



TISCA Water Polo

High School Coaching Manuel

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Section #1: Terminology & Numbering System

Position Terminology:

Goalie: player who is in the goal, only player in pool who can use two hands

Field Player: all other players besides the goalie

Center: player in the middle of the goal with back to goal, defense behind

Defender: player who guards the opposing Center player

Attacker: other field players besides the center; play on perimeter of offense

Numbering System Front Court Offense & Defense:

1-right hand wing (x1 corresponding D)

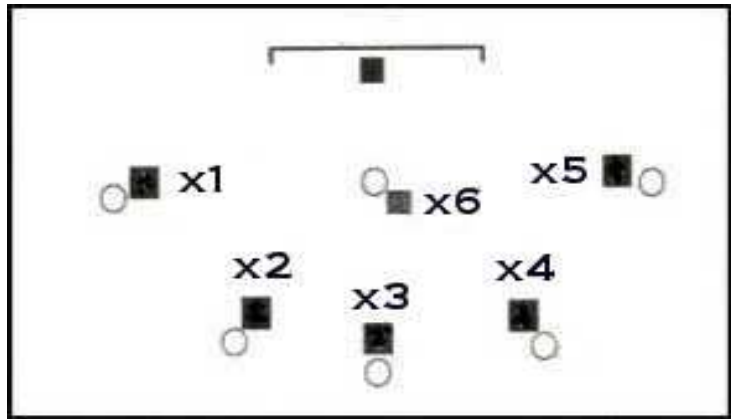
2-right hand flat (x2 corresponding D)

3-point (x3 corresponding D)

4-left hand flat (x4 corresponding D)

5-left hand wing (x5 corresponding D)

6-Center (x6 corresponding D)



Numbering System 6 on 5/5 on 6:

1-right hand wing

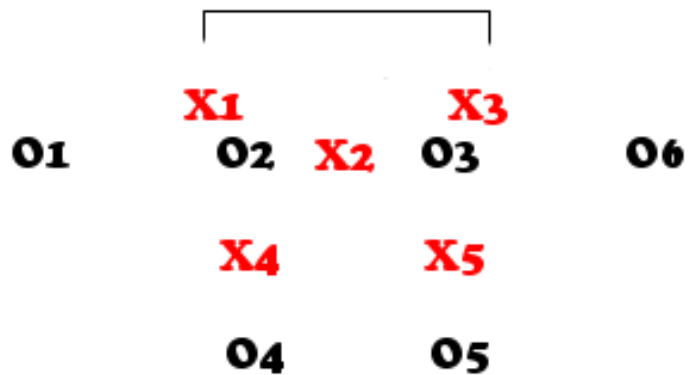
2-right hand post

3-left hand post

4-right hand top

5-left hand top

5-left hand wing



Section #2: Season & Weekly Planning

Season Planning:

- Pre-Season: from the first practice until after the first tournament of season.
- Mid Season: from the first tournament of the season until 2-3 weeks before championships.
- Championship Season: the last 2-3 weeks of the season

➤ Pre-Season Goals & Objectives

- Swim conditioning/Leg conditioning
- Team Building
- Goals Setting
- Foundations of Basic Offense/Defense
- Introduce 6on5/5 on6
- Fundamentals, Fundamentals, Fundamentals.....
 - Ball handling, passing, shooting
 - Movement in water with and without ball
 - Individual Offense/Defense Techniques

➤ Mid-Season Goals & Objectives

- Continue conditioning (swimming and leg work)
- ALWAYS work on fundamentals
- Build on Team Defense/Team Offense
 - Stay Simple
 - One defense: a few options from this base defense
 - One Offense: a few options from this base offense
- Develop 6 on5/5 on 6
- Game Plan for weekends/opponents (training tools for future success)
- Adapt as necessary related to game play

➤ Championship Season Goals & Objectives

- Taper towards championship tournament
- ALWAYS work on fundamentals
- Team Camaraderie!!!
- Keep Offense/Defense simple, precise
- Build on 6 on5/5 on6
- Add Special Situation Plays (timeouts, etc.)
- Game Plans should be in place with specific alterations for individual players/teams
- Have Fun-this is where the hard work pays off

Weekly Planning:

- Early Week: a lot of conditioning, film work (if possible), fundamentals, individual skill work, less scrimmaging
- Mid Week: less conditioning, team concepts, fundamentals, more controlled scrimmaging
- End of Week: little conditioning, team concepts, 6 on5/5on6, game situations, specific situation plays (timeouts, end of games, etc.)

Sample Season Plan

Week #1: Basic Fundamentals and Counter Attack

- Practice #1: Body Position AND Fundamental Passing & Shooting
- Practice #2: Pressure Passing and Counter Attack

Week #2: Defense and Counter Attack

- Practice #1: Individual and Team Defense (Press Defense)
- Practice #2: Defense to Counter Attack

Week #3: No Practice due to Spring Break

Week #4: Review Defense and Counter Attack (introduce individual offense skills)

- Practice #1: Defense and Counter Attack (press defense and ADD help in center)
- Practice #2: Center Work and Front Court Offense

Week #5: 6 on 5/5 on 6, Introduce Zone Defense

- Practice #1: 6 on5/5 on6
- Practice #2: Front Court Offense against Zone Defense

Week #6: Front Court Offense, Defense/Counter Attack

- Practice #1: Center and Front Court Offense
- Practice #2: Defense and Counter Attack (Press and Zone Defense)

Week #7 (Championship Week): 6 on 5/5 on 6 AND Defense/Counter Attack

- Practice #1: 6 on 5/5 on 6 (special situations, timeouts, last second plays, etc.)
- Practice #2: Defense and Counter Attack (Press and Zone Defense)

Section #3: Practice Planning

We as coaches do not want to just “coach”; we should be “teaching” the athletes not only how to do a skill but why/when to do a skill. **Knowledge is key to success in any sport** . We need to give continual feedback to the athletes to insure they learn and grow each and every practice.

Always write practice outlines for a practice. These outlines should be used as a guide for the practices. Many times coaches will need to adjust and adapt along the way depending on the number of athletes in practice, time constraints, etc. Coaches need to be quick thinkers and make decision for what is best for the athletes. Coaches must be able to and willing to adjust and adapt as the practice progresses.

Always Keep it Simple!!!!

All practices should have the same general form. Many of the drills in the warm-up, passing, shooting, etc. will be focused on the “skill work” for that day.

- warm-up
- ball handling in space or widths
- Passing/shooting
- skill work
- controlled scrimmage
- straight scrimmage

General Practice Plan (two hour practice):

- 0:00 Talk about basics for practice
- 0:05 Warm-up (get body ready to work hard), incorporate movement skills
- 0:15 Conditioning/Ball-handling (incorporate focus for practice)
- 0:30 Passing (incorporate practice focus)
- 0:45 Shooting (incorporate practice focus)
- 1:00 Practice Focus for Day (example: counter attack, defense, etc.)
- 1:20 Controlled Scrimmage (incorporate practice focus)
- 1:40 Game Scrimmages (could do more conditioning, time out plays, 6 on 5, etc.)

