



Category: Conditioning

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Eggbeater Endurance + Stability Test
The athlete maintains height using only eggbeater motion, without arm assistance. The test measures leg endurance, vertical control, and postural stability—core components of elite goalkeeping.postural integrity under fatigue.

Title: EGGBEATER

Description: The eggbeater is the essential movement that allows water polo goalkeepers to stay elevated, stable, and explosive in the water. It is a continuous, alternating circular motion of the legs that provides lift without relying on arm movement, making it the foundation for jumping, blocking, sliding, and staying ready in goal. Its efficiency directly impacts reactions, balance, and endurance.

Goal: To develop an efficient, powerful, and consistent eggbeater that supports all goalkeeper actions—especially elevation, readiness, and reaction under pressure—without fatigue or technical breakdown.

Instructions: Start in an upright vertical position, with knees bent and feet below the hips. Alternate circular kicks with each leg in an outward and upward motion, creating constant vertical lift. Keep the rhythm smooth and coordinated; avoid stiffness or crossing legs. Maintain an active core and avoid using arms for balance. Train both low-intensity (for endurance) and high-intensity (for explosive jumps), emphasizing form, posture, and control.

PreSkills: GOALIE Ready Position KICKING
1. Basic Treading Water, 2. Single-Leg Circles, 3. Core Posture Holding

Similar Drills: GOALIE Ready Position KICKING SCULLING

Drill:In-Water

Head & eyes

Always upright with gaze forward. Train athletes to keep focus on the game while maintaining elevation without neck strain.

Part

Shoulder

Relaxed but high and symmetrical. Avoid rising and falling with each beat —teach shoulder stillness as a sign of kicking control.t.

Part

Arm &Hands

Remain forward and slightly sculling or completely still. Emphasize leg-driven elevation without upper-body compensation.

Part

Core/ torso

Strong and vertical. Teach athletes to engage core muscles to maintain posture, especially when fatigued or during transitions.

Part

Hips & Legs

The main engine. Focus on wide, circular, and alternating leg motion—knees rotate outward, not inward. Coach symmetry and smooth rhythm.r..

Part

didactical focus

Teach the eggbeater progressively—from dryland to wall-supported to free water—focusing first on rhythm and symmetry. Use video feedback to refine technique, introduce challenges to build endurance, and always reinforce that the eggbeater is the foundation of all goalie movement

Instructions

Related drills

1)Wall-Supported Eggbeater Practice
Hands on pool wall, focus on clean, symmetrical motion for 30 seconds
2)Timed Shoulder-Out Hold Maintain shoulder elevation above water using only legs (30–60 seconds).
3)Explosive Eggbeater + Vertical Jump
Build power and control with reactive jumps from eggbeater base

Drill

Common Mistakes

Legs moving too straight or stiff, reducing lift and efficiency.
Crossing legs or losing the circular motion, compromising stability.
Using arms to compensate for poor leg technique, leading to bad habits.
Inconsistent rhythm, causing sinking or wasted energy.
Poor core engagement, resulting in a wobbly or unbalanced posture.

Common Mistakes



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Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: HIGH INTENSITY EGGBEATER INTERVALS

Description: This drill focuses on explosive leg conditioning through timed high-intensity eggbeater intervals. Goalkeepers alternate between maximum effort and short recovery to simulate match-like energy bursts.

Goal: To enhance explosive eggbeater capacity and recovery for repeated game-like efforts.

Instructions: In each interval, the athlete performs max-intensity eggbeater to maintain or gain elevation (shoulders out of water) for 20 seconds, followed by a short active recovery. Emphasize speed, vertical height, and form.

Test:

Complete 6 x 20-second bursts; measure consistency and form. Consistency of elevation (1-5). Speed score (1-5). Recovery efficiency (1-5)

Linked to Skill: EGGBEATER

Similar Drills: GOALIE READY POSITION: Ready Hands – Out Position SUSTAINED EGGBEATER ENDURANCE

Drill: In-Water

FEET & ANKLES

Must remain loose but engaged; allow fluid motion and reduce drag during fast circular kicks

Part

CORE

Stabilizes during transitions from sprint to rest

Part

ARMS

Held forward for form or overhead to increase difficulty.

Part

LEGS

Fast, powerful circular kicks; focus on explosiveness and control

Part

Didactical focus

Train anaerobic leg capacity and jump readiness. Reinforce leg speed under time pressure with recovery pacing

Instructions

Similar Drills

20:10 Eggbeater Sprints:6 rounds of 20 seconds max effort, 10 seconds rest. Total set duration: 3 minutes. Speed-Burst Hold Drill:15 seconds max intensity followed by 15 seconds sustained hold. Repeat 4 cycles

Drill

Common Mistakes

Low knees, narrow knees, lack of stability, tread water towards the outside (not internal rotation)

Common Mistakes



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Category: Conditioning

Created for (club): Universo

Title: SUSTAINED EGGBEATER ENDURANCE

Description: This drill builds leg and core endurance through long-duration eggbeater kicking. Goalkeepers maintain elevated position with consistent tempo, mimicking extended defensive sequences in game situations.

Goal: To develop sustained eggbeater endurance for maintaining goalkeeper readiness in prolonged defensive situations.

Instructions: Athlete performs continuous eggbeater kicks while keeping shoulders above water for a sustained time. Emphasis is on rhythmic movement, vertical posture, and tempo control. Hands may be extended forward or overhead for variation.

Test: Eggbeater Endurance Test: Maintain height with eggbeater only for maximum time. Time held (seconds). Posture quality (1-5) Kick rhythm consistency (1-5)

Linked to Skill: EGGBEATER

Drill: In-Water

FEET & ANKLES	CORE	SHOULDERS & ARMS	LEGS	DIDACTICAL FOCUS	Similar Drills	Common Mistakes
Should remain relaxed but active, supporting smooth circular motion and efficient propulsion	Maintains upright position and balance	Elevated posture with hands in position; helps train real-game upper body coordination	Symmetrical, wide eggbeater kicks; focus on sustaining movement over time.	Build aerobic leg endurance and postural integrity during fatigue. Train constant output rhythm with form under time stress	Timed Eggbeater set: 3X60 seconds continued eggbeater. Rest 30 seconds between sets. Arm position hands forwards. POSTURE HOLD VARIATIONS: Same drill with overhead arms for final 20 seconds of each set	**Common Mistake (Short Description):** Athletes often perform eggbeater kicks that are too narrow or inconsistent in tempo, leading to sinking or fatigue. Other frequent issues include tense ankles, collapsed posture, or dropping the shoulders below the waterline.
Part	Part	Part	Part	Instructions	Drill	Common Mistakes



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Created for (club): Universo

Title: KICKING

Description: Kicking refers to the use of continuous eggbeater motion for vertical lift, stability, and explosive movement. For goalkeepers, it is not only a technical base but a conditioning tool to develop power, endurance, and reactive control in goal. A strong, efficient kick allows sustained elevation, fast transitions, and sharp vertical jumps during defensive actions

Goal: To build strong, efficient, and conditioned eggbeater kicking that allows the goalkeeper to maintain high elevation, react quickly, and perform powerful vertical or lateral movements over sustained periods of play.

Instructions: Begin in a stable eggbeater position with proper posture (shoulders out, torso upright). Focus on tempo control: maintain a steady rhythm for endurance, or increase speed and force for explosive actions. Train with time-based intervals (e.g., 30–60 seconds) or repetition-based sets (e.g., jumps or reactive kicks). Kicking should be isolated in drills to develop muscular endurance and leg strength, always while maintaining technical precision and posture

Test:

Kicking Endurance Test
The goalkeeper performs continuous eggbeater kicking to keep shoulders above water for as long as possible, without using arms. The test evaluates endurance, form control, and postural integrity under fatigue.

PreSkills: GOALIE Ready Position
GOALIE: JUMPS
1. Basic Eggbeater Coordination
2. Buoyancy Awareness
3. Core Stability in Vertical Posture

Drill: In-Water

Head & eyes

Shoulder

Arm & Hands

Core/ torso

Legs

Didactical focus

Related drills

Common Mistakes

Stay upright, with the chin slightly forward. Keep visual focus on the ball even during fatigue—teaching concentration and consistency under effort.

Elevated and stable; avoid dipping or collapsing under fatigue. Teach athletes to keep posture active and symmetrical, resisting the tendency to hunch or twist.

Positioned in front or active in light sculling. Avoid overuse of arms for lift—focus must remain on leg-driven elevation. Teach awareness of when hands assist versus when they compensate for weak legs.

Engaged to hold vertical line. Teach athletes to keep the spine tall, avoiding swaying or leaning during long kicking sets—posture integrity under load is key.

The driving force. Emphasize wide, symmetrical, and circular eggbeater motion. Teach timing, leg alternation, and hip rotation as sources of endurance and power..

Introduce kicking through short, high-quality sets before building endurance. Reinforce quality over speed, correcting misalignment or asymmetry. Include progressive overload (time, resistance, reps) to develop conditioning without sacrificing form. Use mirror or video feedback to support self-awareness and refine technique under fatigue. Build an athlete mindset that understands leg conditioning = reaction time and jump height

1)Timed Kicking Hold Kick for 45 seconds with shoulders out of water, arms forward; maintain posture
2)Resistance Kick Sets Use bands or drag tools to add resistance to the eggbeater motion (20–30 sec sets)
3)Reactive Kick + Vertical Jump Start kicking, then on signal, perform a vertical jump—developing reactive leg strength.

Legs too straight or uneven motion, reducing stability.
Leaning forward or closed shoulders, losing elevation.
Overusing arms to compensate instead of driving with legs.
Rhythm too fast and uncontrolled, leading to early fatigue.
Poor technical precision, resulting in messy, inefficient movements.

Part

Part

Part

Part

Part

Instructions

Drill

Common Mistakes



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Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Test: Explosive jump capacity test. Count max jumps in 30 seconds with proper form. Metric: Number of jump. Average jump height (visual or marked). Form consistency score (1–5)

Metrics:

1.0-5.0 [r]

Title: EXPLOSIVE KICK INTERVALS

Description: This drill trains explosive leg power and recovery using eggbeater-based vertical jumps. Goalkeepers perform timed bursts of upward kicks with minimal pause, simulating in-game jumping and reset mechanics

Goal: To improve explosive leg strength, jump height, and recovery speed for repeated goalkeeping actions.

Instructions: Start in a vertical eggbeater. On cue, jump vertically out of the water with both hands reaching high. Upon landing, immediately return to eggbeater and prepare for the next repetition. Repeat for a timed set or fixed number of jumps.

Linked to Skill: KICKING

PreSkills: EGGBEATER
1- Eggbeater into jump mechanics
2- Arm reach timing
3- Reset Tecnique

Drill: In-Water

HEAD & SHOULDER

Stay aligned; head remains neutral.

Part

CORE

Stabilizes vertical posture and controls descent

Part

ARMS

Reach high at peak of jump; simulate block.

Part

LEGS

Full extension kick from eggbeater; focus on power and timing.

Part

DIDACTICAL FOCUS

Build fast-twitch leg response and anaerobic endurance. Reinforce recovery after jump into ready position.

Part

SIMILAR DRILLS

Jump interval Set: 3 sets of 6 vertical jumps (every 5 seconds). Rest: 45 seconds between sets
Timed max jump: Max vertical jumps in 30 seconds. Focus on form, height, and rhythm

Drill



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Created for (club): Universo

Title: VERTICAL KICK HOLD

Description: This drill focuses on building leg strength and muscular endurance through sustained vertical kicking. The goalkeeper maintains an elevated position for time while holding arms in a specific posture

Goal: To improve eggbeater endurance and postural stability in vertical goalkeeper positioning.

