

Skill By and during Weekend 1 General and basic Skills	<u>2001 Regional Academy Requirements</u>	<u>2001 National Academy Standard</u>
Eggbeater kick in a general body position	Shoulders dry throughout exercise, stable body Sitting Position Keeping knees high, knees wide, feet turned out Egg beater alternating action Elbows & hands forward of body, hands making short simultaneous sculling movements near surface.	Shoulders dry throughout exercise, stable body Sitting Position Keeping knees high, knees wide, feet turned out Egg beater alternating action Elbows & hands forward of body, hands making short simultaneous sculling movements near surface Able to maintain position when travelling indifferent directions.
General Body (Tripod)Position	Player able to maintain body in steady upright 'tripod' position - high knees, wide knees, feet turned out. Egg beater kick Dominant elbow & hand forward of body, hand making short sculling movements near surface.	Player consistently keeping shoulders high maintaining GBP 'tripod' leaning slightly forward, sculling supporting high body, eggbeater and able to maintain position when travelling indifferent directions.
Moving sideways forwards and backwards	Horizontal body positions hips high hands sculling, moving right- right hand and right leg extended to 'pick' up water and pull to meet other hand and leg to push water away, torso and legs in line Player demonstrates effective movement in horizontal plain moving in all directions maintaining high hips	Horizontal body positions hips high hands sculling, moving right- right hand and right leg extended to 'pick' up water and pull to meet other hand and leg to push water away, torso and legs in line Player demonstrates effective movement in horizontal plain moving in all directions maintaining high hips
Sliding and tilting in all directions	Horizontal position hips high, arm reaching out glide at 45deg, start eggbeater to explosive br/st kick x2 - using all 3 limbs at same time to kick, pull & reach Players demonstrates effective distance when executing exercise, moving left and then right	Horizontal position hips high, arm reaching out glide at 45deg, start eggbeater to explosive br/st kick x2 - using all 3 limbs at same time to kick, pull & reach Players demonstrates effective distance when executing exercise, moving left and then right
Start forward with /Without ball	In 'snooker position' +explosive scissor or breaststroke leg kick, lifting ball with hand underneath maintaining high elbow recovery during swimming, keeping ball under control Player demonstrates good technique in starting quickly keeping ball close and under control always	In 'snooker position' +explosive scissor or breaststroke leg kick, lifting ball with hand underneath maintaining high elbow recovery during swimming, keeping ball under control Player demonstrates good technique in starting quickly keeping ball close and under control always

Head Up Water Polo FC	Chin on top of water, head still, slight bend in leg, strong kick to maintain body position, place hands into water shoulder width apart, Look forward, look right, look forward, look left. etc. Player is able to swim effectively maintaining good peripheral vision	Chin on top of water, head still, slight bend in leg, strong kick to maintain body position, place hands into water shoulder width apart, look forward, look right, look forward, look left. etc. Player can swim effectively maintaining good peripheral vision
Stopping	Bring knees quickly under stomach, same time spread arms wide against swim direction, present body in 'snooker' position Player effectively demonstrates stopping, starting in different directions, 'start position explosive stop.	Bring knees quickly under stomach, same time spread arms wide against swim direction, present body in 'snooker' position Player effectively demonstrates stopping, starting in different directions, 'start position explosive stop.
Changes of direction	explosive stop, bringing knees under body making small turn, hips 45° look in new direction + start forward with Breaststroke or scissor kick Player demonstrates ability to quickly stop and 'sets' body to re-start on command	explosive stop, bringing knees under body making small turn, hips 45° look in new direction + start forward with Breaststroke or scissor kick Player demonstrates ability to quickly stop and 'sets' body to re-start on command
Head Up Water Polo FC +ball	as above, + pushing ball with nose, eyes looking over the ball, high elbows high frequency to maintain control	as above, + pushing ball with nose, eyes looking over the ball, high elbows high frequency to maintain control
Stopping with & picking up ball	Use stopping technique as described. Arm outstretched placing non-dominant hand at the side of the ball, fingers spread, little finger and thumb holding ball, scoop ball toward dominant hand with hand underneath the ball – Pick up ball into tripod position	Use stopping technique as described. Arm outstretched placing non-dominant hand at the side of the ball, fingers spread, little finger and thumb holding ball, scoop ball toward dominant hand with hand underneath the ball – Pick up ball into tripod position
Walk - fast (breaststroke kick) (Long Walking)	Body starts in GBP boxing position, leaning forward holding ball high, elbow above ear, other hand pulls in forward direction, using a breaststroke kick followed by single arm pull to move forward. Player demonstrate a good understanding of technical requirement heading forward towards goal whilst focusing on target	Body starts in GBP boxing position, leaning forward holding ball high, elbow above ear, other hand pulls in forward direction, using a breaststroke kick followed by single arm pull to move forward. Player demonstrate a good understanding of technical requirement heading forward towards goal whilst focusing on target
Walk - high (eggbeater kick) (Short Walking)	Body in GBP boxing position holding ball high, elbow above ear and behind head, other hand sculling, eggbeater kick, single arm sculling maintaining height.	Body in GBP boxing position holding ball high, elbow above ear and behind head, other hand sculling, eggbeater kick, single arm sculling maintaining height Player demonstrates high body position whilst moving in general direction

