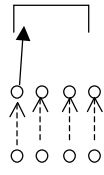


93/94 Session: Week 1 [3rd October 2008]

Session Aim: Passing & Shooting Drills

Section	Drill	Time	
Warm-up	<ul style="list-style-type: none"> > 200 FC, 100 BK, 100 BR > 4x 50 on 50, turning off the wall > 2x 4x1 IM (Fly with BR kick, WP bk, Br 2x kick 1x pull, head up FC) with 15 rest > 8x 25 as: odds - regular FC sprints from wall <li style="padding-left: 20px;">evens - start on 2m with vert jump, turn at ½ way for two strokes on back & finish length head-up 	20	
Main Skills	<p>LEG SET</p> <p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 2x 2w Horiz EB / Vert EB > 2x 2w Fwd Jumps > 2x 1w Underwater EB - 10 push-ups or tricep dips at the end of each swim - <p>Contact drills:</p> <ul style="list-style-type: none"> > 3x 15s Horizontal Pushing against partner, shoulder to shoulder > 3x 15s Back to Back Pushing > 3x 15s Wrestle & Sink Partner > 4x 15s Mirror Jumps with Partner 	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 with fake - 1 min anti-clockwise with fake - 1 min clockwise, fast pace, with lift & fake - 1 min anti-clockwise, fast pace, with lift and fake > 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, lift kick up & pass - 90 s anti-clockwise, lift kick up & pass - 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	
SHOOTING DRILLS	<ul style="list-style-type: none"> > Outside Shooting Drills <ol style="list-style-type: none"> 1 - Line Shooting Drill, pass comes from partner behind, shoot from 5m line <ul style="list-style-type: none"> - keep hips facing forwards, twist upper body around to catch - keep ball high & elbow clear of the water, using opposite hand to support - kick up and 1st time shot at the top of lift - 5 shots each then swap over with partner - then move back to 6m and repeat 2 - Swim and Shoot Drill <ul style="list-style-type: none"> - swim from half way to 10m, pick up ball keeping it high & in position ready to shoot - stay vertical, kick forward to 6m for shot (possibly change shooting distance for boys) 		12
	<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	

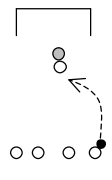
93/94 Session: Week 2 [10th October 2008]

Session Aim: Counter Attack Drills

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 450 as: Swim 100 FC, 50 FC Kick, 100 BR, 50 BR Kick, Swim 100 FC, 50 FC Kick > 4x 50 IM: 25 - normal stroke, 25 - with BR kick > 10x 20m Sprints: start off wall & vary starts with jump; spin; wrestle etc. 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 2x 2w BR, 1 pull & 2 kicks > 2x 2w EB, turning 90 every 2m (horiz & vert) > 2x 2w Vertical EB & Jumps: high, fwd, diagonal, two-handed etc. - 10 push-ups or tricep dips at the end of each swim - <p>Contact drills:</p> <ul style="list-style-type: none"> > 3x 15s Horizontal Pushing against partner, shoulder to shoulder > 3x 15s Back to Back Pushing > 3x 15s Wrestle & Sink Partner > 4x 15s Mirror Jumps with Partner 	20
PASSING SET	<ul style="list-style-type: none"> > In pairs, 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 right-handed - 1 min left-handed - 1 min right to left - 1 min natural hand > SET 2 - Pass to Water (1m to left or right), Spider & pick up ball underneath to Pass <ul style="list-style-type: none"> - 1 min right-handed, scoop, flick, back pass - 1 min left-handed, scoop, flick, back pass - 1 min flick ball from right into left hand to make pass; and left into right - 1 min natural hand - fast > SET 3 - Pass to Water, with Defender holding hips <ul style="list-style-type: none"> - 1 min natural hand - fast - 2 mins Pass & on whistle player with ball keeps possession, opponent has to tackle for ball - repeat above 3x 	20
SHOOTING DRILLS	<ul style="list-style-type: none"> > Counter Attack Shooting Drills 1 v 0 - Drive from wing & step across goal to shoot around the GK: <ul style="list-style-type: none"> - drive to near post 2m, pick up ball & keep moving across in front of goal - step across sideways in front of the goal keeper, move at fast pace - when over ½ way point look to make shot - practice from both wings - include a chasing def after 5 mins 2 v 1 - Drive from wing, two attackers & two defs, one starting in front & one behind <ul style="list-style-type: none"> - attackers need to split, driving to separate posts, head-up awareness of ball - make pass under pressure to hand if possible - practice from both wings > Penalties <ul style="list-style-type: none"> - Shooting Competition 	10 10 5
FINISH	> Swim down - floppy f/s swim	5

