



## Awards Conditions

The conditions for this award are as follows:

### PoloSkills Level 1

- 1 Swim 20m head-up with a minipolo! ball.
- 2 Swim 20m alternating every 5m between head-up crawl and head-up backstroke.
- 3 Scull and egg-beater for 30 seconds without touching sides or bottom of pool.
- 4 Pass a minipolo! ball to partner 3m away, 5 times using 1 hand only to pass.
- 5 Shoot the ball at a target 3m away, hitting the target 3 out of 5 times.
- 6 Play a mini-polo 'fun' game.

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## Awards Conditions

The conditions for this award are as follows:

### **PoloSkills Level 2**

- 1 Swim 50m head up crawl with a minipolo! ball demonstrating changing direction 5 times
- 2 Scull and egg-beater for 60 seconds.
- 3 Pass and 'dry' catch using only one hand with partner 3m apart, 6 out of 10 times.
- 4 Shoot ball at a target 5m away, hitting the target 3 out of 5 times
- 5 In a group of three, demonstrate a '2-on-1' shooting drill with 2 offensive players 4m apart and one defender in between them. Offense drives from halfway while passing over defender and shoots when they reach 3m from goal/target.
- 6 Play a mini-polo game using only 1 hand to catch and pass, while not using bottom while passing or defending.

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## Awards Conditions

The conditions for this award are as follows:

### PoloSkills Level 3

- 1 With partner 3m apart, swim 3 lengths of pool with ball demonstrating picking it up and passing it 1m ahead of swimming partner. Use both of these methods to pick up ball:
  - Picking it up from underneath.
  - Rollover method: hand on top of ball, rolling around to underneath.
- 2 Using only sculling to support self, demonstrate kicking both legs out to front, back and sides - 2 times consecutively.
- 3 Egg-beater while sculling with one hand the width of pool (2 times) while holding ball high out of the water in other hand and doing a 'taking' motion.
- 4 Demonstrate shot blocking 2m away from shooter while moving closer - 'closing out'.
- 5 Using a minipool ball if aged under 12 (or a size 4 ball if aged 12 or over), demonstrate 1 hand passing and catching 5m apart with a success rate of 7 out of 10.
- 6 In group demonstrate good technique in a shooting drill\* (Triangle drill aka 'UCLA': Players form triangle about 5m from each other. Base of triangle is located 2m out from goal. Player 1, furthest from goal passes to player 2 who passes to player 3; Player 3 passes back to player 1 who shoots. All switch positions.) In a group, and to show understanding of defending, demonstrate a goal-side marking drill.
- 7 Make sure defenders have hand on offensive player while also knowing where the ball is.  
In a group start at halfway and show understanding of attacking and finding space while moving forward. When finished players should be in formation with a center - 'pit' and an arc evenly spaced around them. Then have players demonstrate dives and how to 're-balance' the arc.  
Play proper water polo game demonstrating understanding of what to do in the following:
  - Reacting properly to referee's signals.
  - Putting ball in play after foul.
  - Setting up after goal.
  - Making corner throw.
  - Taking a penalty shot.
- 8 Demonstrate basic goal keeping skills, eggbeater-ing just outside goal and jumping out to block 2 shots to each:
  - Right.
  - Left.
  - Above (block with both arms).

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## Awards Conditions

The conditions for this award are as follows:

### PoloSkills Level 4

- 1 Swim 2 x 20m using a water polo butterfly stroke without stopping (i.e. with head up and using an optional breaststroke leg action).
- 2 Swim 3 x 10m using water polo "spider" action: (short crawl arm strokes with egg-beater).
- 3 Egg-beater and skull in horizontal position demonstrating ability to move in a square pattern with 5m sides: going forward, sideways left, backwards, and sideways right. All this should be done while looking forward.
- 4 Demonstrate (3 times) a release move 'V-out'. Offensive person drives 2 strokes towards defender, turns and swims 2 strokes away from defender in 'V' angle moving closer to passer who passes it to them 'wet'.
- 5 Start 'cross passing' 10m from goal with partner 4m apart (using size 4 ball). Complete 5 consecutive 'dry' cross passes while egg-beating towards goal and shoot after 5th pass. Both players should be facing goal throughout.
- 6 Perform 5 'wet' shots of any of the following varieties: push shot, screw shot or tee shot. Hit target from 2m away 3 out of 5 times.
- 7 In a group demonstrate defending in the 'passing lane' while the ball moves from one offensive player to the next while maintaining 'goal-side marking'.
- 8 In a group demonstrate a basic counter-attack, with at least 3 passes: 1 from goalkeeper to 'wing-out' at halfway, 1 'down-line' to wing, then to attacking shooter in middle.

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The Kellogg's logo, featuring the brand name in its signature red and white font.

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## Awards Conditions

The conditions for this award are as follows:

### PoloSkills Level 5

- 1 In group on coach's whistle and instructions, swim different directions, eggbeater and perform jumps for 21/2 minutes without touching bottom or sides. (Coach will demonstrate what to do in 'Simon Says' like way).
- 2 Egg-beater for 60 seconds straight doing each of the following for 15 seconds during it:
  - Hands out.
  - 'Bronco' (using sculling to get chest high out of water).
  - Elbows out.
  - Arms straight out.
- 3 With a partner complete 10 'dry' passes 6m apart in 30 seconds.
- 4 Demonstrate 5 'pressure passes' to hand of player 5m away with defender pressing. May use jump half-turn or other methods.
- 5 Within 10 shots from 5m out successfully score all 6 of the following goals: within 1 foot of each of the corners, a shot over the goalkeeper's head/shoulders and a bounce shot.  
(No goalkeeper in goal, unless just to hold position.)
- 6 Demonstrate 'posting up' aka 'setting the pit' and do 3 of each of the following shots: Step-out, backhand, sweep.
- 7 Demonstrate marking the 'pit' from behind/ shoulder as well as front marking the pit. Defender must have hips near surface and be ready to intercept pass.
- 8 Demonstrate basic offense and defensive knowledge of what to do in man-up and man-down situations in both a 3-3 formation and a 4-2 formation.
- 9 As a goalkeeper in a 'one-on-nobody' situation, demonstrate the skill of 'coming off your line' to cut the shooter's angle while having the hands up high over the shoulders to be able to move arms more quickly to block a shot attempt.

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