

CR Project: Main Categories and Skill Cards

Conditioning

Improving overall fitness and water skills like swimming, kicking, and eggbeater to support strong, lasting performance.



Swimming



Kicking



Eggbeater



Sculling



Swimming w ball



Water Balance & Ball Handling

Building control of your body and the ball while moving in different directions or under pressure.



Ready Position



Jumping/Sliding



Change body Direction/Trudgeons



Over the hips



Trudgeon / Swim with ball in Hand



Vertical Form

Training body position and leg strength to stay high, balanced, and ready to pass, shoot, or block.



Triple Threat



Passing



Shooting



Blocking



Faking



Contact

Learning how to move, hold position, and play effectively during physical battles in the water.



Control Opponent while having the ball



Turns for perimeter players



Releases



Pressing the Passer



Swim with Contact



Center Forward



Center Defender



Turns for Centers



Finish with Defender on Back



Driving/Posting Up



Goals

Focusing on goalie-specific skills like positioning, blocking, and quick reaction to protect the goal.



Base Position (Base/Arms Out Position)



Transitions (Slides/Steps)



Jumps (Vertical Jumps/Lunges)



Specialty (Lobs/Cross Cage Transition)



Blocking (Near-Far/1 arm/2 Arms Blocking)

