

### Academy Session Plan – Windlesham 25<sup>th</sup> 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 Circuit Outfield Players (2 players per station, ideal) 30 minutes** - Each station is 4.5 minutes work, 1 minute to move stations

<p><b>Station 1</b> (technique/ balance)</p> <p>Name: Dry ball freestyle, dry ball backstroke</p>	<p><b>Advanced</b> - With the ball. Front crawl with breaststroke legs catching the ball on each stroke. Return backstroke breaststroke legs catching the ball</p> <p><b>Beginner</b> – front crawl with ball, pushing the ball along in front – use for both directions</p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=S70sUttTx_s">https://www.youtube.com/watch?v=S70sUttTx_s</a></p>
<p><b>Station 2</b> (endurance)</p> <p>Name: Eggbeater overload</p>	<p>Treading water using weights, bottle refills and empties.</p> <p><b>The bigger the bottle the more advanced</b></p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=OW7B6k_09VQ">https://www.youtube.com/watch?v=OW7B6k_09VQ</a></p>
<p><b>Station 3</b> (technique/ balance)</p> <p>Name: Reverse sculling</p>	<p>Backwards sculling. One direction with left leg on top, the opposite direction with right leg on top.</p> <p><b>Advanced:</b> At the end of each width come over your legs and into blocking position</p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=urEilHc3NYA">https://www.youtube.com/watch?v=urEilHc3NYA</a></p>
<p><b>Station 4</b> (endurance)</p> <p>Name: Centre back/ Centre forward battle.</p>	<p>Centre back on left shoulder pushing centre forward out, centre forward pushing centre back using backstroke arms and breaststroke legs. Battle for 20 seconds, alternatively calling out the numbers from 1 – 20. On 20, swim to the other end of the width and repeat.</p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=uxSuN0N8yky">https://www.youtube.com/watch?v=uxSuN0N8yky</a> (like this, but without the ball and swimming after the battle)</p>
<p><b>Station 5</b></p> <p>Name: Walking with the ball in base position, into umps with the ball</p>	<p>One direction walking with egg beater legs in base position.</p> <p><b>Video:</b> Description at 2 minutes 29. Drill at 6 minutes 19.</p> <p><a href="https://www.youtube.com/watch?v=lhrvSII7gSs">https://www.youtube.com/watch?v=lhrvSII7gSs</a></p> <p>Coming back moving with the ball in hand using breaststroke jumps. Each width a different direction.</p> <p>One width - left arm first kicking sideways,          One width right arm first (with ball)          One width on your backs keeping the ball dry          One width on your fronts</p> <p>Video: starts at 36 seconds. We won't go in a square, but each direction technique is shown: <a href="https://www.facebook.com/wpsmethodology/videos/321087785040217/">https://www.facebook.com/wpsmethodology/videos/321087785040217/</a></p>

## Passing and shooting - run together, group split into two (25 minutes)

### 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)

Speed passing – as many dry passes in 20 seconds

### Passing drills under pressure – 7.5 minutes

#### Into 5s – 5 minutes

Two in the middle (CF and CB)

Passing the ball on the perimeter trying to put the ball into the centre forward. CB try to stay ball side the whole time

[https://www.youtube.com/watch?v=jV6i7KQZ2\\_A](https://www.youtube.com/watch?v=jV6i7KQZ2_A)

#### Passing the ball under pressure – 7.5 minutes

Into 2s. One attacker, one defender. Practice the chop stroke, release, catch and pass back. See videos below:

<https://www.youtube.com/watch?v=bwicpelmWqA>

<https://www.youtube.com/watch?v=vPunQYcer10&t=14s>

## Shooting – 15 minutes

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=bQvFru_qV-U)

<https://www.youtube.com/watch?v=WLGdtzCt4A8>

## Gameplay – 10 minutes

Gameplay (10 minutes) Small sided game.

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