

93/94 Session: Week 1 [2nd May 2008]

Session Aim: Timed Swim & Profile Test

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 8x 50 FC on 60 > 400m FC Timed Swim for Nat Academy selection > 200m BR Timed Swim (GKs) for Nat Academy selection > 6x 75 split as: 25: 3 strokes fc - 3 strokes bk <ul style="list-style-type: none"> 25: 3m Spider / 3m FC head-up Sprint 25: fly arms & br kick 	25
Main Skills PROFILE TEST	<ul style="list-style-type: none"> > See Separate Sheet for Sections of Test > 2: Hands on Head Vertical Egg-Beater, we are looking for:- <ul style="list-style-type: none"> - knees maintaining high & wide position - back straight & shoulders up - good balance, without dropping under water or falling side to side > 3: Jumping, we are looking for:- <ul style="list-style-type: none"> - knees starting position is high & wide - explosive Vertical 'jump' NOT a lift - extending body & arm(s) straight, reaching as high as possible > 4: WP Strokes, we are looking for:- <ul style="list-style-type: none"> - 4.1: control of ball within stroke, without the ball knocking side to side against arms - head high looking over ball & big leg kick - on turn keep control of ball with hand underneath, bring ball into chin on change of dir - accelerate out of turn with big kick of outside leg, placing ball onto water NOT flicking ball - 4.2: control of ball within stroke, without the ball knocking side to side against arms - head high looking over ball & quick egg-beater leg kick - on turn keep control of ball with hand underneath, bring ball into chin on change of dir - accelerate out of turn with big kick of outside leg, placing ball onto water NOT flicking ball > 5: Rotation, we are looking for:- <ul style="list-style-type: none"> - knees maintaining high & wide position - back straight & shoulders up - good balance, without dropping under water or falling side to side - taking ball from in front around & back to '6 o'clock' position, maintaining 90° angle of arm - opposite shoulder should rotate forwards, with hand sculling in front of body - bring ball back around to front and continue with other hand, keeping same control > 6: Passing, we are looking for:- <ul style="list-style-type: none"> - 6.1/2: knees maintaining high & wide position - back straight & shoulders up - good balance, without dropping under water or falling side to side - after catch take ball to '6 o'clock' position, maintaining 90° angle of arm - opposite shoulder should rotate forwards, with hand sculling in front of body - maintaining balance and height in the water to make an accurate pass to partner - 6.3/4: knees maintaining high & wide position - back straight & shoulders up - good balance, without dropping under water or falling side to side - after catch in front of face take ball to '6 o'clock' position, maintaining 90° angle of arm - opposite shoulder should rotate forwards, with hand sculling in front of body - maintaining balance and height in the water to make an accurate pass to partner 	60
FINISH	> Swim down - floppy f/s swim	5

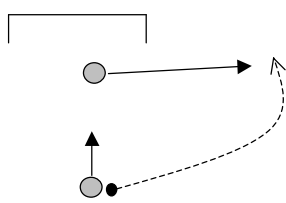
93/94 Session: Week 2 [9th May 2008]

