



Water Polo Teaching Plan

Water polo player need to be STRONG swimmers and confident in deep water. CASC upper teaching classes or bronze squad and above would be very adequate.

Teaching will be provided over a one year cycle for beginners to achieve young Academy water polo player status. Players are encouraged to attend CASC swim squad training sessions to continue development of their aquatic skills.

The year will be divided into 3 x 12week blocks – one 1 hour session /week

January – April

April - July

September – December

The players will learn the following skills and successfully achieve competence in each skill

Period 1 January to April

- 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

Period 2 April to July

- 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

Period 3 September to December

- 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 tatics
- 21) Competition for CASC under 12s team