General Practice Plan (one hour practice):

- 0:00 Warm-up/Conditioning/Ball-handling (incorporate focus for practice)
- 0:10 Passing (incorporate practice focus)
- 0:20 Shooting (incorporate practice focus)
- 0:30 Practice Focus for Day (example: counter attack, defense, etc.)
- 0:40 Game/Controlled Scrimmage (incorporate practice focus)

Section #4: Game Planning

- Coaches generally do their work during the week, and the fun part are the games. For many coaches this is not the case. Keep everyone simple and in perspective. Games are opportunities to learn and grow as individuals (including the coaches) and as team.
- Always have a general game plan for the team. Keep it Simple!!! This can always be adapted for specific teams.
- Have a basic offense and have a basic defense. Do NOT have 10 different offenses and defenses. Keep it simple and have a couple variations on offense and defense.
- If possible, scout or have your team scout an upcoming opponent. Watch for tendencies, opportunities to attack, etc.
- If possible, scout the referees as well. Know their tendencies and pass long to team.

Basic Defense: There are many different types of defenses. Again, Keep it simple. The two primary defenses are a Press and a Zone. A Press Defense is basically man to man where everyone is guarding one player. A Zone Defense is when players help the center position or when players are guarding two players. There are two basic Zones: a crash or a drop. Crashing is “baiting” the pass into the center position and then swimming and trying to make the steal on the entry pass into center. A Drop is when a perimeter defender “denies” the ball into the center position and forces an outside shot. Below is a sample defense where it goes from press to zone all in the same possession.

- Press no foul early on CA (as long as no one is open ahead), Foul and Drop if needed on Defensive Counter Attack
- Press in passing Lanes and Front, swim with drives to goal (no holding)
- No foul outside of 5 meters, foul and drop inside of 5 meters (especially if the ball gets to the wing, it should not!!!)
- Lose the front, perimeter players look to help (crash or drop).
- Center Defense does NOT allow the center player to shoot (get kicked out if needed).
- Work Hard, Look, Talk, & PBACC (Player, Ball, Area, Center, Clock)
- It is the work you do BEFORE your man gets the ball which is important.
- Center Defense Positioning (front or not to front???): spin and swim!!!

Basic Counter Attack: Work hard on defense and a team will get an advantage to counter attack the other way. The most important aspect of any counter attack is to try and take advantage of a scoring opportunity while also preparing to play a 6 on 6 offense with as much time on the shot clock as possible. Below is a sample of a counter attack plan.

- From passing lanes on defense ALWAYS seal off and counter (use clock and anticipate: YELLOW-10 seconds and/or RED-5 seconds)
- 1st Line get to 2 meters, 2nd Line get inside of 7 meters
- React, Read, Attack (move, look, and talk at same time)
- Early Offense (post ups and releases)
- DEFENSE, DEFENSE, DEFENSE (never watch a 1on0 or 2on1, get back)
- Defense: use clock and anticipate back. If they go back, you go back (play 5on5 or 4on4)
- Defense: come back, make sure no one is ahead of you (always look)

Basic Offense: As with defense, there are many different types of offenses. The primary two offenses are a center dominated offense and movement offense (driving). Usually a team offense is dictated by personnel. Other times an offense is dictated by what the defense is doing against an offense. Again, keep it simple. Pick an offense and have a couple variations off that offense. Below is a sample offensive philosophy.

- Counter Attack to offense looking to score
- If no score, set up 6 on 6 as quickly as possible
- Make 1-2 passes on the perimeter and then a entry pass into center
- no pass to center-ball side drive to a post up (play center)
- player who was center moves to opposite side of goal (two options)
- Attack goal on whistles from perimeter (anticipate)
- Move, TALK, Release: work you do before you get the ball (keep defender busy)

Basic 6 on 5/5 on 6: 6 on 5 opportunities (when a player is ejected and goes to the penalty box for 20 seconds) are very important in the outcome of a game. Usually the team which scores the most 6 on 5 goals (or has the best percentage) wins the game. Therefore, take care in preparing your team for 6 on 5 AND 5 on 6. Many coaches fail to give the proper time to these situations. BUT make sure you keep it simple and have a couple variations. Below are some hints for a successful 6 on 5 or 5 on 6.

- **Offense:** 4-2 for better groups, 3-3 for younger groups (or against attack defense). Spacing, getting set-up is key for a successful 6 on 5. Pass the ball around with shorter controlled passing. Work the defense out of position and take advantage with a catch and shoot. Be patient.
- **Defense:** There are two major types of 5 on 6 defenses. First, House Defense (hands up in shooting lanes) is a defense to play against better teams/ball handlers. Basically, all defenders have hands up in the passing shooting lanes BEFORE their player gets the ball. When their outside responsibility does NOT have the ball they need to guard their post responsibility. The Attack Defense is a defense to play against less experienced teams or poor ball handlers. The basic premise is to force the long pass (1 to 6 or 6 to 1). The defense presses the top two players and splits between the bottom four players. This forces the long pass and wastes time on the shot clock.

Section #5: Game Management

Before the Game:

- **First Game Meeting Time:** all athletes should be told to be at the pool one hour before their first game. Give the athletes a quick meeting and tell them when and how everyone would warm-up. **Keep it Simple!!!**
- **Team Warm-up:** all the athletes should warm-up as a group. A simple warm-up is a 300 stretch-out, 200 kick, sprints, passing, shooting. Keep the passing/shooting simple (make them use their legs and think). The athletes need to think during their warm-up so they do not have to think during the game.
- **Pre-Game Talk:** Keep it simple, focus on DEFENSE and looking around. Possible cheer (if needed and be wary of cheering as the wrong time or too much).
- **Play Hard, Play Smart, Play Together:** six man offense and defense. Work together as a group not as individuals. Win as a team or lose as a team. Effort is rewarded with playing time.

During the Game:

- **Coach the bench more than you coach the pool.** When you call out a name it should be for them to help back, "Sarah" or go to offense early, "Sarah Go". Athletes should NOT look up at coach unless between goals.
- **Between Periods:** Keep it simple. Talk about 2-3 things and be positive when needed. Do not be afraid to be hard on the athletes, but you should always finish up saying something positive.
- **Stay Positive:** keep it positive as much as possible & keep the kids working hard even in games which may be out of hand. You can always win a quarter & athletes can always get better. Step up to the challenge of playing better players & better teams!!!
- **Timeouts:** ALWAYS use your timeouts. BUT be careful when you use them. Great opportunities to use the timeout is when your team does not start off well to get them steady, when there is an ejection on the counter attack (allow you to set-up the 6 on 5), or in the last minutes to keep the team in the game or set-up a last second play. Use the timeouts as a time to TEACH not to be angry at your team.

After the Game: After the Game: ALWAYS make the athletes shake hands, give little cheer for the other team (time permitting), cool down (4-6 lengths), and give a team talk. Focus on 2-3 things which they did good and 2-3 things which they need to work on. Always tell them when and where to meet before the next game.

Section #6: Body Positioning & Movement

Some of most basic fundamentals of water polo are related to Body Position and Movement in the water. If athletes can't master some of these skills many of the more complicated skills in the sport can never be learned or developed. For example, if an athlete does not have a good base to pass and shoot, the athlete may not be accurate or consistent in their shooting OR possibly injure themselves by using too much of the shoulder.