Session Aim: Passing & Movement

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 200 FC, 100 Choice not FC, 50 FC with 15s rest > 4x 75 as 25: ½ BR / ½ BR Kick, keep chin on the surface & thumbs linked behind back 25: ½ Head-Up FC / ½ FC Kick 25: Fly arms & BR kick > 8x 25 Racing Sprints : line-up with a partner, vary starts ie. Jumps, eb lift, wrestle etc 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths -</p> <ul style="list-style-type: none"> > 2x 1w Penguin > 2x 1w Horiz EB: turning 90° every 2m (hips high, shoulders on surface, hands sculling) > 2x 1w Vert EB: turning 90° every 2m (knees high, shoulders above surface, back straight) > 4x 1w Vert EB: High Jump every 2m (knees high before lift, explosive double kick, high reach) > 2x 1w Spider & Jump: Spider across width, continuous movement with vertical jump every 2m 	10
PASSING SET	<ul style="list-style-type: none"> > In groups of 3, 1min rest after each set > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 90s clockwise - 90s anti-clockwise - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift > SET 2 - Catch & Pass with Movement <ul style="list-style-type: none"> - 1 min clockwise, with static-spider & lift vertical to catch and pass - 1 min anti-clockwise, with static-spider & lift vertical to catch and pass - 1 min clockwise, take a stroke left or right before receiving ball - 1 min anti-clockwise, take a stroke left or right before receiving ball - 1 min any direction speed passing, fast & flat passes 	10
DYNAMIC MOVEMENT WITH PASS	<ul style="list-style-type: none"> > Forward Spider to Backward Spider + Pass with partner <ul style="list-style-type: none"> - 2m fwd/2m bk x4, concentrate on rapid movement, quick tuck & quick change dir - 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 with partner - 2nd time through use opposite hand for catch & pass > Lateral Spider Drill <ul style="list-style-type: none"> - side to side spider movement, partner passes ball on water - tuck to bring knees forwards "underneath the ball", then lift the ball with hand underneath - kick vertical to make the pass - 8 passes then swap over - alt right & left hands 	20
SHOOTING DRILLS WITH DYNAMIC MOVEMENT	<ul style="list-style-type: none"> > 1. Straight Drive & Shooting <ul style="list-style-type: none"> - rapid spider from 4 to 5, or 2 to 1 - bring knees forward at end of drive to enable vertical kick to catch & shoot, knees wide for balance - catch and first time shot > 2. Arc Drive & Shooting <ul style="list-style-type: none"> - rapid spider from 5 to 4, or 1 to 2 - bring knees forward at end of drive to enable vertical kick to catch & shoot, knees wide for balance - catch and first time shot 	25
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

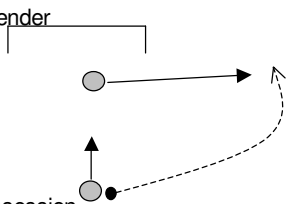
93/94 Session: Week 4 [23rd May 2008]

Session Aim: Jump ½ Turn

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 2x 200 FC > 4x 50 as Bk-FC / Br-FC x2 > 4x 75 split as: 25: fly arms & br kick 25: 3 strokes fc - 3 strokes bk 25: ½ Spider / ½ FC head-up Sprint 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths, 10 push-ups or tricep dips after each swim</p> <ul style="list-style-type: none"> > 4x 2w: Br 2 kicks & 1 pull / Underwater EB kick > 4x 2w: Horiz EB / Vert EB moving fwds > 2x 1w Penguin (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m) > 4x 1w: ½ width Vert Eb with arms up / ½ width vert jumps 	15
DYNAMIC SWIMS	<ul style="list-style-type: none"> > Forward Spider to Backward Spider - 2m fwd - 2m bk x4, 15s rest x2 - concentrate on rapid movement, quick tuck & quick change dir - 2m fwd - 2m bk & V. Jump x4, 15s rest x2 - incl vertical jump on change of dir from back to front - 2m fwd - V. Jump - 2m bk x4, 15s rest x2 - incl vertical jump on change of dir from front to back 	10
PASSING SET	<ul style="list-style-type: none"> > In groups of 3 or 4 > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 2 mins clockwise, medium pace - 2 mins anti-clockwise, medium pace > SET 2 - Pass at Level 1 & take ball up to Level 2 <ul style="list-style-type: none"> - 90 s clockwise, medium pace - 90 s anti-clockwise, medium pace > SET 3 - Pass at Level 1, fake & lift to level 2 <ul style="list-style-type: none"> - 90 s slow pace - 90 s medium pace - 90 s fast pace 	15
JUMP ½ TURN DRILL	<ul style="list-style-type: none"> > Individual Skill across width, break down skill: <ul style="list-style-type: none"> - swim onto ball and reach hand out under ball, lift ball off the water & explosive BR kick forward - practice above skill using left & right hands - Progress: after forward kick to roll onto back, keeping ball in hand & arm stretched out 3 more explosive BR kicks whilst on back 	15
SHOOTING DRILL	<ul style="list-style-type: none"> > Jump ½ Turn Pass & Shooting Drill <ul style="list-style-type: none"> - CF drives out to wing, player at 3 passes ball onto water for CF - Shooter drives forwards, CF picks up ball underneath and Jump ½ Turns to make pass - Pass to hand and player shoots - Then drive out to other wing, for pass on water etc 	10
FINISH	<ul style="list-style-type: none"> > Swim down - floppy f/s swim 	5

