

Group

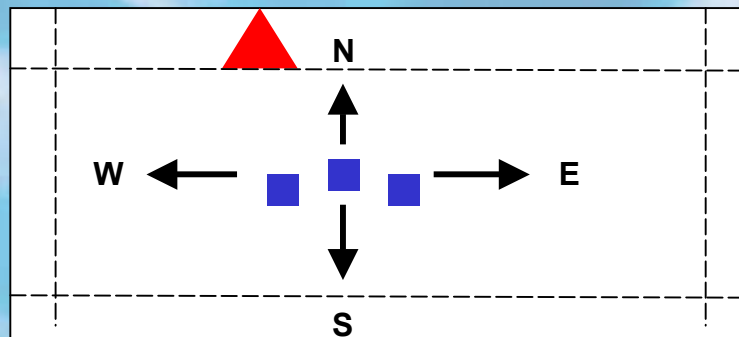
Individual



Pairs

**Compass
Points**

AGILITY







Outcome:

- *Participants start in the water. The coach identifies each pool wall as a compass direction (North, East, South, West)*
- *When the coach calls out a direction the participants start moving in that direction*
- *The coach then calls a different direction and the participants make light / fast changes to move toward the new direction.*
- *This activity focuses on the FUNdamental aspect of AGILITY in the water whilst moving and changing direction as quickly and easily as possible.*

Equipment Needed:

▶None

Diagram Key:

-  = Coach
-  = Participants
-  = Equipment
-  = Direction

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Compass Points

COACHING POINTS

- ▶ *Bring knees / legs up under body to start changes in direction.*
- ▶ *Keep limbs in tight to the body to reduce resistance when direction changes are made.*
- ▶ *Lead with the head into the new direction.*
- ▶ *Fast movement into and out from change in direction.*

DIFFERENTIATIONS

EASY: *Participants standing in shallow water start at slower speed, plenty of time between changes.*

HARDER: *Participants can progress into deeper water, coach calls changes more quickly.
Participants can go from their front to their back as they change direction.*

HEALTH & SAFETY

- ▶ *Ensure the participants are aware of where others are, and do not have any physical contact. i.e. – avoid pushing into others and any obstacles.*



Group

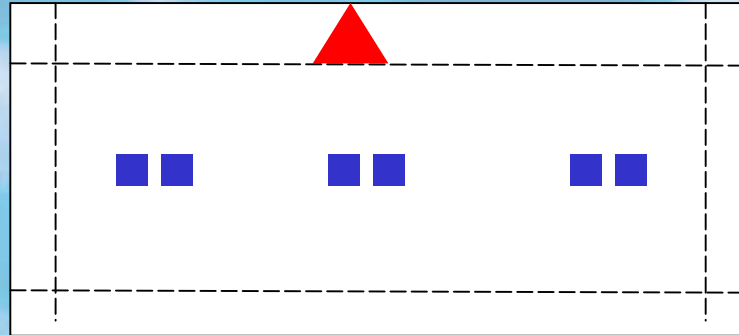
Individual

Pairs



BALANCE

**Underwater
Handstands**







Outcome:

- *Participants start in pairs. Taking turns to support their partner's legs (watch for overbalances).*
- *On the coach's command, one partner attempts a handstand, the coach times and records them. The longest unaided handstand wins.*
- *This activity focuses mainly on the FUNDamental aspect of BALANCE whilst participant's hold their breath under the water.*

Equipment Needed:

▶None

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Underwater Handstands

COACHING POINTS

- ▶ *Keep hands shoulder width apart to create a stable base.*
- ▶ *Bring legs, ankles and feet up together.*
- ▶ *Arch back slightly, allow chin to point at ground and look at the point just in front of your hands.*
- ▶ *Try to keep centre of gravity directly in line with the mid-point between the hands.*
- ▶ *Partners support legs lightly by the ankles and look to release when participant wants to come up for breath.*

DIFFERENTIATIONS

EASY: *Participants start in chest deep water and use a partner to aid balance and support.*

HARDER: *Participants can progress into more shallow water (less support), no partner support.*

Try to stay underwater longer, bring hands closer together when in handstand.

Try one handed handstands!