Body Positioning: This is not just when an athlete has the ball. This is for all facets of the game from offense, defense, etc. Proper body position will enable the athlete to be a more effective shooter, defender, and move when needed (see movement below). Many of these skills can be practiced as a group in space (everyone out in the middle of the pool in their own space).

- **Hips Up:** 95% of the water polo game athletes need to play with their HIPS UP. This allows the player to move much easier including changing directions or going after a loose ball. The only time athletes should play with their hips down are when you are a goalie, playing center offense, vertical passing or shooting, and field blocking.
- **Base Passing Position with the ball (for vertical passing/shooting):** an athlete needs to have their hips underneath their shoulders, chest out slightly (not hunched), opposite hand in front of them, opposite leg in front of them, front should be out of the water, and the ball should be high and dry (above back shoulder with elbow slightly bent). This is also called the "double threat position" since the athlete can pass or shoot at anytime.
- **Protecting the Ball:** When an athlete is being pressed (guarded) he/she should always use their body to protect the ball (make the defender go through the body to get the ball). Being in the Base Passing Position allows this to occur. Athletes can use their opposite arm to protect themselves except without an open hand push outside of the water. No player should ever go "back to chest" against their defender as this takes them out of the play and they will not be able to see anything.
- **Pressure Passing Position:** This is when an athlete is being pressed and they need to create room to make a pass. The player leans backward at a 45 degree angle and kicks away from the offensive player. This is also called a "layout pass".
- **Offense without the Ball:** always have your hips up. This player also needs to be facing their defender ready to "attack" or "protect the ball". Playing with their back to the defense (except in the center position) allows the defense to have the advantage.
- **Defensive Base Position:** This is when an athlete is guarding a player without the ball. The player should have their hips up and on one side or the other (never flat on chest). This allows the defender to move easier and dictate where the offense can go.
- **Field Blocking:** This is when a defender is NOT pressing but rather playing a ZONE defense. When their player gets the ball, a field blocker needs to "square up" against the offense (this is when their shoulder are parallel to the offense). One hand (only one hand) up in the air "mirroring the offense". Their hips are underneath the shoulders ready to breaststroke kick and make the block as the player shoots. The field blocker is responsible for the space between their shoulder

Movement: The purpose of proper movement is for balance, spacing, creating space, and for ball movement within an offense. This can create advantages on the counter attack, one on scoring opportunities, earning ejections, and within the framework of the offense. Many of these skills can be practiced in space OR by doing widths across the pool as part of conditioning.

- **Head Up Freestyle (HUF):** This is a separate stroke from regular freestyle. The head is above the water, the chest is out, shortened strokes, and a hard freestyle kick.
- **Head Up Backstroke:** This is a separate stroke from regular freestyle. Shoulders are above the hips with the arms doing quick arm circles and a strong eggbeater kick. This stroke allows a player to see the ball and field while moving backward.
- **Head Up Freestyle w/breaststroke kick:** This is exactly as it sounds. It allows the player to move while being prepared to explode when needed.
- **Start Stop:** This is HUF with 2-3 quick strokes, stop, and then give a big breaststroke kick to get moving again. The athlete needs to be have short quick strokes to make this happen effectively.
- **Eggbeater:** This skill is one of the foundations of water polo. Some athletes will not be able to kick this exact skill due to the inability to breaststroke kick (or lack of flexibility of in their ankles). Eggbeater is exactly as it sounds: moving the legs in a beating circular motion with hips underneath their shoulders. The best way to teach this skill is to decide it as a one leg a time breaststroke kick, riding a bike with the legs going to the outside, or doing the sumo wrestler on deck. Make sure the athletes stay relaxed with the upper body and let the lower body do the work.
- **Eggbeater to Breaststroke Kick:** this will be used when shooting, field blocking and also for goalies. Athletes should speed up their eggbeater kick and quickly explode with a breast kick. Many athletes will stop between the two OR try to use their upper body with actually hurts their explosion.
- **Lunges:** these are explosions in all directions. Athletes should practice to explode forward, straight up, and side to side. Specific lunge drills are covered in Leg Work.
- **Drifting:** This is moving backward feet first. The athlete is in the Defensive Base Position. They use their hands in a “wax on/wax off” motion, the bottom leg allows for balance, and the top leg reaches to grab water with the inside part of the leg and pulls it back to the mid section of the body. This allows a player to keep their hips up and ready to move as needed.
- **Coming Over Hips:** when Drifting or playing with their hips up, athlete often need to change directions. Athletes need to bring in their knees to their chest, pivot their body the other direction, and then make an explosive breast kick to get moving.

Section #7: Conditioning & Ball-handling

Conditioning and Ball-handling go hand in hand. Water polo is a sport of stamina. The better conditioned team does not always win, but the team which is in good condition who can handle the ball usually does win. Many times both conditioning and ball-handling can be done at the same time.

All practices should be high tempo. If an athlete works hard throughout the practice from swimming to passing to shooting to scrimmaging, any athlete will be tired.

Conditioning: There are two main types of conditioning. First there is swimming conditioning and second there is leg work. Both need to be worked on throughout the season. Without strong legs, athletes will not be able to play the game, BUT if an athlete can only move up and down the pool consistently, they will not be able to keep up. Skill development is MORE important than conditioning. Do NOT spend too much time on conditioning at the cost of skill development.

➤ **Swimming:**

- **Regular Swimming:** time permitting, leaving a portion of practice regular swimming both aerobic and anaerobic training is certainly ideal.
- **Sprints:** Simple and easy. Mix up strokes, eggbeater, lunges, etc.
- **Change of Direction:** swim to a cone or lane and change direction. Coaches can also do this on whistles. This is similar to “horses” in basketball.
- **Change of Direction In Space:** have the athletes take 2-3 strokes, make a quick change of direction to go the other way and repeat. This can be done a certain amount of time OR for intervals (20 seconds or 30 seconds). You can add lunges at the end of the 2-3 strokes for variations.
- **Slip Strokes in Space:** this is when you have players take slip strokes in space using their legs to get up and out of the water. Slip strokes are when athletes take quick little strokes with an eggbeater kick. This can be done on intervals (20 seconds or 30 seconds).
- **Partner Drag:** one player drags another player across the pool doing HUF. Switch and come back. Coaches can add difficulty by having the person being dragged by adding pressure or pulling on the person swimming.
- **Dirty Dozen:** this is a swimming drill for warm-up. Have the player do 1 length get out and do 1 push-up, then 2 lengths and 2 push-up, all the way to 12 lengths and 12 pushups. Other variations are the Crazy Eights (up to 8) & the Dirty Half Dozen (up to 6).
- **Complex Training:** this is conditioning similar to water polo game. There are many varieties. Essentially, allow the athletes to work for 30 seconds (length of a shot clock), sprint, and continue process with active rest with passing. Example: wrestle for 20 seconds with partner, sprint to opposite end of pool, wrestle with partner again for 20 seconds, sprint to beginning end of the pool, pass for 20 seconds (active rest), and repeat.