93/94 Session: Week 4 [24th October 2008]

Session Aim: CF Shooting Drills cont.

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 400 as Swim 75 Kick 25, Rev IM order > 4x 75 FC as 25 easy/50 fast, fast/easy/fast, 50 fast/25 easy, 75 fast - 20s rest > 2x 4x1 IM (Fly with BR kick, WP bk, Br 2x kick 1x pull, head up FC) with 15 rest > 8x 25 FC Sprints on 30, starting off the wall & finishing with 3 high jumps 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 4x 1w Underwater EB, keeping arms out straight > 4x 1w Vertical EB & High Jumps, high diagonal jumps every 2m, alt right/left > 4x 1w Horizontal EB & Forward Jumps, forward jumps every 2m, alt right/left, over top of the water - 10 push-ups or tricep dips at the end of each swim - <p>Contact drills, starting goal width apart:</p> <ul style="list-style-type: none"> > 2 High Jumps & sprint to Partner, 15s Horizontal Pushing against partner, shoulder to shoulder > " " " 15s Back to Back Pushing > " " " 15s Wrestle & Sink Partner > " " " 15s Mirror Jumps with Partner - 3x each drill 	20
PASSING SET	<ul style="list-style-type: none"> > In pairs, 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 right-handed with fake & diagonal movement - 1 min left-handed with fake & diagonal movement - 1 min right-handed with fake & lift to level 2 - 1 min left-handed with fake & lift to level 2 > SET 2 - Pass to Water (1m to left or right), Spider & pick up ball underneath to Pass <ul style="list-style-type: none"> - 1 min right-handed, scoop, flick, back pass - 1 min left-handed, scoop, flick, back pass - 1 min flick ball from right into left hand to make pass; and left into right - 1 min natural hand - fast > SET 3 - Pass at Level 2 <ul style="list-style-type: none"> - 1 min natural hand - fast - 2 mins Pass & on whistle player with ball keeps possession, opponent has to tackle for ball - repeat above 3x 	20
SHOOTING DRILLS	<ul style="list-style-type: none"> > CF / Turn & Shoot - into goal or against wall <ul style="list-style-type: none"> 1 v 1 - CF/CB positions - CF keeping shoulders up and elbows out wide, hips below shoulders in sitting position - pass to water, CF pushes shoulders back into defender, then reach forward to ball - keeping right hand under the ball & left elbow pushed back into def make a 90° turn - release the ball, again push back into def make an explosive kick towards the ball, lift & shoot - make an explosive kick towards the ball, lift & shoot - practice turning to shoot with both right & left hands > Outside Shooting & CF Shooting Drills <ul style="list-style-type: none"> - Each player on 5-6m takes a first time outside shot - Then each player makes a CF pass, CF can turn or Step Away to shoot - Passive Def on CF, defending behind - After both shooting rounds, CB swims out to 5/6m & CF becomes CB - New CF drives into position - Repeat shooting drill 	10
		10
FINISH	> Swim down - floppy f/s swim	5


93/94 Session: Week 5 [7th November 2008]

