

**RTC 2011/2012 3 x 10 week programme; 1<sup>st</sup> 10 week block**

**Aim of the sessions: Week 9**

- Balance and movement exercises
- Balance and movement exercises with the ball
- Recap the passing in 3's: static & dynamic – clockwise & anticlockwise
- Counter attack shooting:
  - 1 v 0 shooting
  - 2 v 1 without a chaser
- Water polo game

<b><u>Warm up with the ball</u></b>				<b><u>10 min</u></b>
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"> <li>- 100m</li> <li>- In waves (length)</li> <li>- 5 seconds between each wave</li> </ul>	<ul style="list-style-type: none"> <li>- Horizontal body position</li> <li>- Hands 90<sup>0</sup> on direction</li> <li>- Steady long strokes</li> </ul>	
2 – 7 min	IM Variation (BF – FC, BK – BS, FC, FC – FC)	<ul style="list-style-type: none"> <li>- 200m</li> <li>- In waves (length)</li> <li>- 5 seconds between each wave</li> <li>- Change every length</li> </ul>	<ul style="list-style-type: none"> <li>- Horizontal body position</li> <li>- Hands 90<sup>0</sup> on direction</li> <li>- Steady long strokes</li> </ul>	
7 – 10 min	Breaststroke (BS) arm & FC kick	<ul style="list-style-type: none"> <li>- 100 m</li> <li>- In waves (length)</li> <li>- 1 (narrow) BS arm with hard FC kick</li> </ul>	<ul style="list-style-type: none"> <li>- Horizontal body position</li> <li>- Hands 90<sup>0</sup> on direction</li> <li>- Steady long strokes</li> </ul>	
<b><u>Learning technique without the ball: Balance and movement exercises</u></b>				<b><u>12 min</u></b>
Time	Drill	Organisation	Key Coaching points	Video
10 – 14 min	Static, horizontal sculling hand & eggbeater, full 360 <sup>0</sup> turn to both directions	<ul style="list-style-type: none"> <li>- 30 seconds x 3, 20 seconds rest</li> <li>- Spread out in the pool</li> <li>- 2 m's apart</li> <li>- Horizontal body position</li> </ul>	<ul style="list-style-type: none"> <li>- Knees pointing forward</li> <li>- Knees far apart</li> <li>- Toes pointing outwards</li> </ul>	

		- 360° to clockwise then to anticlockwise		
14 – 18 min	Rocking in a circle	- 30 seconds x 3, 20 seconds rest - As above - Sculling hand to give balance - Bring knees from chest to a 360° to clockwise then to anticlockwise	-	
18 – 22 min	Rocking side to side & forward and backwards & diagonal with leg extension	- 30 seconds x 3, 20 seconds rest - As above - Coach to give verbal directions and hand & whistle signals of the rocking - Finish the motion with a leg extension - Diagonals are: North West – South East, North East – South West	-	
<b><u>Learning technique with the ball: Balance and movement exercises with the ball</u></b>				<b><u>12 min</u></b>
Time	Drill	Organisation	Key Coaching points	Video
22 – 26 min	Head up FC start – stop with the ball	- 1 x 6 times - In waves (widths) - 1 ball / player - Head always up - 6 strokes FC then stop - Re-start in a “snooker” position	- General Body Position (GBP) hip high, 1 hand on front - BS kick and FC arm simultaneously - Jump far over the water	
26 – 30 min	FC arm & BS kick with the ball	- 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	- High elbow recovery - Large, wide, circle – kick - BS kick to every FC arm (rhythm)	
30 – 34 min	Juggling with the ball	- 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 to lift up the ball, with the opposite FC	-	V1