- **Leg Work:** there are many types of Leg Work. Below is a sample.
 - **Hands, Elbows, Arms:** hips underneath shoulders with an eggbeater. Hands out for 30 seconds, Elbows out for 30 seconds, Arms out for 30 seconds, and rest for 30 seconds. There are many variations regarding time intervals.
 - **Walking:** do eggbeater with elbows or arms out either forward or sideways across the pool. Keep hips under shoulders (do not lean)
 - **Front/Back Kicking:** warm-up drill with partners with one player doing eggbeater backward and other player doing free style kick against eggbeater.
 - **Kick Against Partner:** In space, athletes kick against each other with hips up and hands on partner shoulders. Vary the kick from eggbeater, free, and breast kick
 - **Leap Frog:** With partner, both athletes face the same direction. The player behind places hands on shoulders and explodes with a breast kick over their partner. The player in front attempts to eggbeater and keep their head above the water as their partner comes over top of them. This player then explodes over the top of their partner. Repeat across the pool.
 - **Explosions:** hips up in space and on the whistle, the athlete brings their hips underneath and explodes vertically with a breast kick with both hands reaching as high as possible. When they come down get into ready position to do again. Repeat 5-6 times and rest. Look for quickness and height.
 - **Lunges:** similar to explosions except that the lunges are with ONE hand. These can do done in a variety of directions: forward, side to side, etc.

Ball-Handling: Without ball-handling, athletes will not be able to pass/shoot which means teams will be limited on their scoring opportunities. Many of the below sample drills of ball-handling drills can be used as conditioning and/or leg work. Be creative with these drills. There are many, many different versions and athletes can never get enough ball-handling.

- **Swimming with Ball:** sprints with the ball doing head up freestyle-HUF (dribbling)
- **Spins:** 2-3 strokes HUF, spin quickly with strong hand (add off hand)
- **Eggbeater Widths:** pass ball back and forth while doing an eggbeater across pool
- **Start Stops with ball:** HUF with ball, 2-3 strokes and start-stop
- **Head Ball Widths:** head ball in air and sprint to Ball (repeat)
- **Kick Ball to Self:** swim past ball, turn onto back, use foot to kick ball off water to hand
- **Base Position Widths:** move across pool in base passing position
- **Base Position in Space:** interval training with shoulders out and explosions
- **Hand Transfer:** in space, bring ball into face with off hand, switch quickly to strong hand and then bring ball up to Base passing position (add explosion vertically)
- **Basketball Drills on Deck:** passing the ball back and forth, between, legs, around waist, around head, etc. This gets athletes used to handling the ball in different ways.
- **Globetrotter Drills:** in water, pass the ball around the head (from hand to hand), bounce ball off head and catch it, pass ball up and spin (catch before hit water), spin ball on hand, spin ball on fingers, move ball along arm across chest to other arm, same behind the head, explode and bring ball behind back and under other arm before coming down. This is also a very good Leg Work drill.

Section #8: Passing Drills

Most passing drills are divided into two main categories: vertical passing and horizontal passing. Vertical Passing is when a player has their hips underneath them and is in the base position. Horizontal Passing is when an athlete has a defender in back of them and they can't bring the ball behind their head (hence they are at a 45 degree angle keeping the ball away from the defense). This type of passing is also called off the water passing.

There are two types of passing a player can make: dry passes and wet passes. Dry passing is passing over the head of their teammate so they can catch the ball and shoot/pass. Wet passes are when the ball is passed on the water around their teammate. This type of pass is normally passed in front of their teammate about an arms length away from the person being passed to.

Vertical Passing: Always focus on body position, speeding up the eggbeater, rotating the body, and exploding with a breaststroke kick. Athletes should always use both hands when doing the various drills. You will never know when using the offhand will benefit a player. Below is a sample of basic vertical passing drills.

- **Catching the Ball:** In order to properly catch the ball, an athlete needs to lean forward slightly with their strong hand on the water in front of them. Their weak leg also needs to be out in front. As the ball comes to the player, the strong hand ABSORBS the ball, while rotating their body, and bring it up and back ward. This then allows the player to be in the proper passing/shooting position.
- **Five Second Hold Passing:** athlete catches the ball, bring the ball to the base passing position, things about their legs/position/etc., and then explodes to make the next pass.
- **Little/Little/Big Passing:** have the ball in the base passing position, have the athlete do a little breast kick, a little breast kick, and then a BIG breast kick to make a pass. This allows the player to realize the different between little and big kicks. Toward the end of the drill, replace the little/little with an eggbeater kick (speed up the kick).
- **Wet/Dry Passing:** receive the ball dry, make a wet pass. Receive the ball, wet make a dry pass. When receiving a wet pass, make a hand transfer to get to the base passing position.
- **2-3 Strokes:** receive the ball wet or dry, take 2-3 hard strokes, do a hand transfer to get hips underneath and get the ball to base position, and then kick up and pass.
- **Cross Face Passing:** many times a pass will come from across the body of an offensive player. Having the body positioned properly is key to this being a success. When receiving a cross face pass, have the shoulder squared up to where you will pass the ball with the head turned to where the ball is coming from. This will allow someone to catch and absorb the ball and be in the base passing position much quicker.
- **Fake Left/Right:** in the base passing position turn the body and fake one way, fake the other way, and then come back to the beginning and pass the ball. This helps the athlete move their body while keeping the ball up in a double threat position. This can allow the offense to fake a pass and pass somewhere else OR freeze the goalie for a cross pass and a shot for a teammate.

- **Sliding:** in the base passing position, the athlete will eggbeater or breast kick forward. When it comes time to pass, the athlete gets their hips underneath them and kicks up and passes. This allows the player to move away from the defense to give more time to pass or toward the goal to get closer to shoot.

Horizontal Passing: the ball needs to stay away from the defender behind the player with the ball. Essentially the ball can't come behind the head or the defense can possibly steal the ball or just cause an inaccurate pass. Many of the below drills can also be used for shooting when a defender is behind a player within the penalty area (inside 5 meters in front of the goalie). All of these passing drills require the legs to be used (similar to vertical passing). Athletes need to drop the hips from completely horizontal (when swimming) to a 45 degree angle. All of the drill should be used with swim strokes prior to doing the drill.

- **Wrist Passing:** turn the opposite shoulder into the defender, drop the hips slightly, bring the ball up, kick up, and (pass mainly with the wrist). This can also be done moving laterally as well as forward.
- **Push Passing:** Do an extended hand transfer (arms length out in front of body), bring the ball into the face while rotating the thumb underneath the ball, this will bring the elbow out of the water, and the athlete can push the ball forward to complete the pass. This is very good to as a quick pass from freestyle to pass.
- **T-Pass:** Similar to the push pass, the athlete bring the ball into the body with the opposite hand. This "tees" the ball up for the string hand to then pass the ball "off the tee". Do not throw the ball in the air. With the strong arm elbow out of the water, use the three middle fingers with the thumb pointed downward to make this pass. YES, you can touch the ball with two hands in the situation.
- **Breast Kick Forward:** athlete in on weak side (right handers on left side of body), with ball out in front and above the water. Breast kick with legs away (moving the ball forward and backward as you kick). When it comes time to pass, drop hips, bring ball up (not back), and snap wrist to make pass. This allows the offense to keep moving forward away from the oncoming defender.