HEALTH & SAFETY

- ▶ *Check that participants take turns to ensure that partners are aware of where others are and do not have any physical contact. i.e. – avoid overbalancing into others and any obstacles.*
- ▶ *Coach to check participants are capable of holding their breath underwater before commencing activity.*



Group



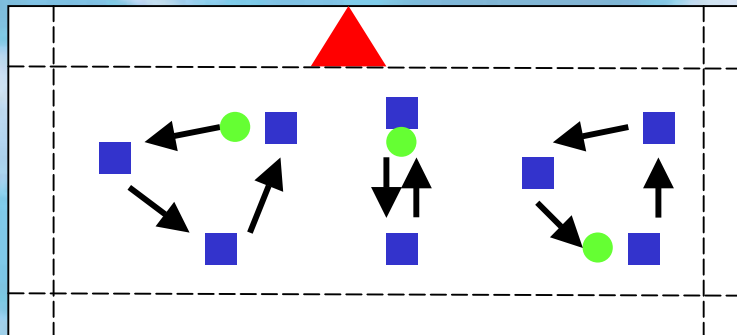
Individual

Pairs



CATCHING, PASSING, THROWING

Ten Clean Passes



Outcome:

- Participants make up groups of 2 or 3.
- Three balls of various sizes are made available (Squash ball, Water Polo ball through to inflatable Beach Ball).
- Each ball is passed around between participants without touching the water (clean passes), at least 10 passes with each ball must be made before moving on to a different sized ball.
- The first group to finish with all three balls is the winner.
- This activity focuses on the **FUNDamental** aspects of **CATCHING, PASSING and THROWING** through the use of different size balls.

Equipment Needed:

▶ 3 balls of different sizes
e.g. – Squash Ball, Water Polo ball, inflatable Beach Ball.

Diagram Key:

- = Coach
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- = Direction



Ten Clean Passes

COACHING POINTS

- ▶ *Make eye contact with the person receiving the ball before passing it to them.*
- ▶ *Passes must be into an area where it is possible for them to catch it cleanly.*
- ▶ *Passes are controlled throws, so when passing don't take the arm right back (less power and more direction).*
- ▶ *With all catches 'cushion' the ball into hands by bending at wrist, elbow and shoulder as you receive it.*
- ▶ *When catching keep your eye on the ball and watch it all the way into your hands.*

DIFFERENTIATIONS

EASY: *Participants start in shallow end standing up. Catches and passes made with both hands.*

HARDER:

- *Catches and passes with one hand only.*
- *Participants can progress into deeper water - no standing on the bottom.*
- *Increase the number of clean passes.*
- *Start to time how long it takes to make 10 clean passes with all 3 sizes of ball.*
- *Different shaped objects e.g. – pull-buoys.*

HEALTH & SAFETY

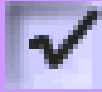
- ▶ *Ensure that participants are aware of where others are and do not have any physical contact.*
- ▶ *When passing the ball participants make eye-contact with receiver and take care where the ball is heading.*



Group

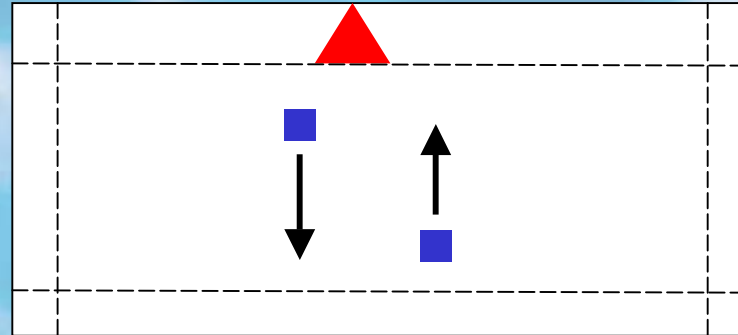
Individual

Pairs



CO-ORDINATION

Mix-Ups







Outcome:

- *Participants start in the water. The coach identifies a leg action to use along with an arm action.*
- *The coach calls for an action for the legs that is not commonly used with that particular arm action e.g.; Breaststroke legs with Front Crawl arms, Butterfly legs with Breaststroke arms etc.*
- *This activity focuses on the FUNdamental aspect of CO-ORDINATION in the water by using different actions for legs and arms.*

Equipment Needed:

▶None

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Mix-Ups

COACHING POINTS

- ▶ *Participants to maintain efficient streamline body position in the water.*
- ▶ *Timing of the arms and legs to work together in sequence to progress forwards in the water.*
- ▶ *Look for patterns where timing of breathing can fit in.*

DIFFERENTIATIONS

EASY: *Participants try Backstroke arms and Butterfly legs or Breaststroke arms and Butterfly legs.*

HARDER: *Participants can progress onto Breaststroke legs and Front Crawl arms Or freestyle legs and Breaststroke arms.*

Try speeding up actions through races.

