

# Water Polo Talent Centre

## Selection Trial Information

### General Information

This document is intended to provide further detail regarding the requirements to be considered for selection for the Swim England Water Polo Talent Centres.

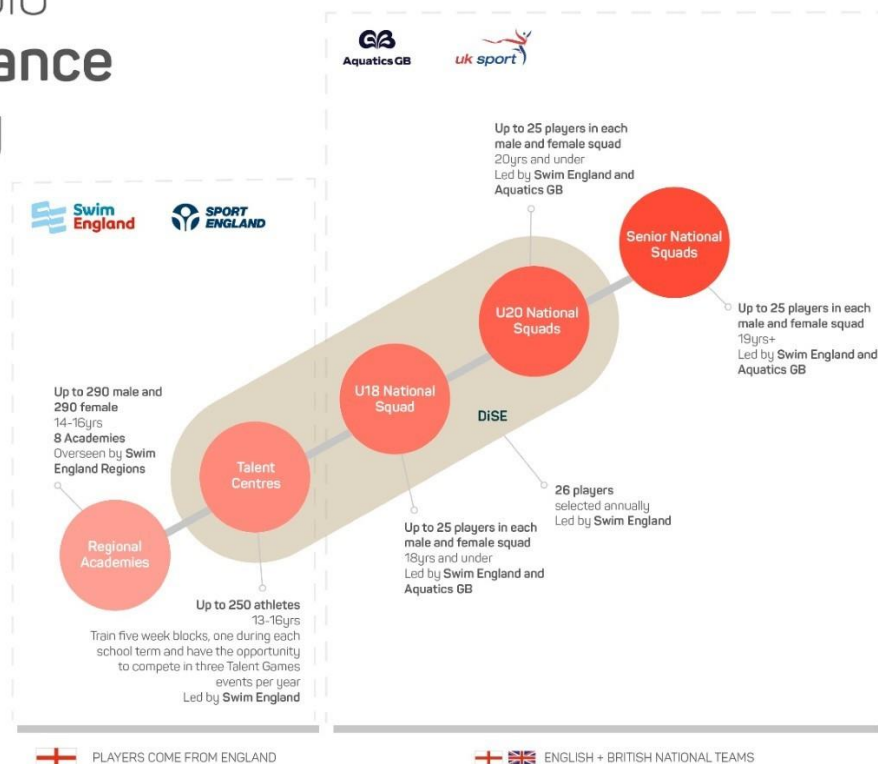
The overarching Swim England Talent vision and mission, are set across all of the Aquatic talent system and inform the overall approach to talent:

**Swim England Talent Vision:** A connected and collaborative Aquatic system enabling sustained success on the world stage.

**Swim England Talent Mission:** Develop the strength and depth of the Aquatic pathway through effective athlete development, to achieve high performance

Below provides an overview of the Swim England Water Polo talent pathway:

## Swim England Water Polo Performance Pathway



### **Selection Trial Overview:**

For new players interested in joining a Talent Centre, there is an initial trial for the coaches to review the skills and performance levels of players. The initial trials are open to players in the U13/14 age group, it is expected that players will have discussed and agreed the opportunity with their club/regional coaches before signing up. The trials main focus will be on the skills test with gameplay, swimming and player characteristics contributing to final selections decisions.

For U16s there is not a requirement for current members of Talent Centers to re-trial as selection will be based on their performance on the U14 programme, with the aim of players graduating through to the next age group. For any new players please sign up for an initial trial as below.

The dates of trials and how to sign up can be found on the Talent Centre page on the [Swim England website](#). If you wish to trial outside of the advertised trialing period please contact [englandtalentwaterpolo@swimming.org](mailto:englandtalentwaterpolo@swimming.org) who will be able to put you in contact with the appropriate Talent Centre Administrator.

Following selection, all players will be expected to commit fully to the programme and engage with all activities. Ongoing performance development monitoring, led by the coaching team will be in place, with feedback provided on an ongoing basis. . If a player is not performing at an expected level or are not engaging with the full programme, the coaching team may review a players involvement within a Talent Centre during the programme.. When selection decisions are made, the coaches will communicate to the player the reasons and rationale based on the **criteria** identified below.