Session Aim: Possession Drills

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 200 FC, 200 Choice > 4x 75 FC as Swim 25 / Kick 25 / Sprint 25 - 20s rest > 6x 50 as 25: underwater from dive / 25: fly arms & BR kick - 20 rest > 8x 2m-2m Races, 3 strokes WP BK at ½ way on each length 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 4x 2w Horizontal BR kick / EB kick with hands behind back > 4x 1w Vertical EB: 2m hands in water, 2m hands on head, 2m arms straight above head - continuous > 4x 1w BR Sprints, starting with 5s hard EB kick against wall, sprint on whistle - 10 push-ups or tricep dips at the end of each swim - <p>Contact drills, starting goal width apart:</p> <ul style="list-style-type: none"> > 2 High Jumps & sprint to Partner, 15s Horizontal Pushing against partner, shoulder to shoulder > " " " 15s Back to Back Pushing > " " " 15s Wrestle & Sink Partner > " " " 15s Mirror Jumps with Partner - 3x each drill 	20
PASSING SET	<ul style="list-style-type: none"> > In pairs, 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 right-handed with fake & diagonal movement - 1 min left-handed with fake & diagonal movement - 1 min right-handed with fake & lift to level 2 - 1 min left-handed with fake & lift to level 2 > SET 2 - Pass to Water (1m to left or right), Spider & pick up ball underneath to Pass <ul style="list-style-type: none"> - 1 min right-handed, scoop, flick, back pass - 1 min left-handed, scoop, flick, back pass - 1 min flick ball from right into left hand to make pass; and left into right - 1 min natural hand - fast > SET 3 - Pass at Level 2 <ul style="list-style-type: none"> - 1 min natural hand - fast - 2 mins Pass & on whistle player with ball keeps possession, opponent has to tackle for ball - repeat above 3x 	20
POSSESSION DRILLS	<ul style="list-style-type: none"> > 3v3 Possession Drill 1: <ul style="list-style-type: none"> - 3 Attackers, accurate hand to hand passing, holding position, 3m apart - 3 defenders working in-between attackers, moving side to side pushing on the attackers hips - pass for 30s, then swap groups over - progress to increase pressure from defenders, intercepting pass or making tackle Drill 2: <ul style="list-style-type: none"> - 3v3 drill as above, 6m from goal - on whistle attackers drive to goal, keep possession & try to score a goal - Defenders jump on whistle then chase - progress to reduce jumping defenders, two def jump, then only one def jumps > Penalties <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	> Swim down - floppy f/s swim	5

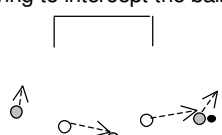

93/94 Session: Week 6 [14th November 2008]

Session Aim: XMA 4-2

Section	Drill	Time
Warm-up	<p>> 100 FC, 50 kick, 100 FC > 3x 150 FC as 50 med pace, breathe normal / 50 easy, breathe every 3 strokes / 50 fast, breathe every 5 > 8x 50 as: 25 kick/25 sprint IM order</p>	20
Main Skills	<p>LEG SET Across width or ½ lengths > 4w Horiz EB, change direction every 2m (fwd, lead left, bwd, lead right etc) > 4w Vert EB, change direction every 2m (fwd, lead left, bwd, lead right etc) > 4x 1w Vertical EB & Vertical Jumps: 1 vertical jump every 2m (vary jumps: high, diagonal, 2-handed) > 4x 1w Zig-Zag Spider with Jumps on change of direction</p> <p>Contact drills, starting goal width apart: > 10s push against partner, on whistle pull past partner & sprint to wall, 10 push-ups & easy back to centre > 15s push against partner, on whistle pull past partner & sprint to wall, 10 push-ups & easy back to centre > 20s push against partner, on whistle pull past partner & sprint to wall, 10 push-ups & easy back to centre - 3x: shoulder-to-shoulder / back-to-back / shoulder-to-shoulder</p>	20
PASSING SET	<p>> SET 1 - Passing in Pairs - 1 min right-handed with fake & diagonal movement - 1 min left-handed with fake & diagonal movement - 1 min right-handed with fake & lift to level 2 - 1 min left-handed with fake & lift to level 2</p> <p>> SET 2 - In Groups 4v4 or 5v5 - 1 Group Attacking & 1 Group Defending - 2 circles: attackers on the outside & defenders matching up against attackers inside the circle - Attackers pass the ball around the circle anti-clockwise, take a stroke towards the ball and pass keeping the ball dry - Def start with passive defence, lunging and blocking as the attacker received the ball - Attacker needs to protect the ball, keep kicking to stay vertical and away from Def - Pass for 1 minute, then swap groups over - Also, pass clock-wise & gradually increase def pressure</p>	20
4-2 XMA DRILLS	<p>> 4-2 Extra-Man Attack Drills Drill 1: - Set up 4-2 positions (with or without defenders) - Accurate passing without faking, quickly hand to hand for 20s - Each player catching and lifting, also moving the ball on quickly - At end of 20s player with ball shoots - 3x 20s in each position</p> <p>Drill 2: - As above, with positions 5 & 6 moving sideways to open up space for post player to pop-out e.g. both 4m players move left for player on right-post to pop out or 4m players move right for player on left-post to pop out - Making pass for shot to player popping out from post</p> 	20
	<p>> Penalties - Shooting Competition</p>	5
FINISH	<p>> Swim down - floppy f/s swim</p>	5