	Player demonstrates high body position whilst moving in general direction	
Catching Ball	Player in GBP, one hand sculling to maintain stability, receiving hand, palm facing passer, above head arm outstretched towards ball, fingers spread. cushion the ball on contact bringing the ball back behind head ready to make pass or shot Player demonstrates good technique receiving ball, minimum of 3m apart from left hand and right-hand side, maintaining a stable body position	Player in GBP, one hand sculling to maintain stability, receiving hand, palm facing passer, above head arm outstretched towards ball, fingers spread. cushion the ball on contact bringing the ball back behind head ready to make pass or shot Player demonstrates good technique receiving ball, minimum of 3m apart from left hand and right-hand side, maintaining a stable body position
Passing Ball	Player can receive and make high 'flat' passes a minimum of 3 metres apart consistently for 30 seconds from left/right side showing good technique maintaining high body position.	Player can receive and make high 'flat' passes a minimum of 3 metres apart consistently for 30 seconds from left/right side showing good technique maintaining high body position.
Shooting static	Hips under shoulder, driving legs hard, left leg under body, right leg back, (opposite for left hander) non-shooting arm forward sculling hard just under surface. On execution close legs fully. Player consistently executes effective shot from 5m demonstrating good height out of water chest showing	Hips under shoulder, driving legs hard, left leg under body, right leg back, (opposite for left hander) non-shooting arm forward sculling hard just under surface. On execution close legs fully. Player consistently executes effective shot from 5m demonstrating good height out of water chest showing
1v0	Player swims with ball 15m away towards goal, looks behind, picks up ball at near post, pulls, kicks across goal mouth moving keeper before shooting to score Player consistently demonstrates ability to score goals v only GK	Player swims with ball 15m away towards goal, looks behind, picks up ball at near post, pulls, kicks across goal mouth moving keeper before shooting to score Player consistently demonstrates ability to score goals v only GK

NB: Each session should follow the Main Session Aims above and include Game play or game play scenarios focussing on maintaining good skills outlined in each session - Game play should be at least 20 mins per session