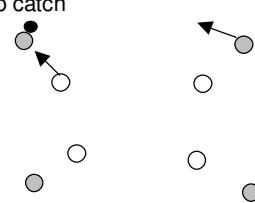
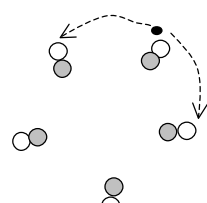
93/94 Session: Week 5 [6th June 2008]

Session Aim: Releasing & Keeping Possession

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 100 as 75 swim & 25 kick: FC / BK / FC / BR with 15s rest > 2x IM as (1) normal, (2) all strokes with BR kick with 15s rest > 6x 50 FC as 25: head-down / 25: head-up vary rest 10-15s with finger-tip turns, no feet on the wall, keeping head & hips up on quick turn > 6x 20m FC Head-Up Sprints, start with vertical jump & finish with vertical jump (hips out of water) 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 2x 2w BR Kick, with hands behind back & thumbs linked - 10 pushups at the end of each swim > 2x 1w Spider to post, Vertical EB across goal, Spider to wall > 2x 2w Underwater EB - Fly & BR kick - 10 tricep dips at the end of each swim 	
DYNAMIC SWIMS	<ul style="list-style-type: none"> > Forward Spider to Backward Spider - 2m fwd - 2m bwd x4, 15s rest x2 - concentrate on rapid movement, quick tuck & quick change dir - 2m fwd - 2m bwd & V. Jump x4, 15s rest x2 - incl vertical jump on change of dir from back to front - 2m fwd - V. Jump - 2m bwd x4, 15s rest x2 - incl vertical jump on change of dir from front to back 	15
PASSING SET	<ul style="list-style-type: none"> > In groups of 3, 1 min rest after each set > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 1 min clockwise, group moves in anti-clockwise direction - 1 min anti-clockwise, group moves in clockwise direction - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift > SET 2 - Pass to Water (1m to left or right), Spider & pick up ball underneath to Pass <ul style="list-style-type: none"> - 90 s clockwise, medium pace - 90 s anti-clockwise, medium pace - 90 s any direction, fast pace > SET 3 - Pass to Water, with Defender holding hips <ul style="list-style-type: none"> - working under pressure, spider & pick up ball underneath, for 6 passes then swap over - pass to water 1m to right/left alt - 3x each 	15
RELEASING DRILLS	<ul style="list-style-type: none"> > Jump ½ Turn / Step Away - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - Attacker leans back into defender, protecting the ball with back & shoulders - shoot feet away from defender, pushing off with shoulders - pick up the ball from underneath, turn to face the def, keeping the ball at arms length - kick high & make pass > Stroke to Release - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - stroke forwards across the face of the pressing defender - Tuck up legs, bring knees to chest and push away from defender using shins - third player pass the ball to the water on the correct side, attacker picks up ball underneath - kick vertical and make pass - make sure you work both left and right sides using left & right hands to pass 	10
POSSESSION DRILLS	<ul style="list-style-type: none"> > 1v1 : Keeping Possession Under Pressure - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - Without swimming with the ball, keep possession and protect the ball - Use left and right hands to control the ball and keep it away from the defender - Work for 10s & then kick away to make pass - Work for 15s & then kick away to make pass - Work for 20s & then kick away to make pass - Second time throu' increased pressure from defender > 3 v 3 - working in groups of 6, with 1 ball <ul style="list-style-type: none"> - work in small area, releasing and short drives to make space & keep possession - 2x 20s each, then stop and talk through good and bad points - 2x 20s each again - this time if the team loses possession have a forfeit, ie push-ups or high jumps 	10
FINISH	> Swim down - floppy f/s swim	5

