

Name:

# Royhil Seals Water Polo Club



Water Polo  
Skills Proficiency  
Booklet

<http://www.royhilseals.weebly.com>

7. Team Defence
  - a. Rocker Defence (2-3-4 zone)
8. \*Goalie Specific\*
  - a. Blocking various type shots from 2m
  - b. Blocking skip shots

## 19 & Under

1. Swimming, Speed and Fitness
  - a. 50 SCM Freestyle time of 32.00 (female); 29.50 (male)
  - b. MSST beep test level 5.1 (female); 8.3 (male)
2. Team offence
  - a. Beating the M zone with a double post
3. Team Defence
  - a. Press to a Zone
  - b. Press to a zone and back to press
  - c. Press to an M-Zone
  - d. Press to a Zone to "M"

### Preface

The purpose of this booklet is to outline the required skills for the progression of water polo players. Each player shall use this book to measure progress for the level at which he or she should be, dependent on age, and has the responsibility of getting the skill signed off by his/her coach at the appropriate time when the skill has been satisfactorily achieved.

### Contributors:

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# 10 & Under / Junior Development Group

1. Swimming, Speed and Fitness
  - a. Freestyle (head up & down)
  - b. Head up swim with ball
  - c. Water Polo Back Stroke
  - d. Breast Stroke
  - e. Forward Lunge
  - f. Change of directions
  - g. 50 SCM Freestyle time of 43.00 (female); 40.00 (male)
  - h. MSST beep test level 2.3
2. Threading and Egg-beater
  - a. Thread Water
  - b. Egg Beater
  - c. Egg Beater/Hands up
  - d. Vertical Egg Beater/Moving
  - e. Egg Beater/Ball handling drills
  - f. Horizontal Egg Beater/moving forward

# 16 & Under

1. Swimming, Speed and Fitness
  - a. Delay on 4-5m on counter attack before driving into set ball side.
  - b. 50 SCM Freestyle time of 32.00 (female); 29.50 (male)
  - c. MSST beep test level 4.5 (female); 7.1 (male)
2. Threading and Eggbeater
  - a. Weighted (bottles, belts, etc)
3. Passing
  - a. Passes at different angles on the drive
  - b. Long passes wet/dry (20 m)
4. Shooting
  - a. Stepping to the ball
  - b. Understanding Bunny/doughnut
  - c. Redirect/tap shot
5. Individual offense
  - a. Pop shots
  - b. Pop shot in combination W/T-Position
  - c. Chop stroke release
6. Team offense
  - a. Situational plays
  - b. Posting up
  - c. Isolation plays

- g. Stroke spin release
- 5. Individual Defence
  - a. Shot Blocking
  - b. Counter spin
  - c. Playing in passing lanes
  - d. Defending Drives
  - e. Defending the centre/ in front
  - f. Gapping over
- 6. Team offense
  - a. Introduction to the strike Zone
  - b. 3-2 Pick
  - c. 6 on 5 (4-2)
  - d. Getting ball around to set
- 7. Team Defence
  - a. Press Defence
  - b. Gap over defence
  - c. 5 on 6
  - d. Covering back after shot
  - e. "M" Drop
- 8. \*Goalie Specific\*
  - a. Communication
  - b. Cutting off angles
  - c. Lobs
  - d. Blocking Penalty shots
  - e. Angles w/shot blockers
  - f. One on one

- 3. Passing
  - a. Tripod Position
  - b. Core Rotation
  - c. Holding hand out to receive pass
  - d. Scoop pass
  - e. Wet Pass
  - f. Layout Pass
  - g. Understanding the dry pass
  - h. Picking the ball up left into right
- 4. Shooting
  - a. Picking the ball up left into right
  - b. Core Rotation
  - c. Trunk Lean (Shoulder Dip)
  - d. Tripod Position
- 5. Individual offense
  - a. Understanding position numbers
  - b. Balance the Pool
  - c. Look at referee when whistle is blown
  - d. Palm up when protecting ball
  - e. Keep ball furthest distance away
- 6. Individual Defence
  - a. Hands on shoulder for press
  - b. Feet to goal with hips up
  - c. No Foul from Behind
  - d. Wait on player to handle ball then take elbow
  - e. Hit elbow on layout
  - f. Blocking with correct arm

# 12 & Under / Junior Elite 1 Group

1. Swimming, Speed and Fitness
  - a. Swimming Head down with ball
  - b. Creating space on transition
  - c. Winging out
  - d. Staying in front of defender
  - e. 50 SCM Freestyle time of 33.00 (female); 31.00 (male)
  - f. MSST beep test level 5.1 (female); 6.3 (male)
2. Passing
  - a. Elevated Passes (achieving highest position)
  - b. Backhand passes
  - c. Deceptive passes
  - d. T-Passes
  - e. Dealing with the bad Pass
  - f. Long passes wet and dry (15 m)
3. Shooting
  - a. Up-slide shooting
  - b. Skip Shots
  - c. Horizontal Shots
  - d. Back hand shots
  - e. Foul and Shoot
  - f. Centre Forward Shots (Backhand, sweep, layout)
4. Individual Offense
  - a. T-Position
  - b. Inch Worm
  - c. T-Position & Inch worm in combination
  - d. 6 on 5
  - e. Sealing the player
  - f. Gaining advantage at start of drive

# 14 & Under / Junior Elite 2 Group

1. Swimming, Speed and Fitness
  - a. Water Polo Butterfly
  - b. Freestyle into backstroke, R-handers turning left and vice versa
  - c. Slip Stroke
  - d. 50 SCM Freestyle time of 35.00 (female); 34.00 (male)
  - e. MSST beep test level 3.1 (female); 3.5 (male)
2. Threading and Eggbeater
  - a. Egg Beater/Elbows up
  - b. Egg Beater/Jousting
  - c. Egg Beater/Sculling backwards
  - d. Egg Beater/Shoulder pressure
  - e. Bicycle Slide
3. Passing
  - a. Pressure passing
  - b. Dry Passes
  - c. Cross face passes
  - d. Passing into "set"
  - e. Push Passes
4. Shooting
  - a. Wet Shots (Push, Tee)
  - b. Hand Transfer Shots
  - c. Catch and Shoot
  - d. Lob Shot
  - e. Up Slide/Forward Slide & Shoot
  - f. Penalty Shots

5. Individual Offense

- a. Understand whistles and rules
- b. Drives
- c. Holding Position with ball
- d. Turning the player
- e. Long walk
- f. One arm swimming with ball in hand
- g. Looking over shoulder
- h. Extra Pass
- i. V-cut/release
- j. Turn and layout with ball away from defender

6. Individual Defence

- a. Pressing with lunge block with hips up
- b. Understanding when and when not to foul.

7. Team Offense

- a. Spacing
- b. Releasing for pass from goalie
- c. Understanding inside water
- d. Understanding the 3-3 offense
- e. Leave early Offense

8. Team Defence

- a. Press no foul
- b. Press with fronting on set
- c. Helping/Crashing
- d. Press to steal

9. \*Goalie specific\*

- a. Head toward ball
- b. Two Hand blocks
- c. One hand blocks
- d. Protecting ball after blocks
- e. Outlet passes
- f. Understanding when OK and not OK to pass down the middle