<u>Skill</u> <u>By and during Weekend 2</u> <u>Shooting and Blocking Focus</u>	<u>2001 Regional Academy Requirements</u>	<u>2001 National Academy Standard</u>
Shooting from movement after stopping	swimming FC head up, bring knees under body to assume boxing position Player demonstrates ability to have good balance on receiving ball and hits target	swimming FC head up, bring knees under body to assume boxing position Player consistently demonstrates ability to have good balance on receiving ball from different angles hitting target
Push shot	body horizontal, snooker position, left hand sculling, right hand pressing down on ball, as ball rises place hand behind ball, thumb pointing towards bottom, elbow pointing outward, push ball forward Player effectively executes push shot targeting different areas of goal.	body horizontal, snooker position, left hand sculling, right hand pressing down on ball, as ball rises place hand behind ball, thumb pointing towards bottom, elbow pointing outward, push ball forward Player consistently executes push shot targeting different areas of goal with strong arm and demonstrates effective shot
Shooting- Off water / Push shot	Head up FC, non-shooting arm flicks ball into air 45cm shooting arm, shooting hand behind ball pushes ball forward past keeper Player demonstrates ability to score using tip shot swimming towards goal	Head up FC, non-shooting arm flicks ball into air 45cm shooting arm, shooting hand behind ball pushes ball forward past keeper Player consistently demonstrates ability to score using tip shot swimming towards goal
Shot faking	ball held high in 'boxing' position, finger tips point behind, movement of shoulder, slight movement of ball, keeping it behind head to 'threaten, goal, strong legs up high, vary rhythm, effective if GK has your attention Player demonstrate good height effecting intention in front of goal, mixing arm movements, gaining the attention of the GK	ball held high in 'boxing' position, finger tips point behind, movement of shoulder, slight movement of ball, keeping it behind head to 'threaten, goal, strong legs up high, vary rhythm, effective if GK has your attention Player maintains high body position which can be held demonstrating effecting intention in front of goal, mixing arm movements, varying the leg kick, consistently gaining the attention of the GK to react Faking moving left/right Faking moving up/down

Shot-lob	Driving legs forward, holding ball high, threaten hard shot, maintain high body position, jump & release ball and lob. Player demonstrates good technique in executing shot from left and right-hand sides of goal and landing the ball inside target	Driving legs forward, holding ball high, threaten hard shot, maintain high body position, jump & release ball and lob. Player demonstrates good technique in executing shot from left and right-hand sides of goal scoring with a GK.
Shooting- Backhand & Sweep shots	holding top of ball between spread fingers and forearm, roll ball out until thumb is pointing down, arm slightly bent, elbow high, use arm and body for shot Player can execute shot towards target using favoured arm	holding top of ball between spread fingers and forearm, roll ball out until thumb is pointing down, arm slightly bent, elbow high, use arm and body for shot Player can consistently execute shot towards target using favoured arm and able to demonstrate shot from weaker arm
Perform fake attacks towards attacker	Player shows ability to move defender out of position in different directions	Player effectively changes defenders body position by consistently and dynamically making intentional moves in different directions
Defence - Techniques of individual vs attacker (1:1)	3 H's Hands on opponent, Hips high, near to surface, Head on a pivot, this will enable defender to watch game whilst knowing where attacker is at all time, reacting quickly to changes in their body position Player is able to concentrate on technique and demonstrates ability to anticipate moves of attacker	3 H's Hands on opponent, Hips high, near to surface, Head on a pivot, this will enable defender to watch game whilst knowing where attacker is at all time, reacting quickly to changes in their body position Player consistently demonstrates quick reaction, good technique and movement to anticipate moves of attacker
GBP's (including mirroring)	mirror attacking players body position, bring knees under body into same direction of attacker Player demonstrates ability to mirror body position and direction,	mirror attacking players body position, bring knees under body into same direction of attacker Player demonstrates agility to effectively mirror body position and direction of opponent
Blocking of a pass and shot	body horizontal, long as possible top leg on surface, body comes over hips, stepping over hips, lead arm forward, eggbeater legs driving hard high as possible, fingers spread elbow slightly bent, 'soft' arm follow shooter Player demonstrates ability to move forward onto attacker and then recover	body horizontal, long as possible top leg on surface, body comes over hips, stepping over hips, lead arm forward, eggbeater legs driving hard high as possible, fingers spread elbow slightly bent, 'soft' arm follow shooter Player demonstrates ability to move forward onto attacker and then recover