Section #9: Shooting Drills

As with passing, most shooting drills are divided into two main categories: vertical shooting and shooting passing. Vertical Shooting is when a player has their hips underneath them and is in the base position with a defender either between the goal and them OR not around them at all. Horizontal Shooting is when an athlete has a defender in back of them, inside 5 meters, and no other defender around them.

High school athletes tend to think shooting is ALL shoulder. In reality, shooting is 50-60% legs, 25% snapping of the wrist and the rest is the shoulder (Any more than 25-30% results in inconsistent shooting and possible injuries to the shoulder). Always focus on the base position when shooting and kicking up. Athletes can be as big as they want to be. Why shoot with their shoulder out of the water when an athlete can kick up and shoot with their chest or waist out of the water? Why shoot around a defender when a shooter can kick up and shoot over top a defender? Always kick up and shoot down.

Most of the below drills are with two lines, one each on the posts and the first person in each line at five meters. Exceptions are noted. Below are basic shooting drills.

Vertical Shooting Drills:

- **Hand Transfer (HT) & Shoot:** Start the ball on the water, do a HT, get ball to base position, kick up and shoot.
- **Kick Up/Drop Ball:** base position, kick up high and drop ball, do a HT, kick up and shoot.
- **Close Eyes:** In base position, look at goal, close eyes, and concentrate on legs and wrist. This allows the shooter to concentrate on fundamentals.
- **2-3 Strokes:** take 2-3 strokes to center cage (better angle), do a HT, kick up and shoot.
- **Slide to Center Cage:** in base position, slide to center cage (and forward), kick up and shoot.
- **Fake Near Side/Shoot Cross Cage:** in base position, fake the ball to near side, turn the body to cross cage, and kick up and shoot. This is a fundamental skill. On a set goalie, always fake near side to move the goal in order to open up the shot cross cage.
- **Patience Shooting:** Take two slip strokes toward goal, turn around, receive the ball from the next person in line, turn back to goal, bring the ball to the base position, kick up and shoot. Be patient and think about shooting position.
- **Field Blocking:** Add a defender beginning at 2 meters and then moving toward shooter, the shooter moves toward goal and laterally to get a better angle to shoot. Can be done with two shooters and two field blockers.
- **Storm Shooting:** One line passes to the other line, the shooter moves toward the goal, kicks up and shots. The person who made the pass, becomes a defender, and swims hard at the shooter to put pressure on the shooter. If possible, the defender hits the arm and stops the shooter from getting off a shot.
- **Quick Shots:** add a center player. The shooter kicks up and makes a wet pass to the center. They then take two or three strokes to the goal, stop, and receive a dry pass for a quick catch and shot.

Horizontal Shooting: All of the horizontal shooting drills should be done while swimming toward the goal. As with the other shooting drills, have two lines at 5 meters on the posts (except when noted).

- **Push Shot, T-Shot, Wrist Shot, and Breast Kick:** this is the same as with the passing drills. Swim 2-3 strokes toward the goal and shoot the ball. Can always add defense behind the shooter to simulate a game situation.
- **Lateral Shooting-Strong:** swim toward the goal and at about 3 meters, pick the ball with the strong arm and kick toward their strong side. Add a defender on the weak side to simulate game situation.
- **Lateral Shooting-Weak:** same as strong except an athlete uses their weak arm to get the ball up and shoot down. Add a defender on the strong side to make a game situation.
- **Statue of Liberty-Weak side:** swim toward the goal and bring the ball across the face with their strong hand, turn and step away from the goal with the strong leg. This will allow for the body and head to swivel, hips underneath and to kick up and shoot. Add a defender on the strong side to make a game situation.
- **Estiarde Drill:** first player in line takes 2-3 slip strokes while facing the goal. The second person in line places the a ball 1-2 meters to the left or right of the shooter. The shooter reacts to the ball, swims to the ball, and swims to the goal and takes a shot. Shooter could also do a HT and do a vertical shot. This drill is great for reaction to the ball and quickness. Have the second player be a defender to make a game situation.

Section #10: Defensive Drills

The below basic defensive drills are divided between individual and team defensive drills. The individual drills complement the team drills. The team drills are essentially controlled scrimmages for use to work on the individual skills.

Water polo is a defensive game. It is essential athletes understand they are playing a team defense (6 on 6 not 1 on 1). It is imperative athletes know where the location of their Player, the Ball, is anyone open in their Area (between them and the goal), what is going in the Center, and what is the time on Clock (both game and shot clock). The only way to achieve all of this is have their head on the swivel, look around, and educating themselves.

It is the work a defender does BEFORE they get the ball that makes the difference. This takes consistent effort. Sometimes it is the 2nd and 2rd effort which makes the difference.

Individual Defensive Drills:

- **Off the Ball Defense:** these can be done in space or widths across the pool.
 - **High Five Drill:** the purpose of this drill is to make the defense take the extra stroke on defense when swimming with the offense. The defense begins behind the offense and both swim 2-3 strokes. The offense stops and places their hand up. The defense then swims past the offense (not over shoulders), pivots their hips on the surface (do not drop hips), takes the EXTRA STROKE, breast kicks and gives the offensive player a high five. Repeat and switch who does what.
 - **Drifting:** This is moving backward feet first. The athlete is in the Defensive Base Position. They use their hands in a “wax on/wax off” motion, the bottom leg allows for balance, and the top leg reaches to grab water with the inside part of the leg and pulls it back to the mid section of the body. This allows a player to keep their hips up and ready to move as needed.
 - **Coming Over Hips:** when Drifting or playing with their hips up, athlete often need to change directions. Athletes need to bring in their knees to their chest, pivot their body the other direction, and then make an explosive breast kick to get moving.
 - **Defending an Attacker:** as the attacker swims toward the defender, the defense drifts backward holding their ground and forces the offense one way or the other. As the offense gets even with the defense, the defender comes over their hips and swims with the offense (add high five at end).
 - **Passing Lane Defense:** the purpose of this is to have a defender DENY the ball to the offensive player. If the ball is to the their left, the defender places their right hand on the offensive players right shoulder (opposite for the other side). This allows the defense to lung for a steal but also move needed.

- **On the Ball Defense:** these should be done in space with partners. The purpose for of the these skills is to force time off the shot clock and make the offense waste time.
 - **1 Hand Press:** offense and defense work against each other both in the proper position. Offense will be protecting the ball. Defense will have a hand on the near side should placing some weight on the offensive player with the other hand up in the air waiting for the player to pass the ball. As the offense passes the ball, the defense lunges at the ball and hits the arm of the offensive player. This forces a bad pass. Wait and be patient. Do NOT commit a stupid foul and give the offensive team a free pass.
 - **2 Hand Press:** the offensive player drops the ball, the defender goes from 1 hand press to putting both hands in the air with their chest up against the near side shoulder. Make sure the hands are NOT straight up but instead out and off to the side (in a “Y” pattern). This proves to the ref you are not fouling. BUT if you play defense with two hands up on a pass or a shot (after they pick the ball back up) it will either be a penalty shot or an ejection.
 - **Press to Steal:** sometimes the defense needs the ball back and needs to go after the steal. The defense from the 1 hand press position lunges at the ball and sweeps the ball away with hard free strokes. If no foul, swim to offense. If there is a foul, a defender takes 2-3 strokes toward the center and puts a hand up. This is called **Foul and Drop** (a by-product of press to steal if a foul is called).
 - **Ball Under:** the offensive player places their hand on top of the ball while protecting the ball with their body. The defense lunges at the ball and places their hand on top of their hand and pushes the ball under. Their opposite hand should go in the air (prove to the ref you are not pulling back). This should be a turnover.