The selection panel will be made up of the following:

- Talent Centre Head Coach
- Talent Centre Age Group Lead Coaches
- Talent Centre Assistant Coaches
- Note taker

In the event that consensus cannot be agreed the Talent Centre Head Coach will have the final decision, to select the most appropriate players to develop a balanced and cohesive squad.

### **Talent Games Selection**

As part of the Talent Centre programme of activities, there are Talent Games that run throughout the year, with a limited number of players from each Talent Centre selected by the Talent Centre coaching teams to compete at these games.

A team of 13 players will be selected to compete in games in the following categories: U14 open, U14 girls, U16 open, U16 girls. Selection for the Talent Games will be made at the discretion of the Talent Centre coaches each term, based on the performance and commitment shown by players throughout the programme. Please be aware that players are not guaranteed to be selected for these additional events.

For more information regarding the Talent Games, please visit the [website here](#).

## Criteria:

The below provides examples of the specific performance areas, that will be considered during the trial phase.

- Player Characteristics
- Swim Assessment
- Fundamental Skills
- Gameplay

Further details relating to the above can be found in the appendix.

## Appendix 1 – Criteria Details

Player Characteristics: demonstration of the key behaviors from within the Optimal Athlete Development Framework. Including showing the following characteristics; driven, resilient and robust, leader, Coachable, team player, ability to develop over time, takes ownership, understands the sport well and commitment to the programme

Fundamental Skills: Focus of basic skills will be on technical competence not speed, examples below of some of the skills to be considered:

- Horizontal Eggbeater: Hips high to surface, High wide knees with strong eggbeater kick, sculling hands with chin off the water
- Horizontal Eggbeater, backwards/ traversing: Feet first Eggbeater with hips and shoulders in line with feet. Body position should be high to surface, sculling hands in snooker player position (one arm stretched in front, one to the side)
- Horizontal Eggbeater, left & right: Hips High to surface, High wide knees with strong eggbeater kick, sculling hands with chin off the water. Leading leg should be high reaching for new water. Shoulders and Hips should be in line.
- Passing technique: Starting in a tripod position (Eggbeater with one sculling hand) with elbow high above and behind ear, rotating in a fluid motion before flicking wrist when releasing the ball. Hips should be facing where they are passing to, using eggbeater legs to achieve a good height out of the water (shoulders/armpits out of water), and using a breaststroke kick as the ball is released before returning to eggbeater.
- Shooting (Outfield players only): Starting in a tripod position (Eggbeater with one sculling hand) with elbow high above and behind ear, rotating in a fluid motion before flicking wrist when releasing the ball. Hips should be facing the goal, using eggbeater legs to achieve a good height out of the water (shoulders/armpits out of water), using a BR kick as the ball is released before returning to eggbeater.
- Saves (GKs only): GKs should start in general body position (sitting position, high knees, wide knees, feet turned out. Elbows & hands forward of body, hands on surface making short shallow movements. Elbows & hands sculling near surface in front of vertical torso) before using non-reaching hand across body to pulling across body as outreached arm clear of water, watching leading hand. Explosive legs close together with a breastbone kick, face dry, recover. GKs should use 2 hands to make saves around the head and use 1 arm to make saves to either side of them.

Gameplay: The focus of gameplay should be on a press defence and basic counter attacking principles setting up an arc in attack. U16s: 4-2 Man up in attack

- Attack: Player is making correct decisions in attack and executing technical and aspects of attack to gameplay fully.
- Defence: Player is making correct decisions in attack and executing technical and aspects of attack to gameplay fully.
- Positional: Player is demonstrating good positional awareness in all phases of play both in terms of their own positioning and communicating with their team.
- Tactical Awareness: Player applies knowledge of different phases of play and basic structures/associated tactics.

Swim Assessment: 400m swim times will be used as part of selection decision.