93/94 Session: Week 7 [21st November 2008]

Session Aim: XMA 3-3

Section	Drill	Time
Warm-up	<p>> 100 FC, 50 BK, 50 BR, 50 BK, 50 BR, 100 FC</p> <p>> 4x 75: 25 - 5 strokes FC/5 strokes WP Bk; 25 - Fly arms & BR legs; 25 - ½ head-down/½ head-up sprint</p> <p>> 10x 20m Sprints: start off wall & vary starts with jump; spin; wrestle etc.</p>	20
Main Skills	<p>LEG SET</p> <p>Across width or ½ lengths</p> <p>> 4w Horiz EB, change direction every 2m (fwd, lead left, bwd, lead right etc)</p> <p>> 4w Vert EB, change direction every 2m (fwd, lead left, bwd, lead right etc)</p> <p>> 4x 1w Vertical EB & Vertical Jumps: 1 vertical jump every 2m (vary jumps: high, diagonal, 2-handed)</p> <p>> 4x 1w Zig-Zag Spider with Jumps on change of direction</p> <p>Contact drills, starting goal width apart:</p> <p>> 10s push against partner, on whistle pull past partner & sprint to wall, 10 push-ups & easy back to centre</p> <p>> 15s push against partner, on whistle pull past partner & sprint to wall, 10 push-ups & easy back to centre</p> <p>> 20s push against partner, on whistle pull past partner & sprint to wall, 10 push-ups & easy back to centre</p> <p>- 3x: shoulder-to-shoulder / back-to-back / shoulder-to-shoulder</p>	20
PASSING SET	<p>> SET 1 - Passing in Pairs</p> <ul style="list-style-type: none"> - 1 min right-handed with fake & diagonal movement - 1 min left-handed with fake & diagonal movement - 1 min right-handed with fake & lift to level 2 - 1 min left-handed with fake & lift to level 2 <p>> SET 2 - In Groups 4v4 or 5v5</p> <ul style="list-style-type: none"> - 1 Group Attacking & 1 Group Defending - 2 circles: attackers on the outside & defenders matching up against attackers inside the circle - Attackers pass the ball around the circle anti-clockwise, take a stroke towards the ball and pass keeping the ball dry - Def start with passive defence, lunging and blocking as the attacker received the ball - Attacker needs to protect the ball, keep kicking to stay vertical and away from Def - Pass for 1 minute, then swap groups over - Also, pass clock-wise & gradually increase def pressure 	20
3-3 XMA DRILLS	<p>> 3-3 Extra-Man Attack Drills</p> <p>Drill 1:</p> <ul style="list-style-type: none"> - 3 Attackers & 2 defenders, moving forward from 8m, shooting from about 5m - Quick Passing hand-to-hand, with sideways & diagonal movement to take the def pressure - Defenders working between, trying to intercept the ball  <p>Drill 2:</p> <ul style="list-style-type: none"> - Set-up 3-3 positions with 6 vs 5 - Start with quick accurate hand-to-hand passing - Driving from 3-3 to 4-2, to either right or left post or making shot from outside (regular 3-3) 	20
	<p>> Penalties</p> <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	<p>> Swim down - floppy f/s swim</p>	5