HEALTH & SAFETY

- ▶ *Ensure the participants are aware of where others are and do not have any physical contact. i.e. – avoid pushing into others and any obstacles.*



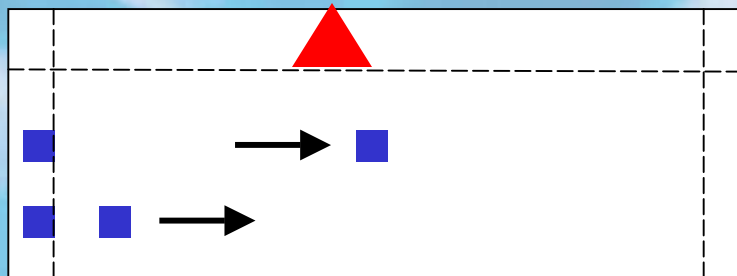
Group

Individual

Pairs

**Push &
Glide for
Distance**

GLIDING







Outcome:

- *Participants line up in pairs alongside the pool.*
- *When the coach gives the command the participants push off from the wall and hold a streamlined position for as long and as far as they can.*
- *The Participant that glides the furthest without kicking or using any other unnecessary movement is the winner.*
- *This activity focuses on the FUNdamental aspect of GLIDING whilst holding the most efficient streamlined position possible.*

Equipment Needed:

▶None

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Push & Glide for Distance

COACHING POINTS

- ▶ *Ensure participants hold best streamline possible, with arms and hands tight together, head between arms, body straight and legs together.*
- ▶ *Must get a strong push off from the wall.*
- ▶ *Head in line with body, eyes looking just in front of hands along the bottom of the pool.*

DIFFERENTIATIONS

EASY: *Participants push and glide on the surface of the water.*

HARDER:
Participants can progress to underwater gliding, where the point that they surface is their distance achieved.

Introduce kicking for extended distance underwater after the glide has finished.

HEALTH & SAFETY

- ▶ *Ensure the participants are aware of where others are and do not have any physical contact.*
- i.e. – avoid pushing into others and any other obstacles.*



Group



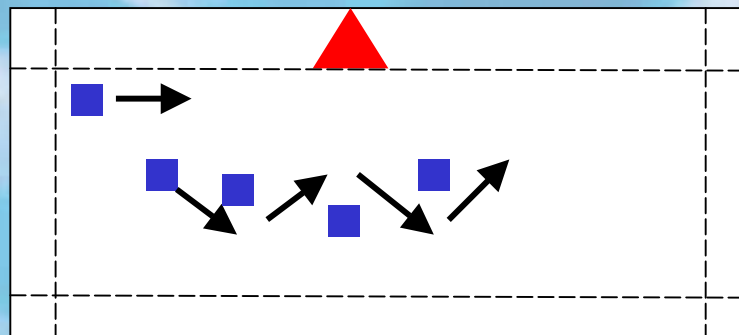
Individual



Pairs

KINAESTHETICS

Sculling Slalom



Outcome: . .

- *Using hands and wrists ONLY the participants move in the direction indicated by the coach e.g. - across the pool feet first, down the pool head first or diagonally across the pool.*
- *The coach develops a slalom course around 3 or more obstacles or participants, and times each attempt.*
- *This activity focuses mainly on the FUNdamental aspect of KINAESTHETICS by feeling movement through the water whilst using basic sculling techniques.*

Equipment Needed:

► *Floation device
e.g. – pull-buoys or
kickboards*

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Sculling Slalom

COACHING POINTS

- ▶ *Keep arms by sides use hands and wrist only for movement*
- ▶ *Maintain rigid body position close to surface with best possible streamline*
- ▶ *Cup hands and push water away from the direction you want to travel in*
- ▶ *Be as controlled in your sculling as you can be*
- ▶ *Focus on technique before speed*

DIFFERENTIATIONS

EASY: *Participants may use a float between legs to aid buoyancy. Participants start by moving feet first in straight line down the pool .*

Then move on to slalom course between other participants.

HARDER: *Participants can progress onto trying with eyes closed. Move head first. Move body diagonally or sideways by using sculling action.*

HEALTH & SAFETY

- ▶ *Ensure that participants are aware of where others are and do not have any physical contact. i.e. – avoid bumping into others and any obstacles.*
- ▶ *When participants have eyes closed make sure someone is watching where they are going and communicating with them.*

