul>  | 20           |
| <b>Main Skills</b>                 |   |              |
| <b>LEG SET</b>                     | <p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> <li>&gt; <b>4x 1w EB:</b> horizontal EB: fwd, lead left, lead right &amp; bwd</li> <li>&gt; <b>2x 1w: WP BK</b> dribbling ball behind neck/shoulders, look left &amp; right on stroke to keep control of ball</li> <li>&gt; <b>2x 1w: Fly Arms &amp; BR kick with ball</b>, keep head &amp; chest up high to control the ball</li> <li>&gt; <b>2w with Partner:</b> moving side-ways &amp; passing the ball with 2 hands (stay close together), EB kick</li> <li>- rest</li> <li>&gt; <b>4x 1w EB:</b> vertical EB: fwd, lead left, lead right &amp; bwd</li> <li>&gt; <b>2x 1w with Ball:</b> 1w vertical EB &amp; tipping the ball with finger tips into the air</li> <li>&gt; <b>2x 1w: sculling on back, carrying ball with feet</b>, at end of width flick ball up from foot to hand</li> <li>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with 2 hands (stay close together), EB kick</li> <li>- rest</li> </ul>   | 20           |
| <b>PROTECTING BALL DRILLS</b>      | <p>&gt; <b>1v1 Drills</b> - in pairs, one ball per pair</p> <p>1 - Attacking player is in possession and has to hold the ball off the water &amp; keep it away from the defender</p> <ul style="list-style-type: none"> <li>- No Swimming involved, attacker stays vertical, working legs to move &amp; turn</li> <li>- Goal for the defender is to tap the top of the ball without holding or sinking the attacker</li> <li>- Attacker pushes into Defender using shoulder and spinning/turning when defender tries to jump</li> <li>- work for 10s &amp; rest, swapping over roles</li> <li>- build up possession time to 15s, 20s</li> </ul> <p>2 - Same 1v1 type of contest, but this time the ball can be placed on the water to switch hands</p> <ul style="list-style-type: none"> <li>- changing control of the ball from right hand to left hand</li> <li>- Goal for the defender is to tap the top of the ball without holding or sinking the attacker</li> <li>- Attacker turning back &amp; pushing into Defender to switch ball between hands</li> <li>- work for 10s &amp; rest, swapping over roles</li> <li>- build up possession time to 15s, 20s</li> </ul> | 10<br><br>10 |
| <b>CONTROLLED GAME PLAY SKILLS</b> | <p>&gt; <b>Playing across the width to make small size pitch(es)</b></p> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul>   | 20           |
|                                    | <p>&gt; <b>Penalties</b></p> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul>   | 5            |
| <b>FINISH</b>                      | <p>&gt; <b>Swim down</b> - floppy f/s swim</p>  | 5            |

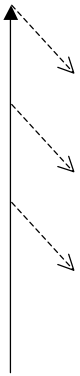
95/96 Session: Week 6 [14th November 2008]

**Session Aim: Jump ½ Turn & Game Play**

| Section   | Drill  | Time |
|---|--|------|
| Warm-up   | <p>&gt; <b>200m</b> as: 75 fc, 25 br, 75 fc, 25 bk</p> <p>&gt; <b>4x 25</b> as: ½ kick FC - ½ swim head-up FC with 15s rest</p> <p>&gt; <b>4x 25</b> as: ½ Fly &amp; BR kick - ½ long BR with 15s rest</p> <p>&gt; <b>6x 15m Sprint Races</b> in groups or pairs, include jumps, spins, tumbles etc before start</p>   | 20   |
| <p><b>Main Skills</b></p> <p><b>LEG SET</b></p> | <p>Across width in pairs (working/resting):</p> <p>&gt; <b>2x 2w with Ball:</b> 1w horiz EB kick / 1w vert EB kick - holding ball out in front</p> <p>&gt; <b>2x 1w Penguin</b> (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m)</p> <ul style="list-style-type: none"> <li>- juggle ball between hands above head on EB kick</li> <li>- juggle ball between hands on water on BR kick</li> </ul> <p>&gt; <b>2w Passing with Partner:</b> moving side-ways &amp; passing the ball alt. right &amp; left hands (stay close together)</p> <ul style="list-style-type: none"> <li>- rest</li> </ul> <p>&gt; <b>2x 1w Dribble ball,</b> lift ball &amp; tumble every 2-3m, try to keep ball dry</p> <p>&gt; <b>2x 1w with Ball:</b> 1w vertical EB &amp; tipping the ball with finger tips into the air</p> <p>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with alt. right &amp; left hands (stay close together)</p> <ul style="list-style-type: none"> <li>- rest</li> </ul>                             | 20   |
| <b>JUMP ½ TURN DRILL</b>                        | <p>&gt; <b>Individual Skill across width,</b> break down skill:</p> <ul style="list-style-type: none"> <li>- swim with ball and reach hand out under ball, lift ball off the water &amp; explosive BR kick forward</li> <li>- repeat above practice with right hand and left hand</li> <li>- Please remember the Jump ½ Turn body position is 45°, not to be confused with a step-away which is more of a vertical position</li> </ul> <p>- Progression 1: after forward kick, roll onto back, keeping ball in hand &amp; arm stretched out, continue to kick, 3 more explosive BR kicks. Then turn back onto front &amp; repeat.</p> <ul style="list-style-type: none"> <li>- repeat above practice with right hand and left hand</li> </ul> <p>- Progression 2: increase speed of swim into kick &amp; jump ½ turn - right &amp; left handed</p> <p>- Progression 3: include a passive defender, start by swimming behind, then as the attacker turns and kicks the defender can push down on the tummy to add some pressure with one hand - other hand blocking</p> | 20   |
| <b>CONTROLLED GAME PLAY SKILLS</b>              | <p>&gt; <b>Playing across the width to make small size pitch(es), use skills and drills from practices</b></p> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul>  | 20   |
|   | <p>&gt; <b>Penalties</b></p> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul>  | 5    |
| <b>FINISH</b>                                   | > <b>Swim down</b> - floppy f/s swim   | 5    |

