

Weekly Plan

Week One

Practice 1-

- Intro to water polo
- Eggbeater
- Base Position
- Passing
- Jousting

Practice 2-

- Pull aside those that need a little more eggbeater
- Eggbeater/ball handling
- Indvl Skills
 - Lunges
 - 3 strokes pick-up
 - 3 strokes pick-up, shoot into the water
 - Pressure pass, Breast kicks
- Passing
 - Contest how many dry
 - Relays- in a line
 - 2 hands fast as you can
 - One hand, catch/turn pass
- Sharks and minnows dribbling the ball

Week Two

Practice 3-

- Eggbeater
 - Eggbeater Relay
- Base position, passing
- Shooting
- Keep Away

Practice 4-

- Invl Skills
- Over the hips- body positioning in the water
- Passing
 - Star passing; pass and swim (follow pass)
 - Line swims work head up turns
- Intro to goalkeeping
- Shooting



Week Three

Practice 5-

- Skills
- Intro to pressure passing
- Pressure pass
- Relays
- Keep away

Practice 6-

- Ball Handling
- Over the hips
- Shooting on goal, hit caps for points, using proper tech
- Jousting

Week Four

Practice 7-

- Review base position
- Fouling, perimeter and center
 - Knock the elbow, off to weak side
- Center shooting
- Shooting on goal, hip caps for points; must use proper technique

Practice 8-

- Passing
- Swim and pass-wet and dry
- Shooting
- Scrimmage



Noodle/Micro/Youth Polo

Week one: practice 1

- 5 min Intro to Coaches/water polo
- Introduce the coaches
 - Water Polo
 - How may have seen a game?
 - Basic rules, catch with one hand, no touching the walls, six player play in the field with a goalie
 - Goals for the day
 - Base Position- eggbeater
 - Passing
 - Finish with a game
- 5 min Warm-up
- 4 laps swim, 2 laps kick
- 10-15 min Base Position-Eggbeater
- Sitting in a chair, knees wide, pushing/thrusting heels out, hands wide sculling water
 - In Base position you can move forward, backward, left, right, while maintaining a solid base
 - Try not to emphasis wide circles of eggbeater as much as the pushing out with the heels to the newbies.
 - As they get better challenge them to raise their hands
 - Those that are good encourage them to walk different directions keeping a solid base
 - For those who are struggling desperately, encourage them to sit on the wall and/or use a water noodle
- 5 min Passing Introduction
- Arm Straight w/ball up and slightly behind the head
 - Everything to come straight over the top
 - Bend at the waist, use core, wrist and head to throw ball
 - Entire body moving forward on the throw
 - For the better passers continue to focus on proper technique, but also explain how to use core strength to catch the ball with arm and not the body
- 15-25 Passing in groups of two, 1-2 meters apart (still concentrate on eggbeater)
- Regular passing
 - Weak hand passing – same tech.
 - Put ball in the water and pick up to good position to pass
 - Pass on to the water, in front of partner
 - Three strokes pick up ball and pass
 - Change body position, get into good base position before pass
- 5 min Jousting



Noodle/Micro/Youth Polo

Week one: practice 2

Goals for the day

- Base Position- eggbeater
- Ball handling
- Invl skills
- Passing
- Finish with a game

5 min

Warm-up

- 4 laps swim, 2 laps kick, 2 laps eggbeater

5 min

Ball Handling/Eggbeater; Individually with a ball

- Pull aside those who still need help with eggbeater
- Ball handling drills
 - Flip back and forth; spread hands further apart
 - Spin in hand, spin in alt hand
 - Squeeze the banana; squeeze ball out of hand using all fingers and catch in opp. Hand
 - Foot flip (for fun)
 - Hit back of hand and catch
 - Around the world (egg up and try to get ball around body)
 - Any other you can think of

15-20 min

Invl Skills

- Swim with the ball
- Swim three strokes pick up the ball
- Swim three strokes pick up the ball in shooting position
- Ball up to shot on the water
- Lunge forward with the ball
- Zig-zag lunges forward with the ball\
 - Move the ball with the outside hand
 - Keep ball in front of face at all times
- Pressure pass progression
 - Breast kicks on back with ball behind head (can do it w/o ball)
 - Step out and eggbeater up onto legs
 - Step out, eggbeater up and drift
 - Add together, full meal deal; step out, eggbeater up, roll out to back and three breast kicks

15 min

Passing in groups of two, 1-2 meters apart (still concentrate on eggbeater)