		(full) stroke to catch the ball		
<b><u>Passing in 3's</u></b>				<b><u>10 min</u></b>
Time	Drill	Organisation	Key Coaching points	Video
34 -39 min	Passing anticlockwise	<ul style="list-style-type: none"> <li>- 1 minute x 5 times, 20 second rest between</li> <li>- In 3's</li> <li>- 1 ball / group</li> <li>- 3 m's apart (triangle)</li> <li>- Bring the ball across face</li> <li>- Dry passes</li> <li>- Body position: "boxing" position</li> <li>- Hip and shoulder rotation</li> <li>- Order of shoulder, elbow, palm when passing</li> <li>- Flick palm when releasing the ball</li> </ul>	<ul style="list-style-type: none"> <li>- Hand towards ball</li> <li>- Absorb the ball</li> <li>- Bring the ball between 3 &amp; 6 o'clock</li> </ul>	
39 – 44 min	Dynamic passing in 3's clockwise	<ul style="list-style-type: none"> <li>- 1 minute x 4, 20 second rest between</li> <li>- In 3's, 1 ball / triangle</li> <li>- Dry passes</li> <li>- 5 m's apart</li> <li>- After performed a dry pass; swim 3 strokes FC to the direction of the pass</li> <li>- Then on water polo BK return to original position, and prepare to "boxing" position to receive the ball</li> </ul>	<ul style="list-style-type: none"> <li>- Hip under shoulder</li> <li>- Bring the ball between 3 &amp; 6 o'clock</li> <li>- Flick finger after the ball</li> </ul>	V2
<b><u>Tactics: Counter attack shooting</u></b>				<b><u>20 min</u></b>
Time	Drill	Organisation	Key Coaching points	Video
44 – 54 min	1 v 0 shooting, ball comes from behind	<ul style="list-style-type: none"> <li>- Start from half way in 3 rows</li> <li>- 1 ball / player</li> <li>- After 3 strokes FC turn to WPBK to ask the ball</li> <li>- Swim in front of the goal to 2 metre</li> <li>- Pick the ball up from underneath</li> <li>- Perform a shot</li> </ul>	<ul style="list-style-type: none"> <li>- Before picking up the ball looking behind</li> <li>- Kicking across with BS leg kick</li> <li>- Read the goalkeeper movement</li> </ul>	
54 – 64 min	Counter attack shooting: 2 v 1 without a chaser, ball comes from behind	<ul style="list-style-type: none"> <li>- In 3's, 1 ball</li> <li>- Start from half way line</li> <li>- Attacker 1: next to the wall</li> </ul>	<ul style="list-style-type: none"> <li>- Before picking up the ball looking behind</li> <li>- Kicking across with BS leg</li> </ul>	

		<ul style="list-style-type: none"> <li>- Attacker 2: level with the near post with the ball</li> <li>- Defender: is between the two attackers (1 m in front of them)</li> <li>- Same set up as above opposite side, attacking same goals</li> <li>- (using both goals if possible)</li> <li>- Attackers pass (if necessary) before scoring</li> <li>- Attackers to swim in front of posts at 5 m</li> <li>- Defender to slow down attack and intercept the pass if possible</li> <li>- Defender to zig – zag swim between attackers</li> <li>- Defender to leave <b><u>the attacker with the ball</u></b> to shoot</li> <li>- The attackers swims 3 FC strokes</li> <li>- Turn on to water polo BK asks for the ball</li> <li>- Next pair to give a dry pass</li> </ul>	<ul style="list-style-type: none"> <li>kick</li> <li>- Read the goalkeeper movement</li> </ul>	
<b><u>Game / Scrimmage</u></b>				<b><u>22 min</u></b>
Time	Drill	Organisation	Key Coaching points	Video
64 – 86 min	Water Polo game	<ul style="list-style-type: none"> <li>- Divide players into 2 or 3 teams</li> <li>- Controlled games for 5 minutes then feedback</li> <li>- Coach to use simplified rules</li> <li>- Play in a smaller pitch if needed</li> <li>- Use smaller ball if needed</li> </ul>	<ul style="list-style-type: none"> <li>- In the beginning let the players to find their own natural position</li> <li>- Simplify the rules if needed</li> <li>- Give easy and obvious decisions and hand signals</li> </ul>	
86 – 90 min	Cooling down	<ul style="list-style-type: none"> <li>- 200 m</li> <li>- In waves (length)</li> <li>- 5 seconds between each wave</li> <li>- Swim easy, stretch out during swimming</li> </ul>	<ul style="list-style-type: none"> <li>- Horizontal body position</li> <li>- Hands 90<sup>o</sup> on direction</li> <li>- Steady long strokes</li> </ul>	

## **Outcomes of the session: Week 9**

### - **Eggbeater**

- Understanding the key points of eggbeater from the players
- Understanding the importance of developing good eggbeater

### - **Balance and movement exercises**

- Learning how to move in the water from a horizontal to a vertical position
- Learning how to move in the water from a vertical to a horizontal position

### - **Passing in 3's**

- Understanding general body position to make the pass and to receive a pass
- Understanding the hip and shoulder rotation while passing
- Understanding the throwing motion, the order of shoulder, elbow and flick of the palm

### - **Counter attack shooting**

- **From offence point of view:**
  - Understanding of finding free space and shooting opportunities
  - Understanding the importance of decision making (passing or shooting)
- **From defence point of view**
  - Understanding the movements how to slow the defence down
  - Understanding the importance of positioning while the defence needs to mark the offence player without the ball