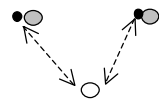
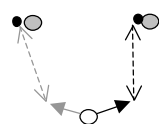
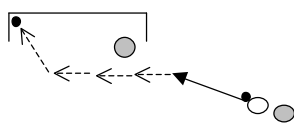
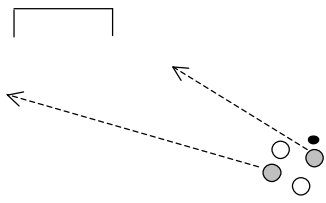
93/94 Session: Week 6 [13th June 2008]

Session Aim: Protecting the Ball & Passing Under Pressure

Section	Drill	Time
Warm-up	<p>> 400 as 150 FC / 50 Choice not FC x2</p> <p>> 6x 50 FC as 25: fly-arms & br kick / 25: FC vary rest 10-15s with finger-tip turns, no feet on the wall, keeping head & hips up on quick turn</p> <p>> 6x 20m FC Head-Up Races, start with vertical jump & finish with vertical jump (hips out of water)</p>	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <p>> 4x 1w Horizontal EB, fwd / lead left / lead right / bwd - 10 pushups at the end of each width</p> <p>> 4x 1w Vertical EB, fwd / lead left / lead right / bwd - 10 pushups at the end of each width</p> <p>> 4x 1w Pushing Partner - BR kick, swap over after each width</p> <p>> 4x 1w Spider & Vertical Jump - jump every 2m, explosive vertical jump, aiming to get hips out of water</p>	20
PASSING SET	<p>> In groups of 3, 1 min rest after each set</p> <p>> SET 1 - Pass & Move - catch and quick sharp kick sideways before pass, alt right/left</p> <ul style="list-style-type: none"> - 1 min level 1 - 1 min level 1 & fake - 1 min fake & kick to level 2 - 1 min fast pace <p>> SET 2 - Pass & Move, Ball on Water - catch & place ball on water, take a stroke then pass to hand</p> <ul style="list-style-type: none"> - 1 min take a stroke alt right/left - 1 min level 1 & fake - 1 min fake & kick to level 2 - 1 min fast pace <p>> SET 3 - 10 Static Passes / 10 Pass & Move</p> <ul style="list-style-type: none"> - 3 mins continuous, 10 static high & fast passes - then continuous movement for 10 passes - on the movement, players driving head-up, ball to hand or water, all players keep moving 	15
PASSING UNDER PRESSURE	<p>> Arc Passing Drill - Passive Def, working 4v4 or 5v5</p> <ul style="list-style-type: none"> - Set up pairs attackers v defenders, working in a square/circle - Def are dropping off & only working out to put pressure on Attacker when they are in possession - 'zone-like' movement working in & out - 90 secs passing the ball clockwise - Attackers take a movement (a stroke) towards the ball & away from the defender to catch - Each pass on the hand - Attacker keep ball high & away from Def - Attacker can step back away from Def to allow time to make an accurate pass - Def lunge forward at Attacker & Block Pass - swap over after 90s, then change direction - 4x each group, in each direction  <p>> Arc Passing Drill - Pressing Def, working 4v4 or 5v5</p> <ul style="list-style-type: none"> - Set up as above but with Pressing Def - Attackers have to be more active & 'release' for the pass - 90 secs passing the ball clockwise - Each pass on the water - Attacker keep body in between def & ball, keeping ball at arms length - Attacker step away, explosive kick to make the pass - Def pressing to try to steal without foul - swap over after 90s, then change direction - 4x each group, in each direction 	15
FINISH	> Swim down - floppy f/s swim	5