- **Center Defense:** the most important defensive player (except the goalie) is the center defender. The center defense should try to attempt to play between the center and the ball (this is called fronting). The better job the center defender does, the more perimeter passes are made and the greater chance for steals and counter attack. This also tires out the center offensive player. The below drills are for partners in space.
 - **Pendulums:** center player uses the opposite hand to move from side to side behind the center offense.
 - **Swim Around:** deny the ball at one wing and swim (in front) of the center to the other side. Take short quick strokes (not long slow strokes)
 - **On Arm Swim:** use one hand to keep contact with the center player while the other hand swims around the defender, half way through switch hand sand do backward one arm strokes. Go from wing to wing.
 - **Spinning:** from wing to wing, spin into the center player. It will usually take at least two rotations. Spinning is one of the best ways to get around a center player who wants to hold. No player will hold another player if the player being held keeps spinning.

- **Goalie Drills:** all goalies should begin in the Goalie Base Position. This is when their hips are underneath their shoulders (not hips up). This allows for the hands to be used to get to the ball. Do NOT lean on the hand or this will cut down on reaction time.
 - **Starbursts:** Explode to each corner and above head. Start on one side work around goal (1 hand or 2 hand)
 - **Gauntlets:** 1 hand lunge each way, 747, Two hand explosion straight up on post, lob movement across goal, two hand explosion straight up on post, 747, 1 hand lunge each way
 - **Surprise/Surprise:** player shooting with another player making interference (shoot for halo)
 - **Coming Out Drill:** come out to steal ball on 1 on 0 player, come out to steal cross pass on CA, come out and steal ball from center
 - **Near Side Shooting:** think hands and hips (mix up shots and absorb ball)
 - **On knees, Ball against wall** (dryland): player throws ball from behind and react to ball
 - **Quick Shots:** Get pulldown, get to ball, pass out to shooter who needs to sprint to ball. Between shots look at posts and position self accordingly. Both players working on skills. Shooter working on getting to ball and getting ball up as fast as possible.
 - **Quick Hands:** 5-10 balls at 3 meters. Goalie has hands up and reacts (and kicks up) to rapid shots
 - **Rapid Fire:** shooter at 5-7 meters and gives quick shots in succession. Must block and then reset.
 - **Lunges:** High Corner (HC), Low Corners (LC), Posts, 10 taps and 6 HC's, Perfect HC's, Sprint HC's, Wilsons (swim 3 strokes, explode L/R/Straight Up)
 - **Lob Movements:** Across Pool (working on technique) or in goal working on quickness
 - **Shadow Drill:** Elbows out and follow ball and absorb when shot (moving laterally)

Defensive Team Drills: these are a couple of controlled scrimmages to use when working on Team Defense.

- **Five Possessions & Counter:** at the end of each possession, place the defenders in the passing lanes, and front the center.
- **Press to Steal Scrimmages:** all defenders go after the steal, if they steal the ball-go to offense. If there is a foul, they drop back.
- **Zone Defense Scrimmage:** play a zone (center defender behind the center player). Play five possessions and counter attack. Position players each time.
- **Press to Zone Scrimmage:** Press and when the center offense gains position, the perimeter defense then helps (drop or crash). Play five possessions and counter attack. Position players each time.

Section #11: Offensive Drills

The below basic offensive drills are divided between individual and team drills. The individual drills complement the team drills. The team drills are essentially controlled scrimmages for use to work on the individual skills.

Water polo is a team game. Many high school players do not understand the need to work together. Many athletes will force shots and this could breed hidden unneeded animosity on the team. It is not all about goals. It is the process getting to the goals. An assist is as important as a goal. It is essential athletes understand they are playing a team game (6 on 6 not 1 on 1). As with defense, offensive players need to have their head on the swivel, look around, and educate themselves about what is going on.

It is the work a player does BEFORE they get the ball that makes the difference when you do get the ball. Sometimes this takes the 1st, 2nd, and 3rd efforts to make this happen.

Individual Defensive Drills:

- **Off the Ball Offense:** these drills should be done in space with a partner.
 - **Offense without the Ball:** always have your hips up. This player also needs to be facing their defender ready to “attack” or “protect the ball”. Playing with their back to the defense (except in the center position) allows the defense to have the advantage.
 - **Releasing:** this is moving so it opens up a passing lane between the player and the person with the ball. When the defense is pressing, this takes more than one effort. Head Fake away from the ball, explode to ball side, bear into the defense, swim toward the ball, receive the ball, and protect it.
 - **Attacking the Goal:** this is also referred to as “driving”. This is when there is a whistle at the center position or on the perimeter. Athletes need to know how to get open. Always give a head fake and explode to the goal.
 - Power Drive: swim hard to goal all out, stop and receive the ball
 - Change Directions: 2-3 strokes one way, change directions and go the other direction.
 - Stop and Go: 2-3 hard strokes, let the defense relax, and explode past them with two or three more strokes.
 - Ball-Side Drive: Drive between the defense and the ball. This is done to go to the center of the goal and receive a pass (possibly become the center offensive player).
- **On the Ball Offense:** these should be done in space with partners. The purposes of these skills are to create space to make a pass.
 - **Protecting the Ball:** When an athlete is being pressed (guarded) he/she should always use their body to protect the ball (make the defender go through the body to get the ball). Being in the Base Passing Position allows this to occur.

Athletes can use their opposite arm to protect themselves except without an open hand push outside of the water. No player should ever go “back to chest” against their defender as this takes them out of the play and they will not be able to see anything.