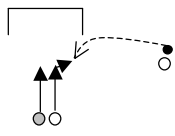
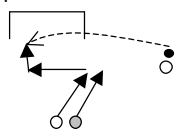
93/94 Session: Week 8 [28th November 2008]

Session Aim: Outside Shooting Drills

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > 400m: 200 FC, 200 Split as 50 BR/50 BK etc > 8x 50 FC: turning off the wall, 25 head down & 25 head-up, on 50 > 10x 2m-2m Races, 3 strokes WP BK at ½ way on each length 	20
Main Skills		
LEG SET	<p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 4x 1w Underwater EB, keeping arms out straight > 4x 1w BR Drag, in pairs dragging partner on hips > 4x 1w Vertical EB: 2m hands in water, 2m hands on head, 2m arms straight above head - continuous > 4x 1w Zig-Zag Spider with Jumps on change of direction <p>Contact drills, in pairs, one working & one resting:</p> <ul style="list-style-type: none"> > 3x each - 10s push down on partners shoulders, release & 5 high jumps > 3x each - 15s push down on partners shoulders, release & 10s wrestle > 20s 2-handed ball pass, on whistle player with the ball hold on tight, other player has to wrestle to win ball wrestle 10s for possession of the ball, 5x drill 	20
PASSING SET	<ul style="list-style-type: none"> > SET 1 - Passing in Pairs <ul style="list-style-type: none"> - 1 min right-handed with fake & diagonal movement - 1 min left-handed with fake & diagonal movement - 1 min right-handed with fake & lift to level 2 - 1 min left-handed with fake & lift to level 2 > SET 2 - In Groups 4v4 or 5v5 <ul style="list-style-type: none"> - 1 Group Attacking & 1 Group Defending - 2 circles: attackers on the outside & defenders matching up against attackers inside the circle - Attackers pass the ball around the circle anti-clockwise, take a stroke towards the ball and pass keeping the ball dry - Def start with passive defence, lunging and blocking as the attacker received the ball - Attacker needs to protect the ball, keep kicking to stay vertical and away from Def - Pass for 1 minute, then swap groups over - Also, pass clock-wise & gradually increase def pressure 	20
SHOOTING DRILLS	<ul style="list-style-type: none"> > 2,3,4 Outside Shooting <ul style="list-style-type: none"> - 3 lines of shooters, at positions 2, 3, 4 shooting from 5m+ - 1st time shot - accurate & strong shooting with good technique - shoot, retrieve ball, and join back of next queue - 2 mins shooting then swap over GK, or give GK rest - shooters swim 2w easy > 2,3,4 Outside Shooting, with Pass <ul style="list-style-type: none"> - as above, but receive ball from player on right or left - catch and kick sideways/diagonal, then shoot > 2,3,4 Outside Shooting, with 1-2 Pass <ul style="list-style-type: none"> - as above, but pass ball then move to new position, receive pass & shoot - start with small movement, 2 strokes, before receiving ball back - progress to 4-5 stroke drive toward goal for high-pass 	20
	<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

93/94 Session: Week 9 [5th December 2008]

