

RTC 2011/2012 3 x 10 week programme; 1st 10 week block

Aim of the sessions: Week 10

- Swimming strokes
- Water Polo strokes without the ball + technique
- Horizontal leg exercises without the ball
- Water Polo strokes with the ball + technique
- Passing in 3's
- 3 vs. 3 play
- Water polo game

<u>Warm up with</u>				<u>10 min</u>
Coaches may need to use own discretion on timing for each drill.				
Time	Drill	Organisation	Key Coaching points	Video
0 – 2 min	Front Crawl (FC)	<ul style="list-style-type: none"> - 100m - In waves (length) - 5 seconds between each wave 	<ul style="list-style-type: none"> - Horizontal body position - Hands 90⁰ on direction - Steady long strokes 	
2 – 6 min	IM Variation (BF – FC, BC – BS, FC, FC – FC)	<ul style="list-style-type: none"> - 200m - In waves (length) - 5 seconds between each wave - Change every length 		
6 – 10 min	IM	<ul style="list-style-type: none"> - 200m - In waves (length) - 5 seconds between each wave - Change every length 		
<u>Learning technique without the ball</u>				<u>12 min</u>
Time	Drill	Organisation	Key Coaching points	Video
10 – 14 min	Head up FC without ball	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - No ball 	<ul style="list-style-type: none"> - Look left, middle, right for 3 strokes each - Strong leg kick - High elbow recovery 	

14 – 18 min	Water Polo BC	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) 	<ul style="list-style-type: none"> - Chin on the chest - Large, wide, circle – kick - BS kick to every BC arm (rhythm) 	
18 – 22 min	Spinning (from WP BC to Head up FC)	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - Turn/spin to both sides 	<ul style="list-style-type: none"> - 3 strokes WP BC - 3 strokes WP FC - Big BS kick while turning/spinning 	
<u>Horizontal leg exercises without the ball</u>				<u>16 min</u>
Time	Drill	Organisation	Key Coaching points	Video
22 – 26 min	BS arm & FC kick	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - Breathing left, middle, right 	<ul style="list-style-type: none"> - Horizontal body position - Wide BS arm - Strong leg kick 	
26 – 30 min	Hands behind back & FC kick	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - Hands behind back - Breathing forward 	<ul style="list-style-type: none"> - Horizontal body position - Movements comes from hips - Strong FC kick 	
30 – 34 min	FC arm & BS kick	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - Breathing left, middle, right 	<ul style="list-style-type: none"> - High elbow recovery - Large, wide, circle – kick - BS kick to every FC arm (rhythm) 	
34 – 38 min	Spider without ball	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - Breathing left, middle, right 	<ul style="list-style-type: none"> - Look left, middle, right for 3 strokes each - High elbow recovery - Strong eggbeater kick 	V1 – Spider
<u>Learning technique with the ball</u>				<u>12 min</u>
Time	Drill	Organisation	Key Coaching points	Video
38 – 42 min	Dribbling with the ball	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - Strong FC kick 	<ul style="list-style-type: none"> - Look over ball - Elbows protect the ball - Push ball forward with nose or forehead 	
42 – 46 min	FC arm & BS kick with the ball	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - 1 ball/player - Head up still - 1 FC arm 1 BS kick (find the rhythm) - Each FC arm pushes the ball 	<ul style="list-style-type: none"> - High elbow recovery - Large, wide, circle – kick - BS kick to every FC arm (rhythm) 	

46 – 50 min	Spider with ball	<ul style="list-style-type: none"> - 1 x 6 times - In waves (widths) - 1 ball/player - Breathing left, middle, right 	<ul style="list-style-type: none"> - High elbow recovery - Strong eggbeater kick - Push ball forward with nose or forehead 	
<u>Passing in 3's</u>				<u>5 min</u>
Time	Drill	Organisation	Key Coaching points	Video
50 -55 min	Passing anticlockwise	<ul style="list-style-type: none"> - 1 min x 4 times, 20 sec rest - In 3's - 1 ball / group - 3 m's apart (triangle) - Bring the ball across face - Dry passes - Body position: "boxing" position - Hip and shoulder rotation - Order of shoulder, elbow, palm when passing - Flick palm when releasing the ball 	<ul style="list-style-type: none"> - Hand towards ball - Absorb the ball - Bring the ball between 3 & 6 o'clock 	
<u>Tactics: 3 vs. 3 play</u>				<u>10 min</u>
Time	Drill	Organisation	Key Coaching points	Video
55 – 65 min	3 vs. 3	<ul style="list-style-type: none"> - Set up areas of play - Beginning: keep possession - Advance: keep the ball dry - Eggbeater - Boxing position - Changing direction 	<ul style="list-style-type: none"> - Move into free spaces - Move away from defence - Transition between vertical and horizontal body positions 	
<u>Game / Scrimmage</u>				<u>21 min</u>
Time	Drill	Organisation	Key Coaching points	Video
65 – 86 min	Water Polo game	<ul style="list-style-type: none"> - Divide players into 2 or 3 teams - Controlled games for 5 minutes then feedback - Coach to use simplified rules - Play in a smaller pitch if needed 	<ul style="list-style-type: none"> - In the beginning let the players to find their own natural position - Simplify the rules if needed - Give easy and obvious decisions and hand signals 	

		- Use smaller ball if needed		
<u>Cooling down</u>				<u>21 min</u>
Time	Drill	Organisation	Key Coaching points	Video
86 – 90 min	Front Crawl (FC)	<ul style="list-style-type: none"> - 200 m - In waves (length) - 5 seconds between each wave - Swim easy, stretch out during swimming 	<ul style="list-style-type: none"> - Horizontal body position - Hands 90⁰ on direction - Steady long strokes 	

Outcomes of the session: Week 10

- **Learning technique without the ball**
 - o Understanding the importance of the balanced position in the water, to unable to more quickly change body position
- **Horizontal leg exercises without the ball**
 - o Coordination of arms and legs
- **Learning technique with the ball**
 - o Control over the ball under different learning techniques
- **Passing**
 - o Understanding the throwing motion, the order of shoulder, elbow and flick of the palm to improve the effectiveness of the passes, and ultimately of the shoot
- **Tactics: 3 vs. 3 play**
 - o Understanding the awareness of free spaces and moving into it
 - o Importance of decisions making about where to pass and when to pass
- **Game / Scrimmage**
 - o Awareness of your space and game situations
- **Cooling down**
 - o Understanding the importance of cooling down, to help release the build up of lactate in the blood