- Regular passing, warm-up
- Relays- in straight line
 - 2 hands fast as you can
 - One hand, catch/turn and pass

5 min

Sharks and minnows with the ball

- Minnows must swim the ball across the pool
- Sharks try to steal the ball



Noodle/Micro/Youth Polo
Week two- practice 3

Goals for the day

- Eggbeater
- Base position
- Passing/shooting
- Keep away

5 min

Warm-up

- 4 laps swim, 2 laps kick

10-15 min

Base Position-Eggbeater

- Sitting in a chair, knees wide, pushing/thrusting heels out, hands wide sculling water
- In Base position you can move forward, backward, left, right, while maintaining a solid base
 - Try not to emphasis wide circles of eggbeater as much as the pushing out with the heels to the newbees.
 - As they get better challenge them to raise their hands
 - Those that are good encourage them to walk different directions keeping a solid base
 - For those who are struggling desperately, encourage them to sit on the wall and/or use a water noodle
- Eggbeater relay race
 - Base position going different directions; forward, lateral, backward
 - Another with hips up
 - I would have them hold a ball with two hands to prevent cheating

15-25 min

Passing in groups of two, 1-2 meters apart (still concentrate on eggbeater)

- Regular passing
- Weak hand passing – same tech.
- Put ball in the water and pick up to good position to pass
- Pass on to the water, in front of partner
- Three strokes pick up ball and pass
 - Change body position, get into good base position before pass

10-15 min

Shooting

- In straight line in front of the cage, hold ball up and shoot, move down the line on the whistle
- Pick ball off the water, hold it up for 3 seconds then shoot
- Three strokes, pick up- hold for 3 seconds before shoot

5 min

Keep Away

- Know what to do with the ball before you receive it
- Cannot pass back to the person who passes to you
- 3-5 seconds to pass the ball
- Team on offense has an extra player, person who makes bad pass or looses the ball sits out until the other team make a mistake
 - **To not have a person sit out-** One player will wear a red cap and always be on offense, then the possession just changes teams.



Noodle/Micro/Youth Polo
Week two- practice 4

Goals for the day

- Invl Skills
- Over the hips/change of direction
- Passing
- Intro to goalkeeping
- shooting

5 min

Warm-up

- 4 laps swim, 2 laps kick, 2 laps eggbeater

5-8 min Over the hips/change of direction. Pendulums, Each 2 times

- Tuck and kick legs to surface;
 - Laterally :15 work/ rest
 - Front to back :15 work/ rest
- Breast kick, glide and tuck once kick legs out – repeat
 - Laterally :15 work/ rest
 - Front to back :15 work/ rest
- Breast kick, three strokes and tuck
 - Laterally :15 work/ rest
 - Front to back :15 work/ rest

15 min

Passing in groups of two, 1-2 meters apart (still concentrate on eggbeater)

- Regular passing, warm-up
- Relays- in straight line
 - 2 hands fast as you can
 - One hand, catch/turn and pass

10-15 min

Intro to goalkeeping

- Discussion
 - Watching the ball into the hands
 - Eggbeater up and push off the water with the off hand reaching for the ball
 - If ball around the head, two hand pull down
 - Pointer fingers and thumbs touching, making a “triangle” with the hands to knock down ball into the water
 - Ball to hit the hand and fall into the water in front of goalie
 - Hand at angle ball will come down
 - Slightly use wrist to flip ball into the water
 - DO NOT CATCH THE BALL
 - Try to block the ball in front of the body
 - Do not turn shoulders to block the ball, they should always be parallel to shooter
- With partner practice two hand pull downs
- Passing slightly outside body, lunge for the ball and try to stop it with one hand

10 min

Shooting

- Pick up and shoot, alternate goalkeepers



Noodle/Micro/Youth Polo

Week three: Practice 5

Goals for the day

- Invl Skills
- Pressure Pass
- Relays
- Keep Away

5 min

Warm-up

- 4 laps swim, 2 laps kick, 2 laps eggbeater

15-20 min

Individual Skills with the ball

- Swim with the ball
- Swim three strokes pick up the ball
- Swim three strokes pick up the ball into shooting position
- Ball up to shot on the water
- Lunge forward with the ball
- Pressure passing progression
 - Breast kicks on back
 - Step out, egg up
 - Step out, egg up to drift
 - Full meal deal

10-15 Min

Passing in groups of two, 1-2 meters apart (still concentrate on eggbeater)

- Regular passing
- Pressure Pass
 - 2 groups of two, pressure pass to other group
 - Start in base position
 - **Step** away from defender (who is between ball and passing partner)
 - Roll away from defender, three breast kick to a pass

10 min

Relays

- Swim, passing (strong, weak hands, two hands), eggbeater

5-10 min

Keep Away

- Know what to do with the ball before you receive it
- Cannot pass back to the person who passed you the ball
- 3-5 seconds to pass the ball
- Team on offense has an extra player, person who makes bad pass or loses the ball sits out until the other team loses the ball
 - To not have a person sit out- One player will wear a red cap and always be on offense, then the possession just changes teams.