95/96 Session: Week 7 [21st November 2008]

**Session Aim: Making Wings & Game Play**

| Section                            | Drill   | Time  |    |
|------------------------------------|---|---|----|
| <b>Warm-up</b>                     | <ul style="list-style-type: none"> <li>&gt; <b>4x 75</b> alt: 25 fc, 25 br, 25 fc / 25 fc, 25 bk, 25 fc with 20s rest</li> <li>&gt; <b>4x 25 Normal IM</b> 20s rest</li> <li>&gt; <b>4x 25 WP IM:</b> Fly arms &amp; BR legs / WP Bk / Br with 1 pull &amp; 2 kicks / Head-up FC</li> <li>&gt; <b>6x ½ Length Head-Up Sprints</b> start in pairs, hips up pushing against each other shoulder to shoulder</li> </ul>  | 20  |    |
| <b>Main Skills</b>                 |   |   |    |
| <b>LEG SET</b>                     | <p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> <li>&gt; <b>2x 1w with Ball:</b> Jump forward and scoop ball off the water into hand. Alt left &amp; right hands</li> <li>&gt; <b>4x 1w Jump ½ Turns:</b> recap of skills from last week, building up skill</li> <li>&gt; <b>2w Passing with Partner:</b> moving side-ways &amp; passing the ball alt. right &amp; left hands (stay close together)</li> <li>- rest</li> <li>&gt; <b>2x 1w with Ball:</b> Forward Jumps keeping ball dry, juggling between right &amp; left hands</li> <li>&gt; <b>4x 1w with Ball:</b> alt, FC with ball between knees / Sculling on back guiding ball with feet</li> <li>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with alt. right &amp; left hands (stay close together)</li> <li>- rest</li> </ul>  | 20  |    |
| <b>MAKING WINGS DRILL</b>          | <p>&gt; <b>Individual Skill across width</b>, break down skill:</p> <ul style="list-style-type: none"> <li>- swim forward, stop &amp; turn, keeping hips on the surface</li> <li>- turn back to take 2/3 strokes in opposite direction towards wing</li> <li>- emphasise angle rather than cutting straight out to side</li> <li>- after wing, swim back down the middle of the 'pitch' then make next wing</li> <li>- make 3 or 4 wings per width</li> <li>- practice both right-sided wings &amp; left-sided wings</li> <li>- start at slow-pace in order to keep hips high for explosive kick on change of direction</li> </ul><br><ul style="list-style-type: none"> <li>- Progression 1: teams of 4 or 5 for counter attack, making 3 or 4 wings</li> <li>- ball being passed down wing using Jump ½ Turn to make pass onto water</li> <li>- final swimmer coming through to receive ball on to hand from last wing player and make shot against wall</li> </ul> |  | 20 |
| <b>CONTROLLED GAME PLAY SKILLS</b> | <p>&gt; <b>Playing across the width to make small size pitch(es), use skills and drills from practices</b></p> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul>   | 20  |    |
|                                    | <p>&gt; <b>Penalties</b></p> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul>   | 5   |    |
| <b>FINISH</b>                      | > <b>Swim down</b> - floppy f/s swim  | 5   |    |

95/96 Session: Week 8 [28th November 2008]