Instructions: From vertical posture, the athlete uses continuous arm sculling to move side-to-side across a 5-meter space. Legs remain still. Shoulders must stay above water and movement should be smooth, controlled, and consistent.

Test: VERTICAL KICK ENDURANCE
TEST: Time how long athlete can hold elevated posture with arms extended forward.

Metrics: Time held (seconds), Shoulder height consistency (1-5). Leg technique score (1-5)

Linked to Skill: KICKING

Similar Drills: STATIC SCULLING ENDURANCE

Drill: In-Water

SHOULDER & HEAD	CORE	LEGS	Arms	Didactical Focus	Similar Drills	Common Mistakes
Maintain upright posture, aligned with spine.	Engaged to stabilize upper body and prevent swaying.	Main driver of elevation; kicks must be wide, controlled, and rhythmic	Positioned depending on difficulty level (e.g., forward, high block, or overhead).	Train endurance while holding correct form under fatigue. Emphasize posture maintenance and leg control	5 MT SCULLING SIDE REPEATS: Move 5 meters laterally using only sculling, then return. Repeat 4 times (2 in each direction. Rest: 20 seconds between reps. TIMED ENDURANCE SET: Max distance in 30 seconds using only arms.Emphasis on posture, tempo, and reach	Athletes often perform the eggbeater too narrowly or with irregular rhythm, resulting in a loss of elevation. Other common errors include collapsing posture, submerged shoulders, or incorrect arm positioning, which lead to instability and early fatigue.
Part	Part	Part	Part	Instructions	Drill	Common Mistakes

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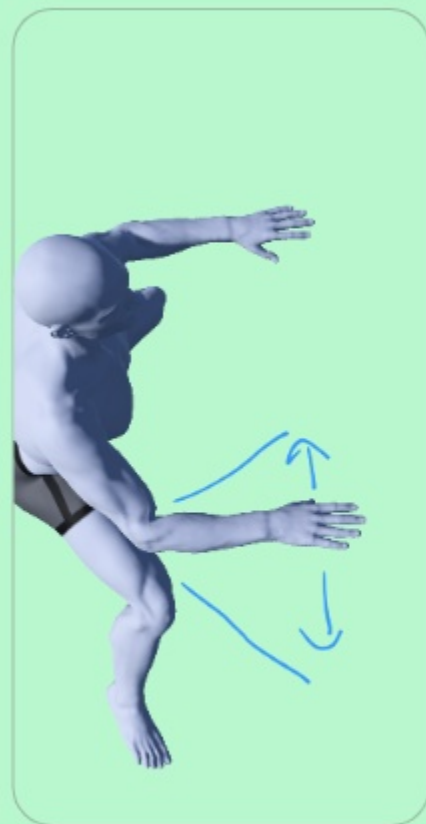
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Test:

Static Sculling Hold Test
The goalkeeper maintains a controlled posture using only sculling for 30 seconds. The test assesses water balance, posture control, and hand technique without relying on leg propulsion.

Title: SCULLING

Description: Sculling is a fundamental skill used by water polo goalkeepers to maintain balance, control, and fine movement in the water. It involves continuous, small sweeping motions of the hands and forearms that provide subtle adjustments to stabilize the body or assist vertical/lateral movement without major leg input. For goalkeepers, sculling is essential to stay elevated, square to the ball, and ready to react.

Goal: To develop fine motor control and fluid stability in water, enabling the goalkeeper to stay centered, upright, and reactive without overusing the legs. Sculling enhances balance, transition control, and efficiency in positioning.

Instructions: Begin in eggbeater with shoulders above water, elbows bent and forearms forward. Use small figure-eight hand motions to maintain balance, adjust alignment, support slides, and assist elevation. Control speed based on stability needs.

Drill: In-Water

Head & eyes

Shoulder

Hands

Core/ torso

Legs

Didactical Focus

Related Drills

Common Mistakes

Maintain steady head position; eyes focused on the ball, not on the hands

Stay relaxed but open; support the arms in staying above water level.

Palms active and slightly angled; fingers close together for better water catch.

Engaged to maintain posture and support controlled movement.

Light eggbeater or still –allow arms to lead the stability.

Emphasize hand positioning and pressure awareness in water. Train students to connect sculling with balance, not propulsion. Reinforce the importance of using sculling to assist, not replace, core and leg control.

1) Still-Scull Hold
Maintain stable posture using only sculling while keeping shoulders out of water
2) Sculling + Head Turn (Practice holding balance with sculling while tracking a moving ball or coach
3) Sculling Slide
Move laterally across the cage using sculling + minimal leg input, staying balanced.

Athletes often use overly large or fast hand motions, leading to instability and wasted energy. Other common errors include stiff wrists, fingers spread too wide, or looking down at the hands—causing loss of balance, reduced control, and delayed reactions.

Part

Part

Part

Part

Part

Instructions

Drill

Common Mistakes



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Created for (club): Universo

Title: DYNAMIC SCULLING ENDURANCE

Description: This drill develops upper body endurance and coordination through dynamic sculling while in motion. The goalkeeper travels laterally across a set distance using sculling alone, simulating in-game balance corrections and recovery positioning.

Goal: To build dynamic upper body conditioning for sculling under movement pressure, mimicking transitions and recovery actions seen in goalkeeping.

Instructions: From vertical posture, the athlete uses continuous arm sculling to move side-to-side across a 5-meter space. Legs remain still. Shoulders must stay above water and movement should be smooth, controlled, and consistent.

Test:

SCULLING
DISTANCE
TEST: Measure
distance
covered in 30
seconds using
only arm
sculling (no
legs)

Metrics:

Distance
(meters)
Posture control
score (1-5)
Stroke rhythm
(1-5)

Linked to Skill: SCULLING

Drill: In-Water

HEAD & EYES

Look forward for alignment;
correct drifting with subtle
adjustments.

Part

TORSO

Control twisting; body must face
forward and stay upright.

Part

ARMS & HANDS

Generate all motion through
figure-eight sculling patterns.
Teach equal push on both sides.

Part

SHOULDER

Must stay elevated across entire
set; endurance under motion
is key.

Part

Didactical Focus

Improve balance while moving.
Train dynamic sculling under time
and fatigue. Emphasize hand
pressure control and rhythm

Instructions

Similar Drills

5 MT SCULLING SIDE REPEATS:
Move 5 meters laterally using only
sculling, then return. Repeat 4
times (2 in each direction. Rest:
20 seconds between reps.
TIMED ENDURANCE SET: Max
distance in 30 seconds using only
arms. Emphasis on posture,
tempo, and reach.

Drill



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Created for (club): Universo

Title: STATIC SCULLING ENDURANCE

Description: This drill targets upper body endurance and water balance through static sculling. The goalkeeper maintains vertical posture using arms only, building muscular control and shoulder conditioning under time stress.

Goal: To develop shoulder and arm endurance necessary for in-goal control, while training stability and form under physical stress.

Instructions: Athlete performs continuous figure-eight sculling motions with both hands in front of the body. Shoulders remain above water, legs must remain still (no eggbeater allowed). Emphasize form, posture, and tension control in the arms.

Test:

STATIC SCULLING TEST: Athlete sculls without legs for maximum time. Coach evaluates shoulder height and posture. Time held (seconds) - Shoulder height (1-5 score) . Arm form (1-5 score)

Linked to Skill: SCULLING

PreSkills: GOALIE Ready Position
GOALIE TRANSITIONS
1- Sculling Technique Basics 2 - Body Line Awareness 3- Wrist & Hand Activation

Similar Drills: DYNAMIC SCULLING ENDURANCE

Drill: In-Water

HEAD & EYES

Fixed forward; maintain alignment

Part

LEGS

Provide vertical lift and support quick resets. Engage strongly during jumps.

Part

SHOULDERS

Remain elevated. Reinforce endurance under sustained tension.

Part

CORE

Lightly activated to stabilize vertical line.

Part

Didactical Focus

Teach athletes how to maintain position using only upper body. Build shoulder and forearm endurance. Evaluate form and posture under fatigue.

Instructions

Similar Drills

Similar Drills
STATIC SCULLING HOLD (TIME SET) Perform 3 x 30 seconds of arms-only sculling. Maintain elevation with perfect form. 15 seconds between sets
Overload Set : Add light resistance (e.g. small paddle or weight) for 2 x 20 seconds
Emphasis on water feel and shoulder control.

Drill

Common Mistakes

Athletes often overuse their shoulders without proper hand positioning, leading to fatigue, sinking, or poor control. Another frequent issue is moving the legs unintentionally, which compromises the focus on upper-body endurance.

Common Mistakes



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Test:

Technique-Based Swim Test
The swimmer completes a 50-meter swim focusing on form and control. The test evaluates body alignment, breathing, stroke rhythm, and technique quality—establishing the swimmer's technical foundation for game performance.

Title: SWIMMING

Description: Swimming is the foundational movement in water polo, used to move quickly and efficiently across the pool in any direction. For goalkeepers and players, swimming without the ball emphasizes body alignment, propulsion, breathing control, and directional awareness, setting the base for all game-related movements and transitions.

Goal: To develop efficient, controlled, and technically correct swimming mechanics that allow players to move with speed, endurance, and precision—building the base for game actions like recoveries, transitions, or defensive positioning.

Instructions: Swim with the head aligned to the spine and eyes looking slightly forward. Keep elbows high during the arm recovery phase and hands entering the water cleanly in line with the shoulder. Use a strong flutter kick, maintaining a horizontal body line near the surface. Breathe rhythmically to the side or front depending on drill goal. Emphasize streamlined posture, efficient pull, and control over splash or wasted movement.

Drill: In-Water

Head & eyes

Shoulder & arms

Hands

Core/ torso

legs & kick

didactical focus

Related drills

Common Mistakes

Aligned with the spine, head stable; eyes look slightly forward to maintain waterline balance. Teach swimmers to avoid excessive head lift, which creates drag and poor alignment.

Shoulders roll naturally; arm recovery should be relaxed but controlled, entering the water smoothly. Focus on long, clean strokes and entry at shoulder width to maximize reach and minimize resistance.

Fingers closed, hand relaxed but firm. The pull should be deep and efficient—train athletes to

Engaged for full-body coordination. Emphasize that core control keeps the swimmer stable, horizontal, and helps in transitioning between strokes or directions.

Small, fast flutter kicks initiated from the hips, not the knees. Teach ankle flexibility and relaxed movement to generate propulsion without stiffness or fatigue.

Teach swimming through progression: from position holds to active swimming, focusing on body alignment, water feel, and rhythm. Emphasize technique before speed, using video or tactile feedback to build awareness and efficiency.

1) Body Line Glide Drill
Push from wall, hold streamline with no strokes for 5–10m.
2) Head-Up Crawl Swim with head just above waterline; maintain alignment and rhythm (builds game-readiness)
3) Catch + Pull Focus Drill Swim 25m focusing only on underwater phase—clean catch, strong pull, quiet recovery.

Dropping the head too low or lifting it too high, disrupting body alignment.

Crossing arms over the center line, reducing propulsion and causing imbalance.

Low or sloppy elbow position during recovery, decreasing efficiency.

Weak or inconsistent kick, leading to poor speed and body position.