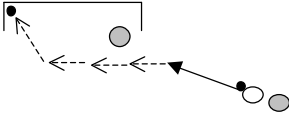
93/94 Session: Week 7 [20th June 2008]

Session Aim: Attack & Decision Making Drills

Section	Drill	Time	
Warm-up	<ul style="list-style-type: none"> > 150 FC, 50 kick BR-Fly, 150 FC, 50 kick BR-FC > 3x IM: Reverse - Normal - Reverse with 15s rest > 6x 25 Races - vary starts 	20	
Main Skills LEG SET	Across width or 1/2 lengths - > 2x 2w BR 1 pull - 2 kicks > 2x 1w Underwater EB > 2x 1w Vertical EB, 90° turn each 2m > 4x 1w Zig-Zag Spider, with vertical jump on each change of direction > 4x 20s Wrestle with Partner, pushing & sinking continuous for 20s	10	
PASSING SET COUNTER ATTACK SHOOTING	> In groups of 3 > SET 1 - Triangle Passing - concentrating on rotation turn from tummy NOT arm - 1 'Hot' Player & two passers, 30s each at Level 1, passing right hand & left hand - 30s each, Catch & Lift to Level 2 - 30s each, Catch & Lift to Level 2 with Fake > SET 2 - Triangle Passing with Movement - 'Hot Player' takes a diagonal stroke toward the passer for each pass - 30s each, Level 1 - 30s each, Catch & Lift to Level 2 - 30s each, Catch & Lift to Level 2 with Fake > 1 v 0 Shooting - Drive in from left & right wings - Pick up ball outside of post (underneath NOT on top) - Step across goal, at least 3 or 4 steps, to make a new shooting angle kicking around the goal keeper to score in opposite corner - Keep ball away from chasing defender, taking ball across in front of body whilst kicking sideways - Passive Def to start with, pushing down on Attackers hips to add pressure	  	15
DECISION MAKING DRILLS	> 2 v 1 with Chaser, from wings - start close together, attackers side-by-side, one def in front & one behind - Defender make a vertical high jump, and attackers drive - Attackers drive wide, to split defence, near post player starting with the ball & looking to make an accurate cross pass when under pressure - use skills to protect the ball, and keep possession to score - Practice from both wings - Encourage players to use opposite hand for pass, or to control the ball		20
FINISH	> Swim down - floppy f/s swim	5	

93/94 Session: Week 8 [27th June 2008]

Session Aim: Dynamic Movements & 1v0 Shooting

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 100 as 75 swim FC & 25 kick IM order with 15s rest > 6x 50 as 25: fly arms & br legs / 25: head up sprint FC with 15s rest > 6x 20m Pairs Races - start with wrestle, then go on whistle, cutting in front etc... 	20
Main Skills		
LEG SET	<p>Across width or 1/2 lengths -</p> <ul style="list-style-type: none"> > 2x 1w Penguin > 2x 1w Horiz EB: turning 90° every 2m (hips high, shoulders on surface, hands sculling) > 2x 1w Vert EB: turning 90° every 2m (knees high, shoulders above surface, back straight) > 4x 1w Vert EB: High Jump every 2m (knees high before lift, explosive double kick, high reach) > 2x 1w Spider & Jump: Spider across width, continuous movement with vertical jump every 2m 	15
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 - 3 sets of 6 jumps (alt hands) with 30s rest</p> <p>drill 2 - in groups of 3, One player in middle, two on outside with hands directly up</p> <ul style="list-style-type: none"> - middle player jump up clap hands then slide over to other person and clap - repeat 6 claps then swap over middle player 	10 5 5
PASSING SET	<p>> In groups of 3, 1 min rest after each set</p> <p>> SET 1 - Pass & Move - catch and quick sharp kick sideways before pass, alt right/left</p> <ul style="list-style-type: none"> - 1 min level 1 - 1 min level 1 & fake - 1 min fake & kick to level 2 - 1 min fast pace <p>> SET 2 - Pass & Move, Ball on Water - catch & place ball on water, take a stroke then pass to hand</p> <ul style="list-style-type: none"> - 1 min take a stroke alt right/left - 1 min level 1 & fake - 1 min fake & kick to level 2 - 1 min fast pace <p>> SET 3 - 10 Static Passes / 10 Pass & Move</p> <ul style="list-style-type: none"> - 3 mins continuous, 10 static high & fast passes - then continuous movement for 10 passes - on the movement, players driving head-up, ball to hand or water, all players keep moving 	15
COUNTER ATTACK SHOOTING	<p>> 1 v 0 Shooting</p> <ul style="list-style-type: none"> - Drive in from left & right wings - Pick up ball outside of post (underneath NOT on top) - Step across goal, at least 3 or 4 steps, to make a new shooting angle - kicking around the goal keeper to score in opposite corner - Keep ball away from chasing defender, taking ball across in front of body whilst kicking sideways - Passive Def to start with, pushing down on Attackers hips to add pressure 	15
FINISH	> Swim down - floppy f/s swim	5

