

Academy Session Plan – Windlesham 25th March 2018

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Warm Up - Time: 7 minutes

5 minutes continuous warm up swimming through Water Polo IM. Start off very slowly and get faster each time going through the IM. Reaching about 60% effort

- 2 widths butterfly with breaststroke legs
- 2 widths backstroke with breaststroke legs
- 2 widths breaststroke with breaststroke legs
- 2 widths front crawl with breaststroke legs

Water Polo GK Stations - Players (2 players per drill, ideal) 50 minutes - All in one station

<p>Drill 1 (Warm up/ balance)</p> <p>Name: The Buoy</p> <p>5 minutes</p>	<p>Two arm jump as high as possible Resist coming back down Jump back up Moving across the width First drill, so start off at 50% increasing thought to 100%</p> <p>Video: https://www.youtube.com/watch?v=JARxl3-pQOo</p>
<p>Drill 2 Technique</p> <p>Name: Left and right slides</p> <p>5 minutes</p>	<p>Work high, slide left Work high slide right Sets of 20 (10 each side) Thumbs out of the water on each slide</p> <p>Video: https://www.youtube.com/watch?v=SOazz_wJVJo</p>
<p>Drill 3 Endurance</p> <p>Name: Bottles, fill and refill</p> <p>10 minutes</p>	<p>Fill and empty 5 gallon water bottle</p> <p>Video: https://www.youtube.com/watch?v=3OMqvMKMy8M&index=4&list=PL4nVli-2iBkVL_UP7mphVY-rIY-lhO07U</p>
<p>Drill 4</p> <p>Name: High corners drill</p> <p>10 minutes</p>	<p>Jumping high to the left and right. Sets of 6, 30 seconds to one minute between sets</p> <p>>Regular >One hand out >Teapot</p> <p>Drill here: https://www.youtube.com/watch?v=O7Y2kmdjfg0 Interesting tip here: https://www.youtube.com/watch?v=bXxG31BpCIY</p>
<p>Drill 5</p> <p>Name: 3 ball monty</p> <p>10 minutes</p>	<p>3 or 4 balls needed.</p> <p>Three or four quick fire shots 1 – Shot down the middle 2 – ball on the water and steal from centre 3 – back over the hips to save lob Reverse order of shots Add in 4th straight shot to make harder</p> <p>Drill: https://www.youtube.com/watch?v=RwBzay2qStI Technique for lunge forward: https://www.youtube.com/watch?v=1K4_FLxaOpY&t=9s</p>

Drill 6 Name: Tennis ball pull downs 10 minutes	Tennis ball pull downs like below alternate pull downs – try to speed it up in the final 5 minutes https://www.youtube.com/watch?v=et0-qfKE-F8&index=5&list=PL4nVli-2iBkVL UP7mphVY-riY-lhO07U
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Passing

Passing drills – 10 minutes

Into three's

1. Just wrist passing, high straight arms (1 minutes)
2. Just internal rotation passing (forearms) (2 minutes)
3. Normal passing (2 minutes)
4. Normal passing change direction (2 minutes)
5. Up high, body passes (2 minutes)

Shooting – 15 minutes (In goal for shooting)

Shooting, standard – Pass and shoot off the pass - **10 minutes**
Flair shooting – **5 minutes**

Inspiration for flair shooting below:

<https://www.youtube.com/watch?v=k52zyp0xD5Y>
https://www.youtube.com/watch?v=bQvFru_qV-U
<https://www.youtube.com/watch?v=WLGdtzCt4A8>

Gameplay – 10 minutes (In goal for shooting, head saves only)

Gameplay (10 minutes) Small sided game.

No swimming with the ball, only moving with the legs in base position