Session Aim: Driving Drills

Section	Drill	Time
Warm-up	<p>> 50 FC, 50 BK, 100 FC, 50 BR, 150 FC</p> <p>> 6x 50: 25 - 3 strokes Fly & BR kick/3 strokes BR; 25 - FC with vertical jump every 6 strokes</p> <p>> 4x 75: 25 FC: ½ Sprint-½ Easy / 25 BR / 25 FC: ½ Sprint-½ Easy, 10s rest</p>	20
Main Skills	<p>LEG SET</p> <p>Across width or ½ lengths</p> <p>> 2x 2w BR kick, thumbs linked behind back, short sharp kick</p> <p>> 2x 1w WP Bk & Vert Lift, 3 strokes and vertical kick, hips clear</p> <p>> 4x 1w Vertical Block: moving diag forwards, change dir & hand every 2m, keep knees fwd & body vertical</p> <p>> 4x 1w FC Drag, in pairs dragging partner on hips</p> <p>Contact drills, in pairs, one working & one resting:</p> <p>> 3x each - 10s push down on partners shoulders, release & 5 high jumps</p> <p>> 3x each - 15s push down on partners shoulders, release & 10s wrestle</p> <p>> 20s 2-handed ball pass, on whistle player with the ball hold on tight, other player has to wrestle to win ball wrestle 10s for possession of the ball, 5x drill</p>	20
PASSING SET	<p>> SET 1 - Passing in Pairs</p> <ul style="list-style-type: none"> - 1 min right-handed with fake & diagonal movement - 1 min left-handed with fake & diagonal movement - 1 min right-handed with fake & lift to level 2 - 1 min left-handed with fake & lift to level 2 <p>> SET 2 - In Groups 4v4 or 5v5</p> <ul style="list-style-type: none"> - 1 Group Attacking & 1 Group Defending - 2 circles: attackers on the outside & defenders matching up against attackers inside the circle - Attackers pass the ball around the circle anti-clockwise, take a stroke towards the ball and pass keeping the ball dry - Def start with passive defence, lunging and blocking as the attacker received the ball - Attacker needs to protect the ball, keep kicking to stay vertical and away from Def - Pass for 1 minute, then swap groups over - Also, pass clock-wise & gradually increase def pressure 	20
DRIVING DRILLS	<p>> Front Door/Back Door Driving</p> <p>1. Front Door/Near Post Driving</p> <ul style="list-style-type: none"> - 1v1, starting shoulder-to-shoulder facing the goal, with the defender on the left-side - Attacker drives to 2/3m, bringing knees through to kick vertical when receiving pass - Encourage attacker to kick towards the ball, passer at position 1 - Pass is to hand, not water - Start with passive defence - Increase defence when ready  <p>2. Back Door/Far Post Driving</p> <ul style="list-style-type: none"> - 1v1, starting shoulder-to-shoulder facing the goal, with the defender on the right-side - Attacker drives to 2/3m near post, directing defender outside of post - Then turn to change direction and take 2/3 quick strokes across the goal away from the def - Turn to face goal with knees underneath, ready to kick high to receive the pass - High pass to hand from player at position 1 - Start with passive defence - Increase defence when ready 	20
	<p>> Penalties</p> <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	<p>> Swim down - floppy f/s swim</p>	5

93/94 Session: Week 10 [12th December 2008]

Session Aim: Match Play

Section	Drill	Time
Warm-up	<ul style="list-style-type: none"> > Match Warm-up across width > include: > FC build, Zig-Zag FC, Fly & BR kick, movement - EB & jumps > Sprints & Ball Skills 	20
Main Skills MATCH PLAY	<ul style="list-style-type: none"> > Talk about rules & fair play > Give a reminder of skills and team work that you are expecting to see > Split Group into equal teams > As well as playing regular water polo you can include some conditioned match play to work on specific skills, such as: > Period 1: Press Def & 4-2 man-up > Period 2: Zone Def & 3-3 man-up > Period 3: Opposite Hand Polo <ul style="list-style-type: none"> - Right-handers can only use Left hand and vice-versa > Period 4: '2 Second' Polo <ul style="list-style-type: none"> - Each player can only hold or dribble the ball for max. 2s before passing > Period 5: Counter Attack Polo <ul style="list-style-type: none"> - Last attacking player to touch ball must swim to touch goal post before defending 	60
	<ul style="list-style-type: none"> > Penalties <ul style="list-style-type: none"> - Shooting Competition 	5
FINISH	> Swim down - floppy f/s swim	5