Irregular or improper breathing, breaking rhythm and reducing endurance

Part

Part

Part

Part

Part

Instructions

Drill

Common Mistakes



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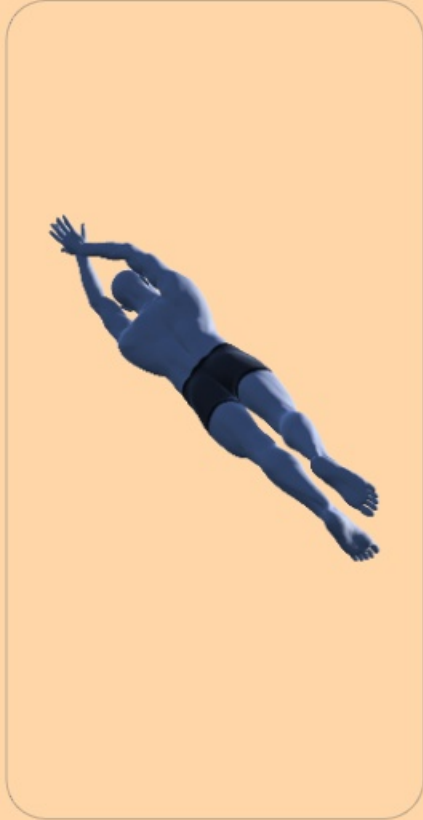
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Created for (club): Universo

Title: SWIMMING: BODY LINE GLIDE - STREAMLINE

Description: This drill develops body alignment, water feel, and streamline control by focusing on passive glide. It reinforces proper starting position, balance, and breathing preparation for efficient movement.

Goal: To develop body awareness and streamline posture, creating the foundation for all forward propulsion in swimming.

Instructions: Athlete pushes off the wall in a tight streamline position (arms extended overhead, biceps close to ears) and glides for 5–10 meters without kicking or stroking. Focus on head position, core tension, and body line straightness.

Test: STREAMLINE DISTANCE
TEST: Push-off and glide as far as possible without kicking.

Metrics: Distance achieved (meters).
Posture quality score (1–5)
Streamline hold time (seconds)

Linked to Skill: SWIMMING

PreSkills: KICKING
1- STREAMLINE ARMS POSITIONING, 2- CORE LINE CONTROL, 3- HEAD-SPINE ALIGNEMENT

Similar Drills: SWIMMING: CATCH UP & PULL FOCUS

Drill: In-Water

HEAD & EYES	CORE	ARMS	LEGS& FEET	Didactical focus	Similar Drills	Related drills
The head should remain in a neutral position, aligned with the spine to maintain hydrodynamic efficiency. Eyes should be looking slightly downward or forward to avoid disrupting the body line and causing drag.	Engage the core continuously to stabilize the spine and pelvis. A firm midsection prevents the hips from dropping and maintains a straight body line through the glide.	Arms must be fully extended overhead with the biceps pressed against the ears, locking into the tightest streamline possible. Hands should overlap or stack, with fingers extended to slice through the water smoothly	Legs should be straight and extended, squeezed together with feet pointed. Tension here prevents drag and keeps the line unified from head to toe.	Reinforce whole-body awareness and tension management for optimal streamline efficiency. This drill should teach athletes to feel subtle misalignments and self-correct, building habits essential for initiating all effective swimming propulsion.	Wall Push & Glide Repeats: 6 x 10m streamline glides from push-off. Focus: posture and core engagement. Rest: 20 seconds between glides Breath-Control Glide Drill: Same glide but add delayed breath for 2–3 seconds post-push.Enhances calmness and breath discipline.	Incorrect body position (resistance), wrong hands position to reduce contact, glide on the surface, start moving earlier, weak push
Part	Part	Part	Part	Instructions	Drill	Common Mistakes



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Category: Conditioning

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

PULL EFFICIENCY TEST: Swim 25m freestyle focusing only on pull phase. Time seconds. Stroke counts: fewer = more efficient. Pull technique quality 1-5

Title: SWIMMING: CATCH UP & PULL FOCUS

Description: This drill develops underwater stroke efficiency and upper body strength by isolating the catch and pull phases of freestyle. It builds awareness of water resistance, hand anchoring, and forearm engagement to maximize propulsion.

Goal: To develop powerful, efficient underwater propulsion by improving catch mechanics and mid-stroke control.

Instructions: Swim 25 meters focusing exclusively on the underwater phase of each stroke. Enter quietly, anchor the hand, and pull with strength and precision through the full stroke path. Recovery should be soft and minimal—no emphasis on speed, only on control and feel.

Linked to Skill: SWIMMING

Drill: In-Water

HEAD & EYES

Head neutral, eyes slightly forward/down to maintain alignment and minimize resistance.

Part

CORE & TORSO

Stabilize trunk during pull to prevent body roll from disrupting alignment.

Part

SHOULDER & ARMS

Enter hand at shoulder width; emphasize deep elbow catch and full pull through the hip line. Shoulder roll must be controlled but strong.

Part

LEGS

Minimal kick, just enough for balance. Focus energy on upper-body propulsion.

Part

Didactical focus

Teach swimmers to “feel the water” during pull. Reinforce strong, connected movement from catch to finish. Develop muscular awareness and propulsion timing.

Part

Similar Drills

25m Catch-Pull Swim
Repeats: 4 x 25m focusing only on underwater stroke. Rest: 30 seconds
Single Arm Focus Drill: Swim 25m using one arm at a time, other arm by side. Alternate arms each lap. Emphasis: shoulder engagement and symmetry.

Drill

Common Mistakes

Bad hand position on the catch, miss rotation on the first phase, elbow low or back on pull, arm extended on the pull

Common Mistakes



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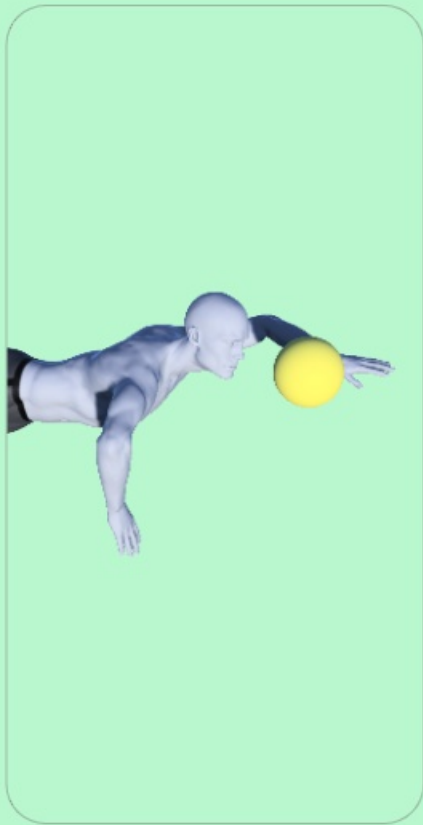
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Category: Conditioning

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Head-Up Swim with Ball Test The player swims 25 meters with the ball in head-up position. The test assesses technical execution, posture, and control while maintaining elevation and awareness—key elements in real-game play.

Title: SWIMMING HEAD UP WITH BALL

Description: Swimming head-up with the ball is a core skill that allows players to advance the ball while maintaining game awareness, control, and mobility. It combines swimming technique with ball handling, teaching players to move efficiently without losing sight of the game or possession of the ball

Goal: To develop the ability to swim while maintaining ball control, game vision, and efficient body movement. This skill supports fast breaks, counterattacks, and game tempo control while keeping the player aware and ready for a pass or shot.

Instructions: Swim with the head and chest slightly elevated, eyes looking forward. Keep the ball close, gliding just ahead of the forehead or nose. Use a short, fast flutter kick to maintain elevation and propulsion. Pull with compact arm strokes, keeping elbows high and hands moving slightly under the ball to guide its path. Avoid splashing or overreaching—aim for rhythm, control, and posture.

PreSkills: SWIMMING
1.Basic Head-UpSwimming, 2. Ball Control on Water Surface, 3. Compact Arm Stroke Practice

Similar Drills: GOALIE TRANSITIONS SWIMMING

Drill:In-Water



Head & eyes

Head high, stable, and aligned; eyes forward. Teach players to keep visual contact with both the ball and the game, avoiding excessive backward tilt

Part



Shoulder

Elevated and steady. Teach stability in upper body without excessive tension to support ball control..

Part



arms & Hands

Use compact strokes and control the ball's movement subtly with water pressure. Teach players to lead with the chest and let the ball roll naturally without constant contact.

Part

Core/ torso

Slight forward lean from the hips, keeping the upper chest lifted. Emphasize core activation for balance and directional control.

Part

legs & kick

Fast, shallow flutter kick with minimal knee bend. Teach rhythm that supports elevation and ball glide without wasting energy

Part

Didactical Focus

Teach through progressive stages: dryland ball control → head-up swimming without ball → integrated swim with ball. Emphasize vision, posture, and rhythm over speed. Use video or partner feedback to adjust ball proximity and body position.

Instructions

Related drills

1) Lane Swim with Ball
Swim 25m head-up while guiding the ball forward, focusing on rhythm and posture
2) Mirror Swim Drill
Swim with a partner next to you, maintaining head-up control and awareness of both the ball and surroundings
3) Start + Sprint with Ball
Simulate counterattack: start from vertical hold, explode into 10m head-up sprint with ball.

Drill

Common Mistakes

Letting the ball drift too far forward, losing control and slowing down.

Dropping the head too low or lifting too high, affecting body position and vision.

Using long or wide arm strokes, causing splashes and instability.

Kicking too weakly or inconsistently, reducing speed and elevation.

Focusing too much on the ball and losing game awareness or passing options.

Common Mistakes



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Category: Conditioning

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: HEAD UP FREESTYLE (NO BALL)

Description: This drill builds endurance and body alignment under visual engagement by swimming freestyle with the head above the waterline. It's essential for simulating real game scenarios such as pressing or transitioning.

Goal: To strengthen head-up swimming posture and build functional conditioning for match-speed transitions

Instructions: Athlete swims 25 meters with their head lifted above water, maintaining a balanced and steady stroke. Emphasis on continuous flutter kick, torso alignment, and stroke coordination while maintaining visual tracking ahead.

Test: Head-Up Endurance
Test: Swim 25m head-up freestyle with control.

Metrics: Times(s).
Stroke rhythm score (1 to 5).
Core alignment score (1-5)

Linked to Skill: SWIMMING HEAD UP WITH BALL

PreSkills: KICKING SWIMMING
1-HEAD NATURAL COORDINATION, 2-KICK STABILITY, 3-ARM RECOVERY CONTROL

Drill: In-Water

HEAD & EYES	CORE & TORSO	SHOULDERS & ARMS	LEGS	DIDACTICAL FOCUS	SIMILAR DRILLS	COMMON MISTAKES
Maintain steady lift without straining the neck. Focus forward for game-like awareness	Engage core to support hips and prevent sinking; maintain horizontal line.	Controlled recovery with high elbows. Pull phase must stay strong to counter water resistance	Active flutter kick maintains elevation and direction.	Build capacity to swim with head up while maintaining technique and speed. Reinforce awareness and water position.	4 x 25m Head up Swim repeats. Focus on balance and endurance. Rest 30 secs Head up tempo sprint set: 3x15 splints head up, followed by 10 mt relaxed recovery.	Athletes often lift the head too high, causing neck strain and lower-body drag. Other common errors include dropping the hips, weak flutter kicks, and uncoordinated arm recovery, all of which disrupt balance and reduce efficiency
Part	Part	Part	Part	Instructions	Drill	Common Mistakes



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Category: Conditioning

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Ball Control
Swim: Swim
25m with ball
head-up.

Metrics:

times, ball
control (1-5)
head stability
(1-to 5)

Title: HEAD UP SWIM WITH BALL

Description: This drill trains ball handling while swimming, reinforcing freestyle posture, hand positioning, and tactical awareness. It's a core skill for fast breaks and ball advancement under pressure.

Linked to Skill: SWIMMING HEAD UP WITH BALL

Goal: To improve control, rhythm, and confidence while swimming head-up with the ball in dynamic conditions.

Drill: In-Water

Instructions: Athlete swims with the ball gliding ahead of the face, eyes forward, arms pulling in tight rhythm, and flutter kick supporting elevation. The swimmer must not lose contact with the ball while maintaining direction and posture.

HEAD & EYES

Steady forward gaze. Avoid bouncing or dipping

Part

CORE & TORSO

Maintain strong trunk to stabilize head and shoulder movement.