Blocking part of goal	Body in GBP with shoulders 90 deg to shooter, arm block using opposite arm/hand, unless GK says opposite. Arm/ hand angled slightly down. Hand visible in corner of vision Player understands and demonstrates fundamental techniques when blocking a part of goal	Body in GBP with shoulders 90 deg to shooter, arm block using opposite arm/hand, unless GK says opposite. Arm/ hand angled slightly down. Hand visible in corner of vision Player understands and demonstrates fundamental techniques when blocking a part of goal
Defend backhand shot	"body horizontal, eggbeater leg kick, same arm as shooter to: -ii) using arm against shooters arm to slope shooters arm downward preventing effective shot) push shooters elbow down preventing effective backhand shot."	"body horizontal, eggbeater leg kick, same arm as shooter to: -ii) using arm against shooters arm to slope shooters arm downward preventing effective shot) push shooters elbow down preventing effective backhand shot."
Jumping in different directions (towards ball)	Eggbeater, knees under stomach fall over with a big breaststroke kick, close legs fully and stretch towards ball, nearest arm to ball reaching, other pulling water Player shows proficiency in jumping and recovering from different directions	Eggbeater, knees under stomach fall over with a big breaststroke kick, close legs fully and stretch towards ball, nearest arm to ball reaching, other pulling water Player shows effective height and proficient in jumping and quick recovery from different directions
Attacker - releases –	Techniques for individual vs defender (1:1) Player demonstrate an understanding of keeping a position and holding possession of ball	Techniques for individual vs defender (1:1) Players can consistently demonstrate receiving and passing ball around arc whilst keeping defender from ball
Learning to step out/away from 2metre defender	C/F player demonstrates principles of stepping out/away from defender on 2m	C/F layer demonstrates a good understanding and variety of methods stepping out /away from defender
Move, receive shoot	Player demonstrates ability whilst moving to receive ball then execute a shot	Player consistently demonstrates ability whilst moving to receive ball then execute an accurate shot, maintaining high body position
Pass using peripheral vision- (look left, pass right)	Play demonstrates a good understanding and can execute passes onto water to receiver	Play demonstrates a good understanding and can consistently execute passes to hand or onto water to receiver
Passing - Lob	GBP, ball held behind head, hand underneath ball lowering of elbow, pushing the ball upwards, using br/st kick into an arc projectory Player is able to make effective short pass <3m, and long pass>5m to hand of player	GBP, ball held behind head, hand underneath ball lowering of elbow, pushing the ball upwards, using br/st kick into an arc projectory Player is able to make effective short pass <3m, and long pass>5m to hand of player under pressure from defender
Releases	Player demonstrates number of releases when been held, hand, arm, trunks/costume, flesh	Player demonstrates number of releases when been held, maintaining concentration on game

Release Pass	Left forearm is placed along rib cage or chest of opponent, ball held in extended right arm, left leg vertical under body to maintain height, right leg out under ball to 'step' back to the side to get distance & enable clear passing lane around defender, br/st kick to keep distance from defender until pass is complete Players demonstrates ability to cleanly obtain distance from defender and execute safe pass	Left forearm is placed along rib cage or chest of opponent, ball held in extended right arm, left leg vertical under body to maintain height, right leg out under ball to 'step' back to the side to get distance & enable clear passing lane around defender, br/st kick to keep distance from defender until pass is complete. Players consistently demonstrates ability to cleanly obtain distance from defender and execute safe pass around defender from left and right-hand side
Defend release and release jump	Player keeps attacker close, using Breastroke leg kick and holding arm to maintain closeness Showing good reaction anticipating step backs and movements to side blocking ball	Player keeps attacker close, using Breastroke leg kick and holding arm to maintain closeness Consistently shows good reaction anticipating step backs and movements to side blocking ball
2v1 As above + both attackers > than 3m apart with defender in between.	Player demonstrates ability to score goals with additional attacker and one defender + GK	Player demonstrates awareness with speed to consistently score or pass using additional attacker and one defender + GK
1v2 As above, defender slows attack by faking towards attacker with ball	Player demonstrates a good understanding defending vs 2 attackers swimming towards + GK	Player effectively demonstrates a good knowledge & understanding defending vs 2 attackers swimming towards + GK

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<u>Skill</u> By and during August week Tactics and Game play	<u>2001 Regional Academy Requirements</u>	<u>2001 National Academy Standard</u>
3 / 6 / LH	players demonstrate an understanding of roles and skills required for different positions	player has a deeper understanding and knowledge of specialised positions and able to apply in game play
Learn positions numbers and lettering 6v6 Man Up Man down Letter s 'a' to 'e'	To know positions (needs splitting down)	To know positions
Play with a player less in defence	Players shows ability and agility to make movements towards attacker	Players shows ability and agility to make movements towards attacker and decision making when marking non-marking opponent