- **Pressure Passing Position:** This is when an athlete is being pressed and they need to create room to make a pass. The player leans backward at a 45 degree angle and kicks away from the offensive player. This is also called a “layout pass”.
 - **Kick Away:** in the pressure pass position, the offensive player breast kicks away with a defender on them. The defense attempts to swim with the offensive player. The offense uses their off arm to give a little space.
 - **Quarter Turn and Kick Away:** get off shoulder into the defender, use the arm to “hook” the defender to make a quarter turn. The defender will drop their hips, and then make a quick move away to create space to pass.
 - **Draw Foul:** do the same quarter turn as above, drop ball as the defense has their hand on the offensive player, control the ball, and kick up and make pass.
 - **Draw Foul-Direct Shot:** same as above, except the offense is at the five meter line in the middle of the goal. The offensive player comes up and shoot (without delay) instead of shooting the ball.
- **Center Offense:** this player tends to be the center of the offense (hence the name). Usually it is one of the better players and a good ball handler. The job of the center is to score goals or draw ejections to set-up a 6 on 5. The below drills are for partners in space.
- **Center Base Position:** Shoulders over hips with high knees and elbows out to create a larger base for the defender to move around.
 - **Center Wrestling:** Center eggbeaters or breast kicks into a defender and they work against each other back and forth.
 - **Shrug Off:** Center rolls the shoulders and snaps away from the defender. The offense should lead with their strong arm and step out with the strong leg.
 - **Ball-Side Drive:** Drive between the defense and the ball. The offense then breast kicks into the defender and shrugs off. This is a situational drill.
 - **Center Shooting:** defender behind center putting pressure to make it more difficult. Below are some samples of center shooting.
 - **Step out:** shrug off, step with strong leg, pick up ball, kick up and shoot over defender. Moving away from Goal.
 - **Layout:** shrug off, layout into pressure pass position, and use wrist to shoot to goal. Moving away from Goal.
 - **Sweep Shot:** this is a quick move to the strong side. Shrug off, step out, and pick up ball, using straight arm in line with body to shoot quickly off the entry pass.

- **Backhand:** this is a quick move to the weak side. Shrug off, step out, place hand on top of the ball (cup ball for those with smaller hands) and quickly shoot a backhand shot toward the goal (snapping wrist for more power).
- **Turning:** in the center base position, use the off arm elbow and “hook” the defender under the arm pits. This should provide leverage to “turn” the player. This means to turn 180 degrees toward the goal. Use the off arm to place the defender on the back and proceed to score on the goal.

Offensive Team Drills: these are a couple of controlled scrimmages to use when working on Team Offense.

- **Five Possessions & Counter:** at the end of each possession, place the offense in the proper positions (balance out-meaning to have a balanced offense).
- **Around the Horn:** begin the ball at one of the wings. Move the ball around the perimeter one player at a time. Once the ball gets to the other wing, make an entry pass. Once the entry pass happens, play normal. This allows the offense to work on releasing, not drawing a foul, and moving the ball into position to make the entry pass to the center. This can be done for 3-4 possessions each team.
- **1-2 Entry Pass:** Start the ball at the point. The point should look to see which side to pass the ball (opposite the center defender). The other offensive players release accordingly to get the ball and make an entry pass. This can be done for 3-4 possessions each team.
- **Make It Take It Scrimmage:** just like it sounds. The offensive team scores, they keep the ball. Otherwise the game is played normally. There is no lining up in the middle after a goal. This moves the scrimmage quickly and allows for more play and less rest.
- **Play Games to Five:** this is normally at the end of a practice. These is when you line up and play games to five to end practice or quick games to three. This promotes competition and allows practice to end on a high note.

Section #12: Counter Attack Drills

Work hard on defense and a team will get an advantage to counter attack the other way. The most important aspect of any counter attack is to try and take advantage of a scoring opportunity while also preparing to play a 6 on 6 offense with as much time on the shot clock as possible. Below is a sample of a counter attack plan.

Defensive Counter Attack: press when possible to slow the ball down. Foul and Drop if needed. When down a man on the counter attack, defense should “play in space” and slow down the offense by not completely committing to an offensive player. Always take away the greatest threat (player closest to the goal). If possible, ALWAYS take the player away from the ball. A goalie does not want to deal with a cross pass in front of the goal.

Offensive Counter Attack: Keep moving forward, make the defense commit, never draw a foul (as this could allow time for the other defenders to catch up), make safe water passes (only where your team can get the ball), and never force a shot (slow down and set-up offense).

Early Wet: when making a pass to an open player outside 5 meter, place the ball on the water.

Late Dry: when making a pass to an open player inside of 5 meter, make a dry pass.

Counter Skills: these skills can be done in space with a partner

- **Seal Offs:** defender in passing lane explodes to offense by placing their body between the other goal and the player they were guarding. If needed, spin into this position.
- **Hollywood:** offense slightly ahead of defense, the offense cuts off the defense and stops with their hips up. If the defender swims over top of the offense, it should be an ejection. If the defender stops, the offense takes off and should have more room to receive the ball.
- **Bear In and Release:** when an offensive player is behind or even with the defender they should swim into the defensive, swim down the pool, and make a quick move away to receive the ball.

Counter Attack Shooting: all of these drills can be done with or without a trail defender.

- **1 on Nobody:** Swim in and attack the goal. Be sure to score these opportunities.
- **2 on 1:** two offensive players with one defender. Keep moving, only 1-2 passes.
- **3 on 2:** three offensive players with two defenders. Keep moving, only 1-2 passes.

Counter Attack Scrimmaging: these are counter specific game situations. It gives the coach the ability to work on counter offense and defense. The drills can start off as 3 on 3 to allow for more room and build up to 6 on 6 counter attacks.

- **1 way counter: 3 on 3:** play at one end until there is shot, as soon as the shot occurs, everyone counters hard to other side of pool (regardless if shot went in), play on the other side until a shot happens and STOP. This allows both offense and defense to work on anticipation of shots (not staring at the ball).
- **2 way counter: 3 on 3:** same as above except you go up and down the pool twice before stopping (DO NOT stop if there is goal).
- **4 way counter: 3 on 3:** Same as previous except this is 4 times up and down the pool.

Section #13: 6 on 5/5 on 6 Drills

6 on 5 opportunities (when a player is ejected and goes to the penalty box for 20 seconds) are very important in the outcome of a game. Usually the team which scores the most 6 on 5 goals (or has the best percentage) wins the game. Therefore, take care in preparing your team for 6 on 5 AND 5 on 6. Many coaches fail to give the proper time to these situations. BUT make sure you keep it simple and have a couple variations. Below are some hints for a successful 6 on 5 or 5 on 6.

Offense: 4-2 for better groups, 3-3 for younger groups (or against attack defense). Spacing, getting set-up is key for a successful 6 on 5. Pass the ball around with shorter controlled passing. Work the defense out of position and take advantage with a catch and shoot. Be patient.

Defense: There are two major types of 5 on 6 defenses. First, House Defense (hands up in shooting lanes) is a defense to play against better teams/ball handlers. Basically, all defenders have hands up in the passing shooting lanes BEFORE their player gets the ball. When their outside responsibility does NOT have the ball they need to guard their post responsibility. The Attack Defense is a defense to play against less experienced teams or poor ball handlers. The basic premise is to force the long pass (1 to 6 or 6 to 1). The defense presses the top two players and splits between the bottom four players. This forces the long pass and wastes time on the shot clock.

6 on 5 Shooting:

- **Field Blocking:** Add a defender beginning at 2 meters and then moving toward shooter, the shooter moves toward goal and laterally to get a better angle to shoot. Can be done with two shooters and two field blockers.
- **Storm Shooting:** One line passes to the other line, the shooter moves toward the goal, kicks up and shots. The person who made the pass, becomes a defender, and swims hard at the shooter to put pressure on the shooter. If possible, the defender hits the arm and stops the shooter from getting off a shot.
- **Build Up 6 on 5:** Start with positions #1, #6, and a middle player up top. Start the ball at one, fake and pass to the top player. They fake and pass to #6. #6 then fakes to the goal and passes to one of the other player for a pass and a shot. Add players at #4, #5, #2, and #3 as you progress to offense without any defense.