Part

ARMS & HANDS

Pull close to the body to guide the ball. Avoid hitting or splashing it.

Part

LEGS

Active flutter kick maintains elevation and direction.

Part

Didactical focus

Teach coordination of ball control with freestyle movement. Train posture and spatial consistency.

Instructions

Similar Drills

4 x 25m Swim with Ball: Focus: maintaining ball position and vision. REST 20 SEC
Change-of-Speed Drill: Swim 10m slow, 10m sprint with ball x 3

Drill

Common Mistakes

Lack of ball control, lose balance, head movement, arms frequency

Common Mistakes



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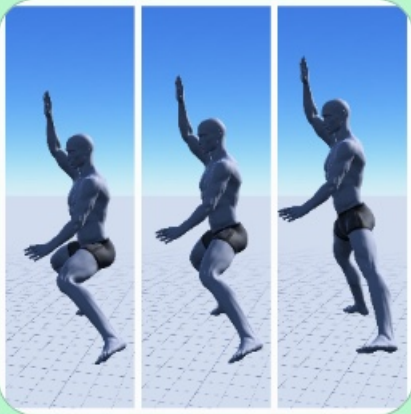
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Category: Water Balance

Created for (club): Anemos

Title: Jumps

Description: Ability to jump out of the water based on legs
Power, many waterpolo situations require this skill.

Goal: To cover distances and reach out as fast as possible targets

Instructions: From a ready position execute an explosive jump
Movement to reach the ball, height, etc using the hips and knees extension as well as a strong kick

Test:

Max. Jump over
3 attempts

Metrics:

Height in cm

PreSkills:

Ready Position
Breastroke kick,
Eggbeater, Sculling

Drill: In-Water

Knees

Wide

As wide as possible, bring them towards the chest to execute a good range explosive kick up

Part

Hips

High

Hips are high in the water close to the surface, changing the angle depending on the type of the direction and jump

Part

Arms

Scull/Push

Contribute sculling adding balance, power. On certain jumps pushing with one hand meanwhile reaching w/opposite

Part

Head

Follows

Follows the trajectory of the jump giving impulse keeping the balance

Part

Spine

Extends

Aligned creating a power chain movement working on synergy with the other muscles involved

Part

Similar Drills

1. Vertical Jumps
- 2..Diagonal Jumps
3. Lateral Jumps
4. Double Jumps

Drill

Common Mistakes

Arms-legs not coordinated, reset quick after jump, breaststroke kick, use opposite hand, start with low knees or hips down

Common Mistakes



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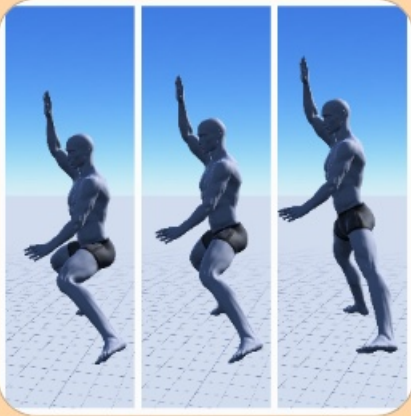


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Category: Water Balance

Created for (club): Anemos

Title: 8 x 6 Vertical Jumps

Description: Ready position and jump for six times in a row with a quick reset in between

Goal: Jump as high as possible in the less amount of time as possible

Instructions: Explosive vertical jump trying to reach the max height in a coordinated movement

Test:

Max. Jump over 3 attempts

Metrics:

cm of the water [cm]

Linked to Skill: Jumps

PreSkills: Ready Position, Breaststroke kick, Eggbeater, Sculling

Similar Drills: 8 x 6 Vertical Jumps, Ready position walks, Ready position with slides

Drill: In-Water

Arms

Both arms sculling on the ready position, push on the jump as one arm follows the head and reach the ball

Part

Legs

Eggbeating to start and explosive powerful breast kick to jump into a quick eggbeater kick again to stay high

Part

Hips

From a semi horizontal position (hips up) shift into a fully vertical bring the hips and knees under to add power

Part

Head

Always out of the water and following the jump direction

Part

Core

Stable, following the jump direction to increase the reach

Part

Similar Drills

- 1. Horizontal Jumps
- 2. Multiple jumps on the whistle
- 3. Jump passes race/comp

Drill

Common Mistakes

Poor coordination, Slow/Bad reset in between jumps, Low knees/Low hips, not use of the hand

Common Mistakes



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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Hit Target on 1' max

Metrics:

touch x time

Title: Alternate top corners jumps (Lunges)

Description: Jumping to top corners alternatively

Goal: Reach the targets completing the max. amount of touches on a minute

Instructions: Speed and reach on every jump, powerful kick, hands sculling and push, hips extension, quick reset into the next one

Linked to Skill: Jumps

PreSkills:

Ready Position
Eggbeater,
Sculling,
Breastroke kick,
Jumps

Similar Drills: Ready position with slides

Drill: In-Water

Hands

Opposite hand pushing hard to assist reach, top corner hand and body on full extension

Part

Hips

Ready to “explode” in a full extension on the jump, leaning slightly on one side to jump to the opposite

Part

Legs

Ready position (eggbeater) into a strong breast kick, into a quick reset and eggbeater again to be ready asap

Part

Common Mistakes

Not using the opposite hand, slow reset before the next jump, off balance or unstable position, lack of coordination, miss target cause poor balance/stability

Common Mistakes

Similar Drills

1. Alternate low corners
2. Double jumps
3. Jump and hold

Drill



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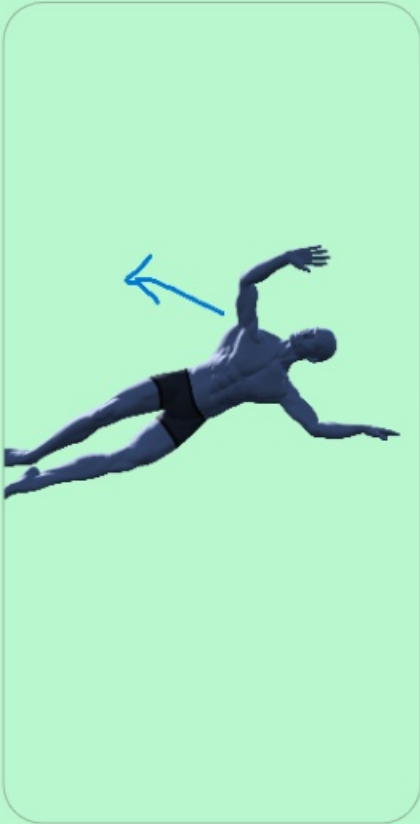


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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Title: Over Hips (Reverse sculling/cycling)

Description: Skill to move with the legs in front and shoulder on top Allowing to guard one player/cover space and transition fast into the next action: block, jump, swim, ecc

Goal: Be able to move faster in a key position for waterpolo D in order to guard more than one player on a zone defense

Instructions: Body Position is lateral, hips and legs flat on the surface, Arms will push and pull meanwhile legs cycle farward, head and top shoulder out of the water facing forward

Test: 25 m over hips,

Metrics: time in sec, how many times to go over the hips in 25 [s,n]

PreSkills: Ready Position cycling, lateral sculling

Similar Drills: Pendulums / Change Body Position

Drill: In-Water

Lateral	Legs	Arms	Head	Spine-Hips	Related Drills	Common Mistakes
Body	Cycling	Push/Pull	Looking Forward			
Position the body laterally on the surface (eyes on the ball + one shoulder on top)	Execute a cycling movement trading water backwards with heels, calf and hamstrings pulling back in circles	Back-Bottom arm push backwards and sculls providing stability. Front-top arm pull backwards to move forwards	Head position should be out of the water, facing forwards in a good stance position	Spine-hips-knees-ankles access should be fully aligned on a streamline to diminish de water resistance	1. Over hips fw movement fw 2.Idem w/flip every 5 m (change side) 3.Idem into vertical square shoulder position on the whistle 4.Idem with 1 hand up (blocking)	Bad streamline, bottom leg and hips low, face sideways, resistance on top knee, lack of hands work
Part	Part	Part	Part	Part	Drill	Common Mistakes



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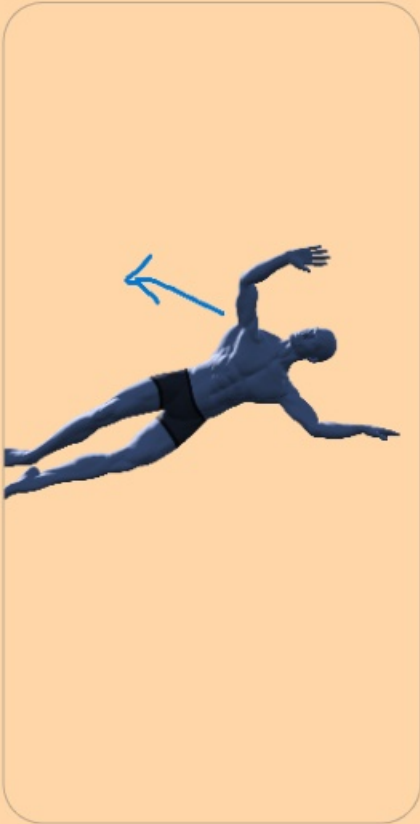


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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Title: Over Hips - Reverse sculling into a square vertical position (5m)

Description: Glide forward on a reverse sculling move and every change into square shoulder vertical position before restart

Goal: To be able to quickly transform the horizontal zone defensive position into a vertical blocking position covering the space by reaching out on the transition

Instructions: Turn into a vertical position from a horizontal over hips movement every 5m

Test: 25 m

Metrics: Time in Seconds [s]

Linked to Skill: Over Hips (Reverse sculling/cycling)

PreSkills: Over Hips (Reverse sculling/cycling)
Ready Position
Pendulums, vertical blocking, cycling (reverse sculling)

Drill: In-Water

Spine	Hips	Legs	Arms	Head	Similar Drills	Common Mistakes
Reverse sculling over hips forwards on the side with the spine in a straight line and same but fully vertical on the stop	Hips up aligned with the body, taking them underneath the head fully vertical	Cycling to move forwards and trading water with eggbeaterkick on the vertical part of the drill	Push and pull water to move on the cycling, sculling with both hands on the side on the vertical position	Out of the water	Left to left, left to right, right to left, right to right, extra slide, add lunges, drop, jump, complex chains, ecc	Slow transition, not square shoulders/hips on the vertical phase, lack of reach on transition and height on vertical work
Part	Part	Part	NA	Part	Drill	Common Mistakes



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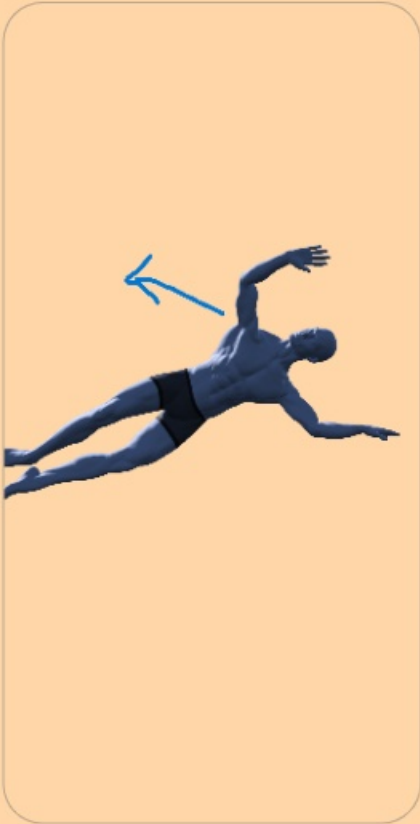


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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Title: Over Hips 8 x 25 m Reverse sculling flipping on every block (2m)