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Week Three: Practice 6

Goals for the day

- Ball handling
- Over the hips
- Shooting on the goal game
- Jousting

5 min

Warm-up

- 4 laps swim, 2 laps kick, 2 laps eggbeater

10-15 min

Ball Handling/Eggbeater; Individually with a ball

- Ball handling drills
 - Flip back and forth; spread hands further apart
 - Spin in hand, spin in alt hand
 - Squeeze the banana; squeeze ball out of hand using all fingers and catch in opp. Hand
 - Foot flip (for fun)
 - Hit back of hand and catch
 - Around the world (egg up and try to get ball around body)
 - Any other you can think of

5-8 min Over the hips/change of direction. Pendulums, Each 2 times

- Tuck and kick legs to surface;
 - Laterally :15 work/ rest
 - Front to back :15 work/ rest
- Breast kick, glide and tuck once kick legs out – repeat
 - Laterally :15 work/ rest
 - Front to back :15 work/ rest
- Breast kick, three strokes and tuck
 - Laterally :15 work/ rest
 - Front to back :15 work/ rest

10 min

Passing warm-up

5-10 min

Shooting

- Shooting Warm-up
- Game
 - Three different colored caps in each of the corners
 - Line 2-5 meters out depending on the skill level of group
 - Shooting at the caps, no points for incorrect form



Noodle/Micro/Youth Polo
Week Four: Practice 7

- Goals for the day
- Review base position
 - Fouling, perimeter and center
 - Knock the elbow, defensive position on weak side of offense
 - Center shooting
 - Shooting on goal, hit caps for points
- 5 min Warm-up
- 4 laps swim, 2 laps kick, 2 laps eggbeater
- 5-10 min Review Base Position
- Sitting in a chair, knees wide, pushing/trusting heels down and out, hands wide sculling water
 - In base position you can move forward, backward, left, right without compromising a solid base
 - Have them walk laps in each direction maintaining base position
- 15 min Defensive position/foul
- Position
 - Arms length away
 - On the weak shoulder
 - Patient, wait for offense to make a move
 - Fouling
 - Lunge with legs to meet the ball on pass
 - Hit elbow or wrist to prevent shot or pass
- Groups of 4 (2 pairs)
- Wet passes- to foul
 - Stress good initial positioning
 - Always between offense, the goal and the ball
 - Hips up defensively
- 15-20 min Center shooting
- Try to get back into defender facing a side fo the pool
 - Start in base position, strong legs!!
 - When ball lands step and snap shoulders away from defender
 - Try to go step forward without going backward
 - Hips need to be under body and not in front
 - Pick up the ball and shoot at the cage
 - For more experienced player you can try to introduce the sweep shot
 - Arm remains parallel to the water
 - Legs are strong and sweep arm across body
- 5-15 min Shooting on the cage, hit caps for points
- Three different colored caps tied in each of the corners in the same order
 - One point for hitting innermost cap (expl Blue)
 - Two points for the middle cap (expl White)
 - Three points for the one in the corner (expl Red)
 - Line 2-5 meter from the goal (depending on the group)
 - Shooting at the caps, no points for not using correct form



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Week Four: Practice 8

Goals for the day

- Passing
- Swim and pass- wet and dry
- Shooting
- scrimmage

5 min

Warm-up

- 4 laps swim, 2 laps kick, 2 laps eggbeater

5-8 min Passing; groups of two

- Warm-up, use good technique
- Place the ball on the water, pick up high and pass
- Spin in a circle, get set and then pass
- Spin the opposite way
- Pass with off hand

8-10 min

Swim and pass

- Swim three strokes, pick up underneath, drop legs and pass wet in front of partner
- Swim three strokes partner stop and call for the ball, pass dry and continue swimming
- Swim and pass as many passes trying not to stop to receive the ball

5-10 min

Shooting

- Warm-up
- Pass, catch and shoot
- Three strokes pick up and shoot

15 min Scrimmage

- Break into teams