**Session Aim: Protect Ball Drills & Game Play**

| Section                            | Drill  | Time |
|------------------------------------|--|------|
| <b>Warm-up</b>                     | > <b>2x 100</b> as: swim 50 fc, kick 25 fc, swim 25 bk 20s rest<br>> <b>4x 50</b> as: 25 FC - 1/2 Easy / 1/2 Fast; 25 BR - 1/2 Easy / 1/2 Fast 20s rest<br>> <b>4x 25:</b> 4 strokes WP Bk / 4 strokes FC<br>> <b>6x 20m Sprint Races</b> start with jump, or EB lift  | 20   |
| <b>Main Skills</b>                 |  |      |
| <b>LEG SET</b>                     | Across width in pairs (working/resting):<br>> <b>2x 1w with Ball:</b> BR kick, horizontal kick across width, changing to vertical BR kick between goal posts<br>> <b>2x 1w with Ball:</b> EB kick, horizontal kick across width, changing to vertical EB kick between goal posts<br>> <b>2w Passing with Partner:</b> moving side-ways & passing the ball alt. right & left hands (stay close together)<br>- rest<br>> <b>2x 1w zig-zag with Ball:</b> swim spider & controlling ball on turns<br>> <b>4x 1w with Ball:</b> Fast Dribble, lifting head & shoulders to look over the ball, and with big FC leg kick<br>> <b>2w with Partner:</b> moving fwd-bwd & passing the ball with alt. right & left hands (stay close together)<br>- rest   | 20   |
| <b>PROTECT BALL DRILLS</b>         | > <b>1v1 Drills</b> - in pairs, one ball per pair<br>- Attacking player is in possession and has to hold the ball off the water & keep it away from the defender<br>- No Swimming involved, attacker stays vertical, working legs to move & turn<br>- Goal for the defender is to tap the top of the ball without holding or sinking the attacker<br>- Attacker pushes into Defender using shoulder and spinning/turning when defender tries to jump<br>- work for 10s & rest, swapping over roles<br>- build up possession time to 15s, 20s<br>> <b>3v3 Passing Drill</b> - one ball per group<br>- 3 attackers start in triangle, 3m apart, passing the ball hand to hand any direction<br>- defenders work in-between the attackers, initially putting pressure on by pushing against the attackers not intercepting the ball<br>- attackers have to try and keep control of the passing and keep the ball 'dry' for 10s, 15s, 20s<br>- swap over roles of attackers/defenders & increase pressure where possible | 20   |
| <b>CONTROLLED GAME PLAY SKILLS</b> | > <b>Playing across the width to make small size pitch(es), use skills and drills from practices</b><br>- Split the group into small-sided teams<br>- include some basic rules of the game:<br>picking up and passing with one hand only (best to use size 3 ball)<br>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water<br>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.<br>if sent to the 'sin-bin' please explain to them why and how to improve their play<br>picking up ball from underneath to make pass<br>only throw the ball a max of 4m, encourage players to create space & make safe short pass<br>score by placing the ball on the side   | 20   |
|                                    | > <b>Penalties</b><br>- Shooting Competition   | 5    |
| <b>FINISH</b>                      | > <b>Swim down</b> - floppy f/s swim   | 5    |

95/96 Session: Week 9 [5th December 2008]