Description: Start cycling legs in front moving forward as fast as possible, Flat on the surface with head up and changing sides every 2m

Goal: Move as quick as possible in a position that allow to guard in 3 different situations: ready to hit, crash, jump and block immediately

Instructions: Try to move fast in a position that allows the player to be able to control 2 players on D, and move quickly into any game requires waterpolo skill: swim, jump, lunge, block, drop, etc

Test: Technical assessment 1 to 5

Metrics: 1.0-5.0

Linked to Skill: Over Hips (Reverse sculling/cycling)

PreSkills: Over Hips (Reverse sculling/cycling)
Ready Position Releases
1.Sculling 2.Cycling
3. Water balance

Similar Drills: Over Hips - Reverse sculling into a square vertical position (5m)

Drill: In-Water

Spine	Head	Legs	Top Arm	Bottom Arm	Similar Drills	Common Mistakes
Flat on the surface leaning on the sice, keeping the main arts fully aligned (neck, back, hips, knees, ankles)	Head up on the surface facing forward controlling to adapt to the all different game scenarios	Legs trade water backwards in a cycling motion taking the heels to the bum in a circular fluid movement	Hand sculling pulling water backwards to increase propulsion	Hand sculling pushing water backwards behind the head keeping the head out of the water and adding balance	1. Idem getting vertical and square 2. Idem hand up on the whistle 3. Idem lunge to intercept on the whistle	Flip the wrong way, hips/legs dropped, lack of coordination, arms movement, create resistance with legs, wrong streamline
Part	Part	Part	Part	Part	Drill	Common Mistakes



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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:
Technical Evaluation

Metrics:1.0-5.0

Title: Pendulums / Change Body Position

Description: Movement to adjust and change your body position

PreSkills: Ready Position
Sculling

Goal: Being able to change your BP as quick as possible

Drill:In-Water

Instructions: Recover your legs underneath to move into the next position

Arms

Balanced

Arms will be on the sides wider than the shoulders line, bended elbows, light on the surface, maintaining stability

Part

Legs

Transition

Legs are fully extended with toes/heals, close to the surface coming underneath to transition into full ext

Part

Hips/Knees

Recover

Hips swing laterally to allow the recover of the legs by taking the knees close to the chest carrying the legs under

Part

Hands

Scull

Hands move in/out staying on the same water level to giving stability and keeping the head out of the water

Part

Spine

Stable

Head and spine are aligned making sure the rest of the body is not moving sideways

Part

Related Drills

Drills

1. Back and forth pendulums
2. Lateral pendulums
3. Diagonal pendulums
4. Star Pendulums
5. X Pendulums
6. Back recover pendulums

Drill

Common Mistakes

Miss the full extension
Slow recovery of the legs
Slow hips swing
Lack of sculling for better balance
Create resistance on the transition

Common Mistakes



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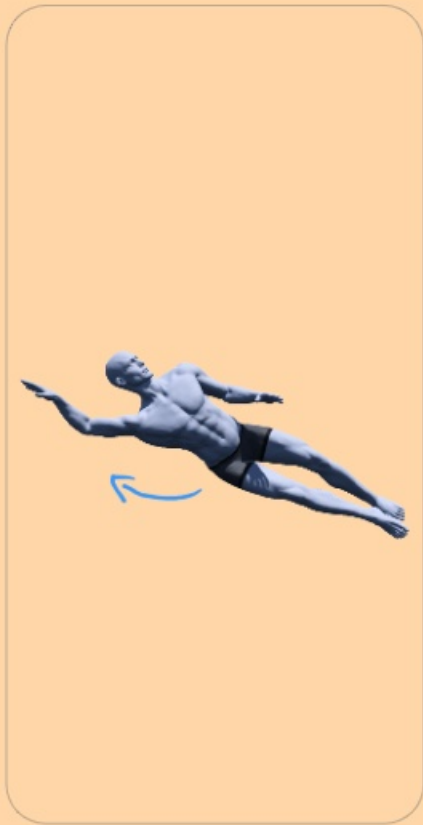


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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Title: Pendulums - Shuttles on 5, 10, 15 and 20 m back and forth

Description: Swim back and forth between cones with double change of direction at every cone

Goal: To be able to change direction of the movement as fast as possible by using the right technique into a good body position for the next skill required

Instructions: Sprint freestyle, use the pendulums to change direction and a powerful breast kick to restart after swing hips and knees underneath

Test: Speed for 10 times - 5m distance

Metrics: time in seconds [s]

Linked to Skill: Pendulums / Change Body Position

PreSkills: Pendulums / Change Body Position Ready Position

Similar Drills: Over Hips - Reverse sculling into a square vertical position (5m) Pendulums Circuit: Zig-zag, square, lateral and hook-out

Drill: In-Water

Arms	Legs	Hips	Similar Drills	Common Mistakes
Use your arms pushing and pulling, assisting to change direction, keep balance and accelerate after	Bring them underneath bending knees towards the chest or surface (different type) and breast/scissors kick after	Swing them sideways or underneath to switch directions quickly and extent on a explosive movement right after	1. Idem with lateral change 2. Square swims with 90 degrees turns 3. Zig-Zag swim (Snakes)	Miss the kick on the restart Bad knees/hips position on the pendulum Slow transition
Part	Part	Part	Drill	Common Mistakes



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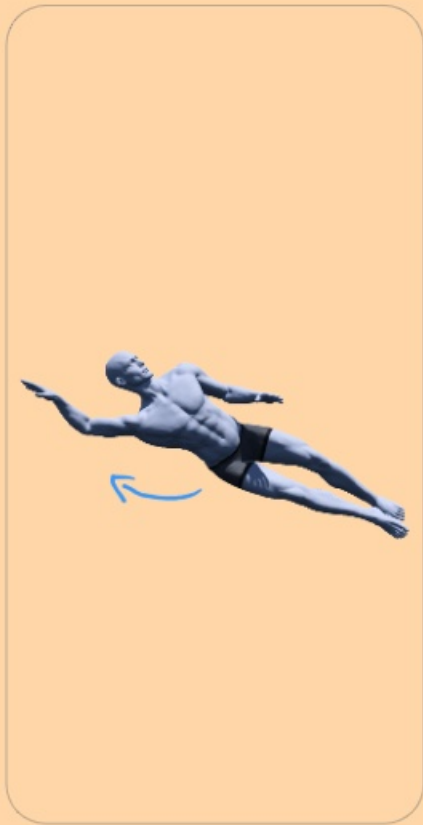


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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Title: Pendulums Circuit: Zig-zag, square, lateral and hook-out

Description: Swim with different change of direction on every station always including change of Direction as the key element over 4 strokes 4 x 4 (30"/15") on short course circuit lots of Changes of direction

Goal: Transition from one position, sense and direction to another one in multiple ways as fast as possible in different situations

Instructions: Emphasize the speed and drastic movement on the points of change as well as the acceleration after

Test: Speed

time in seconds [s]

Linked to Skill: Pendulums / Change Body Position

PreSkills: Pendulums / Change Body Position
Ready Position
Sculling

Similar Drills: Over Hips - Reverse sculling into a square vertical position (5m)
Pendulums Circuit: Zig-zag, square, lateral and hook-out

Drill: In-Water

Hips	Legs	Arms	Head	Spine	Similar Drills	Common Mistakes
Recover legs and hips underneath using the type of pendulum required based on change of direction	After recovered them reset and restart with a explosive scissors/breast kick movement to accelerate soon	Use them to slow down/stop, assist on the change of direction and balance as we pendulum to restart	Always up checkin and scanning with full control everything to react: ref, teammates, rivals, space, ecc	Aligned with the head trying to keep a good streamline to minimize resistance and be efficent	Similar Drills: 1. Star pendulums 2. 9 x 6 x 3 strokes COD drills 3. Touch lane rope with feet and hands alternating	Lack of powerful breast kick on the restart, slow in body position change, lack of technique to apply pendulums
Part	Part	Part	Part	Part	Drill	Common Mistakes



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Category: Water Balance

Created for (club): Anemos

Title: Ready Position

Description: Basic water polo position

Goal: Ability to move into the next require skill/movement as fast as possible and be ready for a quick execution

Instructions: Sculling with the hands in front, hips up on the surface, eggbeater kick, head up

Test:

Technical
assessment 1
to 5

Metrics:

Technical code
(points)

Drill: In-Water

Spine

Extend

Fully extended with the
lower back/hips (motion
core) compact

Part

Hips

Up

Hips as high as possible in a
straight line, keeping them
close to the surface

Part

Legs

Eggbeater

Eggbeater kick movement
from the outside towards
the inside

Part

Arms

Sculling

Sculling movement with the
hands, elbows bended aligned
with the knees

Part

Shoulders

Out

Shoulders out of the water
as a result of the power of
legs and arms being ready
and faster

Part

Similar Drills

1. Ready position fw
2. Lateral ready position
3. Ready position moving
backwards
4. Diagonal ready position

Drill

Common Mistakes

Hips are down, hands are low
or doing breast arms, knees
are narrow, eggbeating tech

Common Mistakes



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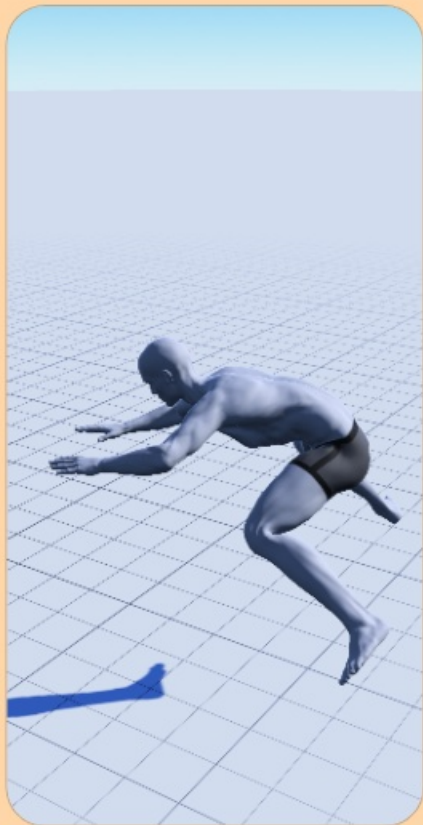


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Category: Water Balance

Created for (club): Anemos

Title: Ready position walks

Description: Moving forward in a defensive ready position

Goal: To follow the action, moving across the different positions to be ready to defend

Instructions: Body is flat on the water, shoulders out with sculling movement , legs creating propulsion with eggbeater kick, ready to sprint, jump, lunge, block or any skill required

Test:

Walk max distance covered by time with good execution

Metrics:

Speed on floating level required

Linked to Skill: Ready Position

PreSkills: Ready Position Eggbeating and sculling

Similar Drills: Ready position with slides

Drill: In-Water

Spine

Maintaining a streamline and tension to be ready

Part

Hands

In front of the shoulders on the sides working on sculling movements to keep stability and height

Part

Hips

Up on the surface, high in order to be flat and mobile

Part

Legs

Knees far apart, eggbeater kick, trading water in a circular movements rotating inside from the outside back

Part

Similar Drills

1. Backwards Walk
2. Lateral Walks
3. Lady Bug (turn holding position)
4. Walk fw turning into 45 degrees position or fully vertical position every 5 m

Drill

Common Mistakes

Hips down, breast arms, eggbeat not efficient, slow reset

Common Mistakes



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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Description:
Post to post 5
times (get vert)

Metrics:

Time in
seconds [s]

Title: Ready position with slides

Description: Ready position using a long diagonal glide to move and reset

Linked to Skill: Ready Position

Goal: Learn to keep a good flat defensive position in order to be able to swim, glide, jump, block or any action required

PreSkills: Ready Position
Sculling, Eggbeater

Instructions: From a ready position start add a powerful breast kick and a left hand push to slide forwards to the right with arm fully extended underwater