Goalkeeper			
GK	Blocking shots from arc	GK demonstrates good positioning for each positional shot, demonstrating ability to save shot, under control and quick recovery	GK demonstrates good awareness & positioning for each positional shot, maintaining height & demonstrating ability save shot under control and recovery quickly
GK	Changing Position relative to shooters on arc	GK is able to position body and hands correctly for each positional shot, demonstrating good technique moving from position 1,2,3,4,5,4,3,2,1, & 1-5, 5-1 maintaining shoulders clear of water	GK demonstrates good speed maintaining body position and hands correctly for each positional shot, demonstrating good height & technique moving from position 1,2,3,4,5,4,3,2,1, & 1-5, 5-1 maintaining shoulders clear of water
GK	Changing positions relative to the C/F GK recognises hand position of C/F on ball moving accordingly	GK recognises different possible shots demonstrating good technique, closing down CF - sweep/backhand shot	GK anticipates, demonstrating good technique, when describing the likely shot from C/F maintaining good height throughout, demonstrating ability to close down covering sweep/backhand shot
GK	Defend Lob shot GBP both hands clear, near post elbow resting just above water preventing near post shot, other arm extended towards far post. Near post hand traces ball trajectory, other hand sculling supporting body as egg beater legs power across goal posts with final br/st kick to reach far post	GK demonstrating good technique, positional sense using correct hand for sculling when moving across goal mouth	GK demonstrating good technique, positional sense using correct hand for sculling with good progress moving across goal mouth
GK	Defend when C/F jumps away and turns for shot	GK demonstrates ability to recognise and anticipate shot showing good technique throughout	
GK	General Body Position Sitting position high knees wide knees feet turned out. Elbows &	GK demonstrates good technique maintaining body position throughout	GK demonstrates good technique maintaining body position throughout

	hands forward of body, hands on surface making short shallow movements. Elbows & hands sculling near surface in front of vertical torso.		
GK	Instructing Defence	GK is able to demonstrate good understanding of ball press & goal press defence , showing good communication with CB	GK is able to demonstrate good understanding of ball press & goal press defence, showing good communication with CB
GK	Jump in different directions starting with GBP , eggbeater kick, non-reaching hand across body to pulling across body as outreached arm clear of water, watching leading hand. explosive legs close together with a breaststroke kick, face dry, recover	GK demonstrates effective movements in reaching within 30cm top and bottom corners of the goals recovering to the centre each time	GK demonstrates effective dynamic movements in reaching within 20cm top and bottom corners of the goals recovering to the centre each time
GK	Jump with the C/F		
GK	Passing in front of player - swimming GBP, ball & elbow behind head , treading water, sculling one handed, br/st kick on delivery	GK demonstrates ability to pass ball <half way line in front of and on the water without player deviating direction to recover ball	GK consistently demonstrates ability to pass ball up to opposition 5m line in front of and on the water without player deviating direction to recover ball
GK	Passing to player swimming on back	GK demonstrates ability to pass ball <half way line into the vicinity, without player deviating direction to recover ball	GK consistently demonstrates ability to pass ball up to opposition 5m line into the vicinity without player deviating direction to recover ball
GK	Passing to player swimming on back- to hand	GK demonstrates ability to pass ball <half way line onto the hand without player deviating direction to recover ball	GK consistently demonstrates ability to pass ball up to opposition 5m line onto the hand without player deviating direction to recover ball
GK	Passing to static player	Demonstrates ability to make a dry pass to a player up-to the half way line	Demonstrates ability to make a dry pass to a player up to the opposition 5m line

GK	Starting positions Back straight, sitting position, knees high and wide. Hands sculling shallow insider shoulder width, elbows fwd of torso	GK demonstrates ability to maintain shoulder height	GK demonstrates ability to maintain shoulder height
GK	Stopping ball two hands (around the head)	GK demonstrates ability to control and stop shots from differing positons on arc	
GK	Stopping ball, one arm/hand (away from the body)	GK demonstrates ability to absorb the power of the ball and able to recover ball away from attacker	
GK	Take different positions for C/B. front/side/behind	GK recognises and demonstrates good technique, ability to take different positions of C/B front/side/behind	GK recognises, anticipates & demonstrates good technique, quickly taking different maintain good body positions of C/B- front/side/behind