93/94 Session: Week 9 [4th July 2008]

Session Aim: Front Door/Back Door Drives

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 4x 100 alt FC / IM with 15s rest > 4x 75 as 25: ½ BR / ½ BR Kick, keep chin on the surface & thumbs linked behind back 25: ½ Head-Up FC / ½ FC Kick 25: Fly arms & BR kick > 8x 15m Sprint Races - vary starts: Jumps, Spins, EB lifts, Blocking etc 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 2x 1w Penguin > 4x 1w alt Horiz Eb / Horiz Br kick, build speed on each width > 4x 1w: Pushing Partner across width, short & sharp BR kick > Ball/Leg drills in relays across width (max 8m): <ul style="list-style-type: none"> - in 3's, two 'resting' players always working on leg drills - no leaning on wall - 3 mins ball dribble / outside players vertical EB, hands on head - 3 mins forward jumping with ball / outside players vertical jumps, hips out of water - 3 mins vert EB juggling ball between hands / outside players static spider & vert jump - 3 mins vert EB ball on head / outside players alt long sideways jumps right & left 	20
PASSING SET	<ul style="list-style-type: none"> > In groups of 3, 1min rest after each set > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 1 min clockwise, group moves in anti-clockwise direction - 1 min anti-clockwise, group moves in clockwise direction - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace, static with lift > SET 2 - Pass & Spin (alt right/left), spin on every 5th pass <ul style="list-style-type: none"> - 1 min clockwise - 1 min anti-clockwise - 1 min clockwise, catch & lift to level 2 - 1 min anti-clockwise, catch & lift to level 2 	10
FRONT DOOR DRIVE	<ul style="list-style-type: none"> > 1v1 Drives <ul style="list-style-type: none"> - Emphasise that these are attacking drills, so passive defence only. - Attacker & Def start level facing the goal, Attacker on right side, & passer at 1 - Drive inside the post to 2 or 3m with slight pressure from Def, stop with hips facing the goal - Bring knees forward, leaning into def and kick away, sideways & high, towards ball - Passer puts ball on the attackers hand for shot 	
BACK DOOR DRIVE	<ul style="list-style-type: none"> > 1v1 Drives <ul style="list-style-type: none"> - Attacker & Def start level facing the goal, Attacker on left side, & passer at 1 - Drive to near post on 2 or 3m, pushing def outside of post if possible - Stop, tuck knees and turn to swim across goal away from def (start with big kick, explosive) - At far post turn so hips are facing goal & legs tucked underneath to jump for high cross pass 	
FINISH	> Swim down - floppy f/s swim	5

93/94 Session: Week 10 [11th July 2008]

Session Aim: Conditioned Match Play

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 8x 50 FC with 15s rest > 4x 4X1 IM (2nd & 4th 4X1 all strokes with BR kick) with 15s rest > 8x 25 Racing Sprints, vary starts with lift, jumps, wrestle etc 	20
<p>Main Skills</p> <p>MATCH PLAY</p>	<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