Similar Drills: Ready position walks

Drill:In-Water

Core

Streamline maintaining an
efficient body position

Part

Hips

High in the water, flat ready
to glide

Part

Arms

Sculling in ready position, on the
slide one arm is pushing and the
other one gets extended trying to
reach fw

Part

Legs

Knees far apart, eggbeater kick,
trading water in a circular
movements rotating inside from
the outside back

Part

Similar Drills

Ladybug

Knees far apart, eggbeater kick +
scull (ready) trading water in a
circular movement rotating inside
and then outside keeping the
body flat on the surface

Drill

Common Mistakes

Drop Hips
Breast arms instead of sculling
Narrow knees
Unefficient glide (poor
coordination)

Common Mistakes



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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test: 25m

Metrics:

time in seconds
[s]

Title: Trudgeon

Description: Ability to make progress holding the ball in hand with the body on a 45 degrees position ready to get vertical or horizontal quick and accelerating the decision making process

PreSkills: SWIMMING
Freestyle, Lunges,
Scissors kick, Basic
ball handling

Goal: Move fast up the pool with full ball control (in hand) and the body position 45 degrees half way into vertical or horizontal

Similar Drills: SWIMMING HEAD UP
WITH BALL

Instructions: Swim ball in hand using the legs, ball and opposite
Arm to move faster and be ready to turn into swimming or triple
Threat really quick in one movement with the ball already in ctrl

Drill: In-Water

Left Arm

Right Arm

Right Leg

Left Leg

Core

Instructions

Related Drills

Common Mistakes

Regular Stroke

Hold Ball

BreastKick Trade

Free kick

Rotates

Executes a regular freestyle stroke coordinated pulling contemporary with the scissors kick trade

Holds the ball, using it to bounce up and forth in the water when the left arm pulls back to gain more propulsion

Top leg, bring the knee to the chest with the foot in a breast kick position, trading water with the soil on a scissors

Bottom leg, bring heel to the bum with the foot in a flutter kick position, trading water with "the fin" on a scissors form

Rotates on a longitudinal axis 45 degrees on every stroke + kick action, coming back into the original position

Strokes and kick must be coordinated to maximize propulsion and effectiveness, every stroke one kick and rotation, when left arm is in front about to pull, right leg (on top) gets ready and as the arm pull starts, kick pushes as well and ball bounces forward using the water to gain more space. As part of a methodology and easier option can be executed with the same coordination pattern but doing breaststroke kick instead of scissors kick.

1. Trudgeon Fw
2. Free/Trudgeon 6 x 2 fw
3. Combinations with freestyle, back trudgeon, vertical, ecc every area (game situation)

Not holding the ball properly, lack of coordination arm-legs, wrong leg work, use opposite hand/arm and the ball

Part

NA

Part

Part

Part

Instructions

Drill

Common Mistakes



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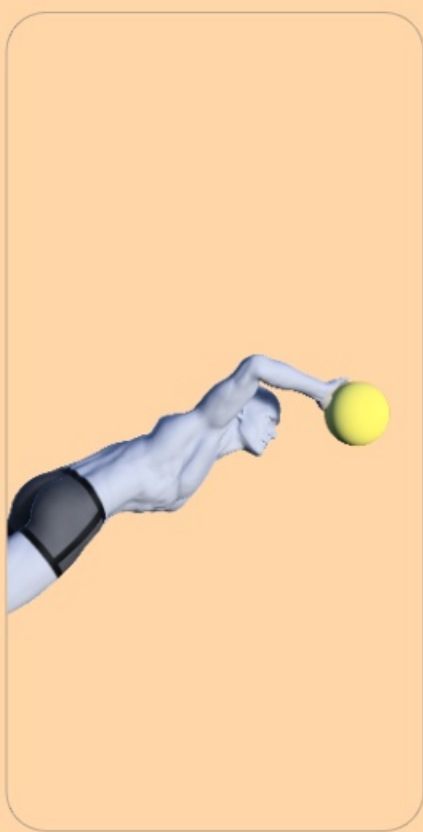
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Category: Water Balance

Created by (coach): Facundo Polycarpo

Created for (club): Anemos

Title: 8 x 25m Trudgeon

Description: Make progress up the pool by swimming with the ball In hand

Goal: Sprint with control and availability to off load, fake, turn, cut off, make a pass, entry or shot as soon as possible anytime

Instructions: Pick up the ball to secure it, transform your body position into a 45 degrees with hips and legs lower than the upper body, every stroke corresponds to one scissors kick must be Coordinated, use the ball to bounce up and forward

Test: Speed in 25 m full control

Metrics: Time in seconds [s]

Linked to Skill: Trudgeon

PreSkills: SWIMMING SWIMMING HEAD UP WITH BALL Freestyle, Lunges, Scissors kick, Basic ball handling

Similar Drills: Freestyle into Trudgeon 6 x 2

Drill: In-Water

Body Position	Left Arm	Right Arm	Legs	Hips	Similar Drills	Common Mistakes
Diagonal, hips, legs dropped to execute powerful scissors kicks and have the ability to go horizontal and vertical quickly	Taking a pull on the stroke coordinated with the kick on the pushing phase and the bounce produced by the ball movemen	Ball is always on the hand with a good grip technique, use it to keep the balance and accelerate more. Ready to go into any ball skill immediately	Powerful scissors kick (push) when the left arm is on the pull phase and recover while left arm is on the recover phase: coordination is key	Hips down, positioning the body in a 45 degrees angle, ready to go either horizontal or vertical and allowing a strong kick	1. Freestyle + lat trudgeon 2.Zig Zag Trudgeon 3. Trudgeon into vertical skills	Not holding the ball properly, lack of coordination arm-legs, wrong leg work, use opposite hand/arm and the ball
Part	Part	Part	Part	Part	Drill	Common Mistakes



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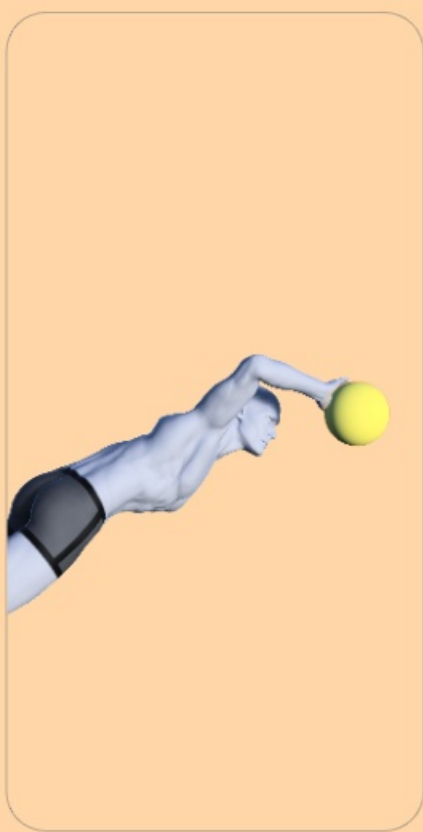


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Category: Water Balance

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Title: Freestyle into Trudgeon 6 x 2

Description: Sprint freestyle with the ball turning into trudgeon (swimming ball in hand) after 6 strokes for 2 strokes + kick

Goal: To be able to transform both ways of make progress immediately as move forwards

Instructions: Pick up the ball to secure it, transform your body position into a 45 degrees with hips and legs lower than the upper body, every stroke corresponds to one scissors kick must be coordinated, use the ball to bounce up and forward

Test: Speed in 25 m

Metrics: time in seconds [s]

Linked to Skill: Trudgeon

PreSkills: SWIMMING Freestyle, Lunges, Scissors kick, Basic ball handling

Similar Drills: 8 x 25m Trudgeon

Drill: In-Water

Freestyle

Horizontal position, Faster, no ball control, takes longer to set in a vertical position

Part

Trudgeon Body Position

Diagonal, hips, legs dropped to execute powerful scissors kicks and have the ability to go horizontal and vertical quickly

Part

Left Arm

Taking a pull on the stroke coordinated with the kick on the pushing phase and the bounce produced by the ball movement

Part

Right Arm

Ball is always on the hand with a good grip technique, use it to keep the balance and accelerate more. Ready to go into any ball skill immediately

Part

Legs

Powerful scissors kick (push) when the left arm is on the pull phase and recover while left arm is on the recover phase: coordination is key

Part

Similar Drills

1. Freestyle/Back Trudgeon
2.Trudgeon/vertical
3. Free/Trudgeon to vertical and Slide

Drill

Common Mistakes

Bad coordination, not use ball/opposite hand to bounce fw, powerful kick on transitio

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Technical
assessment

Metrics:

1 to 5 code

Title: Control opponent while having the ball

Description: Ability to keep distance between the ball and the defender and protecting the ball while looking at options

Goal: To Keep the ball safe and "live" available as much as possible

Instructions:

Using the shield to keep the distance, extend the arm holding the ball behind to secure the possession and use legs to protect and contrast the pressure

PreSkills:

EGGBEATER
L position,
Eggbeater

**Similar
Drills:**

Pressing

Drill: In-Water

Legs

Left leg trading water fully vertical to give support. Right leg trading backwards to push in (eggbeater)

NA

Left Knee

Left Knee pointing slightly out and high to be able to maintain the balance and stay high in the water

NA

Left Arm

Use the shield on the chest of the opponent underwater to keep them away from the ball

NA

Right Arm

Holding the ball behind almost extended backwards to create more space and high to make it more dynamic

NA

Head

Facing forwards to check what is going on and mapping to execute the next move

NA

Similar Drills

1. 1 vs 1 Protecting the ball
2. Pssing under pressure after holding for 5"
3. Ball protection earning space

Drill

Common Mistakes

Not use forearm but hand or push out of the water instead of keep distance, legs too horizontal or vertical, instead of L position, ball too close to defender

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Metrics:

Title: 1 vs 1 Controlling Pushing all the way against a defender

Push defender in while protecting the ball in 30

Distance covered in meters [m]

Description: 20 m pushing into the defender while protecting the ball and controlling the defender that puts pressure on the attack

Linked to Skill: Control opponent while having the ball

Goal: Progress under pressure protecting the ball or at least keep the space (not being pushed off)

PreSkills: Control opponent while having the ball
1. Triple threat position, 2. L eggbeater

Instructions: Face forward, legs in an L position eggbeating, use the forearm to keep them away and be in control, moving forward

Drill: In-Water

Left Leg

Fully vertical, high knee pointing fw out to be able to trade down to keep the body height

NA

Left Arm

Shield on the chest underwater to keep the defender away and maintain a security distance to play safe

Part

Right Leg

Pointing backwards doing eggbeater in an L position to avoid being pushed out by the defender

NA

Right Arm

Holding the ball behind and high ready to pass, fake or shot, keeping the ball available and far from the defender

Part

Hips

Vertical position leaning forwards a little bit to push into the defender contrasting and not losing the balance

Part

Similar Drills

1. Idem with breast legs
2. Idem with turns and cut off
3. Idem with stepout

Drill

Common Mistakes

Use the hand out of the water pushing off instead of the forearm underwater to keep distance
Left knee low
Right leg low
Not face forward
Lack of mix kicks to push

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Metrics:

Turnover=piggy in the middle

Metric: Times being piggy

Title: Control Opponent: Piggy in the middle holding the pressure for 5" Before passing

Description: 2 Players 3 m apart facing each other and 1 defender In the middle that will put pressure alternatively on before passing

Linked to Skill: Control opponent while having the ball

Goal: Develop the ability to absorb the pressure in control of the possession and pass it under pressure

PreSkills: Control opponent while having the ball
Pressing
Releases
Turn a player - 1 vs 1
1.Legs eggbeater
2.Triple threat