6 on 5/5 on 6 Scrimmaging: these are specific game situations.

- **Play to Five:** set-up offense and defense 6 on 5/5 on 6 in a half court situation and give each instructions on how to play. If the defense stops the offense, they get a point. If the offense scores, they get a point. The first team to 5 wins. Switch offense/defense and repeat.
- **Ejection Scrimmage:** when an offensive player makes an aggressive move, eject the defender (although it may not be warranted). This allows both the offense and defense to set-up from 6 on 6 to 6 on 5/5 on 6. Play Make It Take It.

Section #14: Sample Workouts

Objective: Fundamental and Have Fun

0:00	Warm-up: 300 stretch-out, Partner Drag, Front Back Kicking, Leap Frog
0:20	Ball-handling Widths
0:40	Passing (3's): <ol style="list-style-type: none">1. 5 Second Hold Passing (good body position)2. Little/Little Big3. Cross Face Passing
1:00	Shooting: (think body position) <ol style="list-style-type: none">1. HT, kick up and shoot2. Slide to Center Cage
1:20	TALK: TEAM DEFENSE
1:30	Half Court Scrimmaging: <ol style="list-style-type: none">1. Make It Take It Play to 52. Play to Five to end of practice

Objective: Individual Defense/Team Defense

0:00	Warm-up: 300 stretch-out, 4 Swim-3 Kick-2 Eggbeater
0:15	Widths (sprints): HUF x 2, Forward Lunge x 1, Lateral Lunge x 2, 45degree lunge x 1, HUF sprints x 4, Drifting x 2
0:30	Passing (3's): <ol style="list-style-type: none">1. Wet/Dry Passing (good body position)2. Sliding
0:50	Shooting: (think body position) <ol style="list-style-type: none">1. Patience Shooting2. Field Blocking3. Storm Shooting
1:10	Off the Ball Defense
1:20	On the Ball Defense
1:30	Center Defense
1:40	Scrimmaging <ol style="list-style-type: none">1. 5 Possessions and Counter2. Play to Five to end practice

Objective: Individual/Team Offense

0:00	Warm-up: 200 Stretch-out, 6 x 25 kick
	Widths: Start Stop, Zig Zags, Hips Up, Start Stop with Hips Up, Add Explosions
0:20	Passing (3's): <ol style="list-style-type: none">1. Five Second Hold Passing2. Long Passing
0:40	Shooting: (think body position) <ol style="list-style-type: none">1. Fake Near Side/Shoot Cross Cage2. Quick Shots
1:00	Off the Ball Offense
1:20	On the Ball Offense
1:30	Center Offense (add shooting, time permitting)
1:40	Scrimmaging <ol style="list-style-type: none">1. Around the Horn2. Play to Five

Objective: Counter Attack

0:00	Warm-up: 300 Stretch-out with ball, 4 x 25 Kick w/ball, 2 x 25 EB with ball Ball-handling Widths (sprinting with ball)
0:20	Passing (3's): <ol style="list-style-type: none">1. Wet Dry Passing2. 2-3 strokes3. Horizontal Passing (mix up different passes)
0:40	Shooting: (think body position) <ol style="list-style-type: none">1. 1 on 0 with trailer (half court)2. 2 on 1 with trailer (half court)3. 3 on 2 with trailer (full court)
1:00	Counter Skills in Space
1:20	Counter Scrimmaging: <ol style="list-style-type: none">1. 1 way counter, 3 on 32. 2 way counter, 3 on 3
1:50	Play to Five

Objective: 6 on 5/5 on 6

0:00	Warm-up: 300 stretch-out, 2 x 100 water polo im's, 4 x5 Drift/Sprints
0:20	Passing (3's): <ol style="list-style-type: none">1. Five Second Hold Passing2. Sliding3. Fake Left/Right
0:40	Shooting: (think body position) <ol style="list-style-type: none">1. Kick Up/Drop Ball2. Build Up 6 on 5
1:00	6 on 5 Scrimmaging: <ol style="list-style-type: none">1. Play to Five (half court)2. Ejection Scrimmage (full court)
1:40	Scrimmages <ol style="list-style-type: none">1. Make It Take It2. Play to Five to end of practice

Section #15: Glossary of Water Polo Terms

Advantage Rule: A rule permitting the referee to refrain from declaring a foul, if in their judgment, such a declaration would give the advantage to the defending team.

Counter Attack: A term used to describe transition play between half-court defense against an opponent and halfcourt offense. Generally it is used to set up the half-court offense or to exploit a player advantage over the opponent's defense for a high percentage shot.

Dribble: The method a player uses to swim with the ball.

Driver: A player who normally tries to get away from his defender in the frontcourt by quick, explosive swimming.

Exclusion: A major foul, which requires a player to go to the penalty area for 20 seconds (Also called a "kick-out" or "ejection"). The player may leave the penalty area before 20 seconds has expired if his team recovers the ball, or if the opposing team scores.

Face-off: A neutral throw awarded by the referee. Face-offs generally occur when two players commit a foul at the same time. The referee will call a face-off by requiring two players from opposing teams to face each other, at which point the referee will blow the whistle and throw the ball between the two players.

Free throw: A throw awarded following a regular foul in which the offended player is free to put the ball into play without interference from the defender. The player receiving a free throw has 3 seconds to put the ball in play, either by passing to a teammate, dribbling the ball or popping it in the air to him or herself.

Frontcourt: The area of the pool in front of the goal

Game Clock: the clock that displays the time remaining in the period.

Goalie: A player whose primary responsibility is to defend the goal. The goalie may use two hands to defend against shots by the opposing team.

Man-down: The time of play in which a defending team has one less player, normally due to an ejection. "Manup" is describes the same scenario from the offensive perspective. This is also called six on five.

Penalty area: the location of the pool behind the goal line where a penalized player must await reentry following an ejection.

Penalty shot: A shot awarded to the offense when a defender commits a major foul within four meters of their own goal. Any offensive player currently in the pool (except goalies) may take the shot, which is also known as a "5-meter" following the whistle of the referee. The shooting player may take the shot no closer than 5-meters and cannot fake or delay. The defending goalie may not move to block the shot until the referee blows the whistle.

Pick: The method by which an offensive player frees themselves by swimming close to a teammate as to block the defender.

Press: A type of defense where everyone is covered tightly.

Shot clock: The clock that displays the time of possession in which a team must take a shot. Also known as a 30 second clock.

Slough (pronounced "sluff"): The action taken by a defender when they drop away from the player they are defending to cover another area.

Sprint: The manner in which player starts at each quarter. Each team lines up at the their own goal line and when the referee blows the whistle the two players closest to the referee sprint to the ball which is dropped at half-court.

Strong side: The side of the pool where the ball is located.

Two-meter, Hole Set, or Center: The offensive player who is located on or about the two-meter line of the opposing team's goal.

Weak side: The side of the pool opposite of where the ball is located.

Zone defense: A type of defense in which players are assigned and area to defend (rather than an opposing player).