



WATER POLO PLAYER – DEVELOPMENT RECORD OF ACHIEVMENT

Name:.....

Coaches tick and
date of achieving competence

- 1) Egg beater leg kick
- 2) Front crawl head up
- 3) Water polo backstroke
- 4) Sculling forwards, backwards and right and left
- 5) Swim with the ball (size 3) and turn
- 6) Pick up the ball
- 7) Advanced sculling, crab and under pressure
- 8) Spider front crawl
- 9) Extended egg beater exercises to reach level 2 height
- 10) Catch and pass the ball (size 3), start rotation
- 11) Dry Passing
- 12) Wet Passing
- 13) Shooting at goal
- 14) Catch and pass the ball (size 3) at level 2, exaggerate rotation
- 15) Long distance dry Passing
- 16) Shooting at goal from the water
- 17) Shooting at goal from a pass
- 18) Start defending a player, body position
- 19) Protecting the ball
- 20) Introduction to game tactics
- 21) Competition for CASC under 12s team

When competence is achieved in all skills you will be invited to attend CASC youth and academy training on Thursday evenings