Instructions: Attacker must hold the ball having full control of the opposition before doing the next pass, absorbing the pressure

Similar Drills: 1 vs 1 Controlling
Pushing all the way against a defender

Drill: In-Water

Left Leg

Fully vertical, high knee pointing fw out to be able to trade down to keep the body height

Part

Right Leg

Pointing backwards doing eggbeater in an L position to avoid being pushed out by the defender

Part

Left Arm

Shield on the chest underwater to keep the defender away and maintain a security distance to play safe

Part

Right Arm

Holding the ball behind and high ready to pass, fake or shot, keeping the ball available and far from the defender

Part

Hips

Vertical position leaning forwards a little bit to push into the defender contrasting and not losing the balance

Part

Related Drills

1. Idem with/quarter turn
2. Idem with step out
3. Idem with defender fouling

Drill

Common Mistakes

Pass the ball before absorbing the pressure
Defender passive/slow not dynamic
Lose composure, balance and control under pressure, body position to protect the ball

Common Mistakes



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Category: Contact		Created by (coach): Facundo Polycarpo		Created for (club): Anemos		Test:		Metrics: 1.0-5.0	
Title: Pressing						Technical assessment			
Description:		Ability to guard tight a player to stop ball circulation, deny the access of the ball to him/her by having a good on anticipation body position (press defense off the ball) Defensive position to guard an opponent one on one, putting him under pressure and not allowing the ball circulation as well as pushing them back and force mistakes.				PreSkills:		Jumps Ready Position 1.Eggbeater 2. Ready position 3. Lunges	
Goal:		Be able to steal the ball or avoid the ball to get there. As a defender having full control on a tight press over the player guarded. Deny the access of the ball by positioning high in the passing lane, lunging to steal on anticipation, pushing them out by working hard on horizontal legs				Similar Drills:		Control opponent while having the ball Releases	
Instructions:		Position in between the ball and the player with hips up controlling the drive/release movement. One hand (close arm to the attacker) should be checking on the shoulder and pushing (legs work). The opposite hand (close arm to the ball) ready to intercept the pass by jumping in the lane. Body position should guarantee hips up, eyes tracking the ball, spine and legs goal side 45 degrees angle towards the ball in order to be able to be in the passing lane.				Drill: In-Water			

Spine	Legs	Head	Close Arm	Far Arm	Related Drills	Common Mistakes
Align	Eggbeater-Breastrok Kicks	Rotating	Control	Steal/Deny	1. Press on a player 2. Idem with ball circulation (shifting sides) 3. Game steal to become attacker on 3 vs 3	Lack of hand check Lose track of the ball Poor body position (drop hips and not in the lane) Weak legs work to push out Wrong hand/shoulder position and anticipation lunge
Align in order to be able to push out in a good position, rotated towards the ball	Use a combination of eggbeater, breast, double and triple breastroke kick to keep the attacker away from the goal	Constantly rotating the neck to have an eye check on the ball and the opponent keeping track of both	Closer arm to the attacker would be the check point (hand on the shoulder/arm) pushing out	The furthest arm to the attacker and closer to the ball would be the one ready to intercept by lunging on the pass		
Part	Part	Part	Part	Part	Drill	Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Amount of + D
per action
Metric:
Steals/Good D

Metrics:

number of
steals [n]

Title: Pressing: 1 vs 1 with a passer on a hard press

Description: Keep goal side on a ball side

Goal: To beat the defender on a press off the ball (drive/release and turn or shoot)

Instructions: Hands check on the player, eyes constantly on the ball hips up, legs pushing out, ready to jump to anticipate on the pass

Linked to Skill: Pressing

PreSkills: Control opponent while having the ball
Turn a player - 1 vs 1

Similar Drills: Pressing: Passing collection drill

Drill: In-Water

Spine

Nice and compact to execute a powerful press

Part

Hips

Hips up, high on the surface not to get grabbed or turned, keeping the attacker away

Part

Legs

Combination of eggbeater kick, with breast, double and tempo kick to push the attacker out

Part

Close Arm

Hand on the passing lane should be to have control over the attacker

Part

Far Arm

Hand on the passing lane line ready to intercept the ball

Part

Similar Drills

Same to entry, to shot, to pass it back and drive, ecc

Drill

Common Mistakes

Not engage defender, draw, threat both ways, keep a good D position and counter rotate

Common Mistakes



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Category: Contact

Created by (coach): Facundo Polycarpo

Created for (club): Anemos

Test:

Amount of interception per pass/time

Metrics: [n]

Title: Pressing: Passing collection drill

Description: One team tries to get to 10 points by 10 passes (1 point) or dry 1-2 passes (2 points) defenders try to intercept by pressing hard

Goal: Keep the ball live circulating and constantly moving to allow it, defense hard trying to steal by anticipating

Instructions: Defenders focus on press body position technique to try steal the ball and become attackers

Linked to Skill: Pressing

PreSkills: Control opponent while having the ball
Jumps
Releases
1.Ready position
2.Eggbeater kick 3. Breast/double

Similar Drills: Pressing: 1 vs 1 with a passer on a hard press

Drill: In-Water

Spine

Nice and compact to execute a powerful press

Part

Hips

Hips up, high on the surface not to get grabbed or turned, keeping the attacker away

Part

Legs

Combination of eggbeater kick, with breast, double and tempo kick to push the attacker out

Part

Close Arm

Hand on the passing lane should have control over the attacker

Part

Far Arm

Hand on the passing lane line ready to intercept the ball

Part

Similar Drills

Reduce rounds, special rules: dry double, post double, 1-2 passes, limited space

Drill

Common Mistakes

Lack of timing (do not panick, ball control confident under pressure), release within the space, use the defender to get advantage or create room, static play, crowding

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Metrics:1,0-5.0

Technical
Evaluation

Title: Releases

Description: Get rid of the defender by executing an explosive movement setting yourself free to receive the ball

PreSkills:

EGGBEATER
1.Freestyle 2.
Change of
direction

Goal: Receive the ball

**Similar
Drills:**

Control opponent
while having the ball
Turn a player - 1 vs 1

Instructions: Cheat the defender, conquer ball side, box out the defender and move out towards the ball

Drill:In-Water

Body

Change direction

Explosive, unpredictable, quick
movements to start with fast
strokes and scissors kick

Part

Hips

up

Hips always on the surface
give us the chance to
move faster

Part

Legs

Step to the ball

After getting ball side and
push off the defender use
the legs to step towards the
ball (cycling)

Part

Left Arm

Across

Take a stroke across to cut the
opponent's ball side shoulder,
blocking him allowing the
player to get ball side

Part

Right Arm

Receive

Release the strong arm,
moving towards the ball after
pushing off going towards the
ball to receive the pass

Part

Related Drills

1. Release and pass it back
against press
2. Release on the
opposite side
3. Release and keep the
ball dry/live
4. Release + quick entry off
the hand

Drill

Common Mistakes

Lack of explosiveness
Too predictable movements
Miss the step 2 (push off
the defender)
Miss the movement away from
D and towards the ball last
(wait for the ball)

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Points per receive (1 regular, 2 dry, 3 double dry (keep ball live))

Metrics:

points [n]

Title: 5 Releases on each side and pass back (ball live)

Description: Again a hard press, the attacker executes a good release to set his strong arm free, catch and pass it back

Goal: To set your arm free allowing ball movement by ideally receiveing it on the hand speeding up the game and keeping the ball live without taking the foul

Instructions: tep 1 Get ball side, Step 2 control your defender into push off to create space, Step 3 Step towards the ball

Linked to Skill: Releases

PreSkills: Releases
1.Change of Direction, 2.Water balance

Similar Drills: Release and off the hand entry against heavy press

Drill: In-Water

1st Step

Engage the defender on the drive defence and then get ball side

Step

2nd Step

Stroke across right on the inside shoulder to block the defender, control hands on and push off to earn space

Step

3rd step

Step and cycle towards the ball with the receiver/catching shoulder on top

Step

4th Step

Work hard on the legs not to sink, absorbing the pressure or step back to keep the ball live

Step

Similar Drills

Same with double release, 2-3-4 keeping ball live looking for entry, same holding ball for 4

Drill

Common Mistakes

Not engage the defender, not getting ball side, lack of push off and step towards the ball, explosiveness and unpredictable

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Ball into the ring

Metrics:

Target by attempt

Title: Release and off the hand entry against heavy press

Description: Explosive release to set your arm free (dry pass) and immediately play the entry pass avoiding the foul

Linked to Skill: Releases

Goal: To allow the ball to swing (cross pass) and quick entry pass avoiding the blocker putting pressure

PreSkills: EGGBEATER
Pendulums and change of direction, steps, water polo back

Instructions: Same previous drill finishing with a quick clean entry meanwhile defender is trying to foul to stop the play

Drill: In-Water

Step 1

Engage the defender on the drive defence and then get ball side

Step

Step 2

Stroke across right on the inside shoulder to block the defender, control hands on and push off to earn space

Step

Step 3

Step and cycle towards the ball with the receiver/catching shoulder on top

Step

Step 4

Work hard on the legs not to sink, absorbing the pressure or step back to keep the ball live

Step

Step 5

If enough space play quick entry off the hand, if not create space by stepping back, reset and entry

Step

Similar Drills

Same with a step back before, same around the blocker, into a ring from both sides

Drill

Common Mistakes

Stop the movement, miss the timing, drop or hold the ball for too long, play for the foul, entry accuracy under pressure

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Evaluate in game amount and rate 1 to 3

Metrics: 1.0-5.0

Title: Swim With Contact

Description: Swimming trying to cut off the defender, forcing it to slow down, stop or earn an exclusion

PreSkills:

Trudgeon
1. Freestyle 2.
Change of direction

Goal: To get a kickout or advantage in transition

Drill: In-Water

Instructions: Taking a stroke with the inside arm right in front of the defender, coming across with the body to “conquer” the lane

Spine

Streamline

Keep the streamline when swimming to be more efficient and reduce the water resistance

Part

Legs

Freestyle/Breastroke Kick

High intensity flutter kick during head up swimming to compensate body position and get extra propulsion

Part

Arms

Elbows High

Elbows high to protect the space and guarantee a better pull on the strokes. Ready to come across

Part

Back

Protect space

Use your back to maintain the lead once in front covering the space with it, keeping the defender behind

Part

Hips

Keep distance

Use your hips as an alternative once in front, to block the defender and stay in front holding front water

Part

Related Drills

1. Swimming forcing the defender to go right and left
2. Swimming trying to get in front
3. Swimming keeping the defender on your back using your hips (start-stop)

Drill

Common Mistakes

Swim away rather than in front, try cut off too late, soft turns instead of a clear across movement, avoid contact to maintain the lead, keep defender behind or force him towards when side and change direction drastically to earn advantage

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Metrics: 1.0-5.0

Technical
Evaluation

Title: Race keeping the chaser behind w/ball

Description: Constantly lunge in front of the chaser to keep him on the back

Linked to Skill: Swim With Contact

Goal: To maintain the lead, staying always in front by blocking the chaser

PreSkills: Swim With Contact
Freestyle,
Trudgeon

Instructions: Swim in front, hold front water and restart

Similar Drills: Swim for the
advantage

Drill: In-Water

Spine

Straight and coming across when
it is time to cut off the chaser

Part

Hips

Keep them up to maximize speed
and block the chaser

Part

Legs

High intensity flutter kick, breast
legs to jump in front and restart
after hold front water

Part

Arms

Waterpolo strokes high elbows,
stroke across to get into space

Part

Similar Drills

1. 1 vs 1 transitions
2. swim against lane rope and take
the space created

Drill

Common Mistakes

Miss the time to come across, low
power and contact with wrong
arm, defender swimming on
top,/over or slow down rather
than recover from the inside