**Session Aim: Possession Drills & Game Play**

| Section                            | Drill   | Time |
|------------------------------------|---|------|
| <b>Warm-up</b>                     | <ul style="list-style-type: none"> <li>&gt; <b>4x 50 FC:</b> build each 50 - 70%-85%      20s rest</li> <li>&gt; <b>4x 1 IM with BR legs</b></li> <li>&gt; <b>4x 25 BR</b> as: ½ Long Stretchy / ½ Fast      15s rest</li> <li>&gt; <b>4x 25 FC</b> as: ½ Sprint / ½ Easy              15s rest</li> </ul>  | 20   |
| <b>Main Skills</b>                 |   |      |
| <b>LEG SET</b>                     | <p>Across width in pairs (working/resting):</p> <ul style="list-style-type: none"> <li>&gt; <b>4x 1w Penguin</b> (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m) <ul style="list-style-type: none"> <li>- juggle ball between hands above head on EB kick</li> <li>- juggle ball between hands on water on BR kick</li> </ul> </li> <li>&gt; <b>2w Passing with Partner:</b> moving side-ways &amp; passing the ball alt. right &amp; left hands (stay close together)</li> <li>- rest</li> <li>&gt; <b>2x 1w Rotation:</b> slow vert EB movement fwds, lift ball from water, rotate &amp; lift with right hand, then left hand</li> <li>&gt; <b>4x 1w with Ball:</b> Fast Dribble, lifting head &amp; shoulders to look over the ball, and with big FC leg kick</li> <li>&gt; <b>2w with Partner:</b> moving fwd-bwd &amp; passing the ball with alt. right &amp; left hands (stay close together)</li> <li>- rest</li> </ul>  | 20   |
| <b>POSSESSION DRILLS</b>           | <ul style="list-style-type: none"> <li>&gt; <b>3v3 Passing Drill</b> - one ball per group <ul style="list-style-type: none"> <li>- 3 attackers start in triangle, 3m apart, passing the ball hand to hand any direction</li> <li>- defenders work in-between the attackers, initially putting pressure on by pushing against the attackers not intercepting the ball</li> <li>- attackers have to try and keep control of the passing and keep the ball 'dry' for 10s, 15s, 20s</li> <li>- swap over roles of attackers/defenders &amp; increase pressure where possible</li> </ul> </li> <li>&gt; <b>3v3 Possession Drill</b> - one ball per group <ul style="list-style-type: none"> <li>- mark off an area (5m<sup>2</sup>) for the group to work in</li> <li>- 3 attackers &amp; 3 pressing defenders</li> <li>- attackers have to keep possession, dribbling &amp; passing the ball</li> <li>- defenders tracking &amp; marking the attackers, trying to steal or intercept the ball without fouling</li> <li>- increase possession times: 15s, 20s, 25s, 30s</li> <li>- swap over roles of attackers/defenders</li> </ul> </li> </ul> | 20   |
| <b>CONTROLLED GAME PLAY SKILLS</b> | <ul style="list-style-type: none"> <li>&gt; <b>Playing across the width to make small size pitch(es), use skills and drills from practices</b> <ul style="list-style-type: none"> <li>- Split the group into small-sided teams</li> <li>- include some basic rules of the game: <ul style="list-style-type: none"> <li>picking up and passing with one hand only (best to use size 3 ball)</li> <li>no heavy contact, only tackling if the player is holding the ball or steal when ball in on the water</li> <li>have a 'sin-bin' area for those who are too heavy handed, e.g. sinking players etc.</li> <li>if sent to the 'sin-bin' please explain to them why and how to improve their play</li> <li>picking up ball from underneath to make pass</li> <li>only throw the ball a max of 4m, encourage players to create space &amp; make safe short pass</li> <li>score by placing the ball on the side</li> </ul> </li> </ul> </li> <li>&gt; <b>Penalties</b> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul> </li> </ul>  | 20   |
| <b>FINISH</b>                      | <ul style="list-style-type: none"> <li>&gt; <b>Swim down</b> - floppy f/s swim</li> </ul>   | 5    |

95/96 Session: Week 10 [12th December 2008]

**Session Aim: Match Play**

| Section  | Drill  | Time      |
|--|--|-----------|
| <p><b>Warm-up</b></p>                              | <ul style="list-style-type: none"> <li>&gt; Match Warm-up across width</li> <li>&gt; include:</li> <li>&gt; FC build, Zig-Zag FC, Fly &amp; BR kick, movement - EB &amp; jumps</li> <li>&gt; Sprints &amp; Ball Skills</li> </ul>  | <p>20</p> |
| <p><b>Main Skills</b></p> <p><b>MATCH PLAY</b></p> | <ul style="list-style-type: none"> <li>&gt; Talk about rules &amp; fair play</li> <li>&gt; Give a reminder of skills and team work that you are expecting to see</li> <li>&gt; Split Group into equal teams</li> <li>&gt; As well as playing regular water polo you can include some conditioned match play to work on specific skills, such as:</li> <li>&gt; <b>Period 1: Spider Polo</b> <ul style="list-style-type: none"> <li>- All players spider, can only pass to team mate who is spidering</li> </ul> </li> <li>&gt; <b>Period 2: '2 Second' Polo</b> <ul style="list-style-type: none"> <li>- Each player can only hold or dribble the ball for max. 2s before passing</li> </ul> </li> <li>&gt; <b>Period 3: Opposite Hand Polo</b> <ul style="list-style-type: none"> <li>- Right-handers can only use Left hand and vice-versa</li> </ul> </li> <li>&gt; <b>Period 4: '5 Passes' Polo</b> <ul style="list-style-type: none"> <li>- Each Team must make five passes before scoring</li> </ul> </li> <li>&gt; <b>Period 5: 2m Polo</b> <ul style="list-style-type: none"> <li>- Player can only move 2m with the ball before passing</li> </ul> </li> <li>&gt; <b>Period 6: Regular Polo</b> <ul style="list-style-type: none"> <li>- Regular Polo rules</li> </ul> </li> <li>&gt; <b>Penalty Shoot-Out</b> <ul style="list-style-type: none"> <li>- Shooting Competition</li> </ul> </li> </ul> | <p>5</p>  |
| <p><b>FINISH</b></p>                               | <ul style="list-style-type: none"> <li>&gt; <b>Swim down</b> - floppy f/s swim</li> </ul>  | <p>5</p>  |