Common Mistakes



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Category: Contact

Created for (club): Anemos

Title: Swim for the advantage

Description: On the whistle two players swim head up shoulder to shoulder trying to get the advantage and cut in front of the opp

Goal: Beat your defender on acceleration using contact and body position to take and mantain the lead

Instructions: Take a stroke across at the right "timing" jumping in front of the player chasing forcing him to slow down/stop to double the advantage or earn a kickout

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Linked to Skill: Swim With Contact

PreSkills: SWIMMING
SWIMMING HEAD
UP WITH BALL

Similar Drills: Swim for the
advantage

Drill: In-Water

Spine

Maintaining a solid streamline
body position

Part

Hips

Hips up with high intensity flutter
kick ready to come across and
protect/hold front water blocking
the D

Part

Arms

Short, fast, high elbows stroke,
come across when taking the
lead to maintain the lead

Part

Legs

Utilize a breast kick to lunge in
front of the player and to start
after the cut off

Part

Similar Drills

Keep the lead with a chaser
Cut off both sides on transition
Swimming forcing defender
towards lane rope

Drill

Common Mistakes

Bad timing to come across and
cut off
Poor acceleration
Avoid contact
Soft turns

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Technical
assessment

Metrics:

1 to 5 Code

Title: Turn a player - 1 vs 1

Description: Look dangerous forcing the defender to lunge for the ball or come close so we can turn them

Goal: To be able to turn a player

Instructions:

Control defender with the left hand underwater, read which side is he going to lunge for the steal and spin other way after turning the player, make sure the defender ends up on your back (cut off)

PreSkills:

EGGBEATER
1. Water Balance 2.
Eggbeater

**Similar
Drills:**

URNS

Drill: In-Water

Step 1

Get as close as possible to the defender to be able to take control of him

Step

Step 2

Engage the defender on one side, and then turn on the other way using your left hand to hold underwater

Step

Step 3

The right hand holds the ball and keeps it low brushing the surface as the turn goes to keep it away from the D reach

Step

Step 4

Right after turning, come across and finish the turn cutting off the defender completely so he can not recover

Step

Body

Rotates around the defender using him to accelerate the spin and keep him on the back

Part

Related Drills

1. Points for turning
2. 1 vs 1 on both sides
3. Helicopter Drill

Drill

Common Mistakes

Ball too close to defender (high), miss the cut off, lack of control opposite hand, head underwater, lack of engagement first

Common Mistakes



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Category: Contact

Created by (coach): Facundo Policarpo

Created for (club): Anemos

Test:

Metrics:

Title: Helicopter Drill

Consecutive helicopters in full control and speed in 20 seconds

number of 180d turns [n]

Description: Consists of doing some consecutives full turns holding the defender with you to learn the mechanics

Goal: Increase ball control and handling skills on basic spin/turn movements

Linked to Skill: Turn a player - 1 vs 1

Instructions: Get as close as possible to the D, grab/hold him/her (hips) underwater, start turning around him/her taking him/her on the back. The Ball must be on the water, Legs follow the spin.

PreSkills: EGGBEATER
Eggbeater, ball control, cut off

Similar Drills: Turns - Alternate inside/outside turn movements

Drill: In-Water

Left Arm

Shoulder next to the player, left arm wrap around (reverse hug) the player underwater (waist) having full control

Part

Right Arm

Hold the ball almost in full extension, keeping it on the surface level while spinning

Part

Body

Leans towards the defender to get control, cover the hold and create more distance between the defender and ball

Part

Legs

Left leg supports the body in the water, right leg rotates around higher on the surface following the spin

Part

Similar Drills

1. Outside helicopter
2. Alternate turns

Drill

Common Mistakes

Speed, range of movement, ball hold, type of turn/spin

Common Mistakes



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Category: Contact

Created by (coach): Facundo Polycarpo

Created for (club): Anemos

Test:

Metrics: 1.0-5.0

Technical
Evaluation

Title: Turns - Alternate inside/outside turn movements

Description: Attack 4 defenders 1 vs 1, turning and blocking them one at the time alternating inside and outside half turn movements

Linked to Skill: Turn a player - 1 vs 1

Goal: To skip the player defending with hands out

PreSkills: EGGBEATER
1.Ball control
2.Water balance

Instructions: Get close, spin, cut off, and swim four times

Similar Drills: Helicopter Drill

Drill: In-Water

Left Arm

Shoulder next to the player, left arm wrap around (reverse hug) the player underwater (waist) having full control

Part

Right Arm

Hold the ball almost in full extension, keeping it on the surface level while spinning

Part

Body

Leans towards the defender to get control, cover the hold and create more distance between the defender and ball

Part

Legs

Left leg supports the body in the water, right leg rotates around higher on the surface following the spin

Part

Key

Get fully in front of the defender once the turn is done, holding front water and snap forwards after

Part

Similar Drills

1. Outside turn without spin
2. 3 vs 3 can only score after turn
3. 3 vs 3 D only HO

Drill

Common Mistakes

Ball too high, lack of aggressiveness, miss the cut off after, lack of engagement/use defender grab and control, predictable movement

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Title: CENTER DEFENDER

Description: Is a defensive position responsible for marking the opposing center player, preventing them from receiving passes or scoring

Similar Drills: CENTER FORWARD

Goal: Prevent the center from receiving passes or scoring

Drill: In-Water

Instructions: The key is to never lose a horizontal position in the water

Body Position

Your body position should be as close to the surface of the water as possible. Your hips and shoulders should be visible above the water.

Part

Hips

The hips should be at a 90-degree angle to the torso in order to generate force against the attacker.

Part

Legs

The legs should be parallel, with the knees at about a 90-degree angle, performing the eggbeater kick movement.

Part

Arms

The arms should be slightly ahead of the shoulder line to provide stability in the water.

Part

Head

The head should be up, always looking forward to keep track of the ball's position.

Part

Related Drills

1. HALF SPIDER WITH A STROKE
2. CENTER DEFENDER + 2 BREASTROKE KICKS
3. SPIDER

Drill

Common Mistakes

have the hips low and do the sculling on the side of the body

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
Assessment

Metrics:1,0-5.0

Title: 4x25 MTS: CENTER DEFENDER + 2 BREASTSTROKE KICKS

Description: It is an exercise that helps us push the center away from our goal.

Linked to Skill: CENTER DEFENDER

Instructions: Make two strong breaststroke kicks to push the attacker away

PreSkills: CENTER DEFENDER
EGGBEATER
SCULLING
Trudgeon
Breaststroke kicks

Similar Drills: CENTER FORWARD:
4x25 MTS: MAINTAIN
CENTER POSITION
WITH ROTATIONAL
MOVEMENTS

Drill:In-Water

Step 1

Start in the center defender's position, moving forward.

Step

Step 2

Increase the eggbeater kick as much as you can.

Step

Step 3

Perform two consecutive breaststroke kicks while lifting both hands out of the water.

Step

Step 4

Quickly bring your knees back to the starting position once the second breaststroke kick is completed.

Step

Step 5

Repeat the exercise until you complete the 25 meters.

Step

Similar Drills

1. Center defender against center
- 2.Center defender against center switching sides
3. Center defender + lateral trudgeon

Drill

Common Mistakes

A typical mistake is doing two slow and long breaststroke kicks or losing the horizontal body position after finishing the second kick

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical Assessment

Metrics: 1.0-5.0

Title: CENTER DEFENDER: 4x25 MTS: HALF SPIDER WITH A STROKE

Description: It is an exercise that allows us to move forward while adjusting our body position.

Linked to Skill: CENTER DEFENDER

Instructions: It's important that the hips follow the stroke. Do not let the hips drop during the movement

Drill: In-Water

Step 1

Start in the center defender's position, moving forward.

Step

Step 2

Perform a lateral freestyle stroke with your right arm while positioning yourself in the lateral center defender's position.

Step

Step 3

Move forward a few meters while maintaining the lateral position.

Step

Step 4

Perform a lateral freestyle stroke with your left arm while positioning yourself in the starting position.

Step

Step 5

Repeat steps 2 to 4 with the other arm and on the opposite side. Continue doing this until you complete the 25 meters

Step

Similar Drills

1. SPIDER
2. CENTER DEFENDER + 2 BREASTROKE KICKS
3. HALF SPIDER

Drill

Common Mistakes

A common mistake is not fully rotating the hips and turning only partially instead of 90°

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Title: CENTER FORWARD

Description: Is a key offensive position in water polo, stationed near the opponent's goal.

PreSkills:

EGGBEATER
SCULLING

Goal: Create scoring opportunities

**Similar
Drills:**

CENTER DEFENDER
DRIVING / POSTING UP

Instructions: Pay attention to keeping the knees high at all times and maintaining a slightly reclined body position

Drill: In-Water

Body position

The center position should be in a

Part

Hips

The hips should be at a 90-degree angle to the torso in order to generate force against the defender.

Part

Legs

The legs should be parallel, with the knees at about a 90-degree angle, performing the eggbeater kick movement.

Part

Arms

The arms should be positioned at about a 45-degree angle to the torso, slightly bent, while performing the sculling movements.

Part

Upright Posture

The spine should be straight and aligned to allow the player to maintain balance and stability while performing the eggbeater kick. The upper back should be in constant contact with the defender at all times.

Part

Relsted Drills

1. MAINTAIN CENTER POSITION WITH ROTATIONAL MOVEMENTS
2. ATTACKING THE BALL
3. ATTACKING THE BALL + TURN

Drill

Common Mistakes

A common mistake is being too vertical or too horizontal. You should maintain an intermediate position

Common Mistakes



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Category: Contact

Created for (club): Echeyde

Test:

Metrics: 1-5

Technical Assessment

Title: CENTER FORWARD ATTACKING THE BALL 8x 20"

Description: It is an exercise that helps you create separation from the defender and grab the ball to finish the play.

Linked to Skill: CENTER FORWARD

Goal: To Hold position and immediately snap explosively towards the ball to earn space and be able to finish

PreSkills: FINISH WITH DEFENDER ON YOUR BACK

Instructions: The ball should be attacked through leg-driven movement rather than relying on the torso

Drill: In-Water

Step 1

Step 2

Step 3

Step 4

Step 5

Similar Drills

Common Mistakes

Start in the center position with your back against a wall or a partner

Extend your non-dominant arm and touch a ball that is one meter away.

Once you have touched the ball, move your arm back and push off the wall or your partner using the back of your shoulder.

Once you have pushed off, position yourself in a half-side stance with your legs pointing toward the ball.

Push off with your legs to reach for the ball and stay in the triple threat position.

1. FINISHES ON GOAL WITH LEGS FORWARD
2. PROTECT THE BALL WITH THE BACK FROM A DEFENDER
3. LEGS-FORWARD JUMPS

A common mistake is attacking the ball with the body instead of using the legs

Step

Step

Step

Step

Step

Drill

Common Mistakes



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Category: Contact

Created for (club): Echeyde

Title: CENTER FORWARD: 4x25 MTS: MAINTAIN CENTER POSITION WITH ROTATIONAL MOVEMENTS

Description: It is an exercise with the goal to adjust and stay in control against the defender

Goal: Push the defender all the way by holding the space

Instructions: It's important to recover the center-forward position as quickly as possible after the turn

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Linked to Skill: CENTER FORWARD

PreSkills: CENTER FORWARD
SCULLING
TURNS

Drill: In-Water

Step 1

Start by moving backward in the center position.

Step

Step 2

Take a freestyle stroke with your left arm toward the opposite shoulder while performing a simultaneous breaststroke kick.

Step

Step 3

Once the stroke is completed, use your right arm to perform a backstroke stroke to return to the initial position with a hip drive.

Step

Step 4

Once in the center position, increase the frequency of the eggbeater kick to regain contact with the defender.

Step

Step 5

Finish the exercise with two strong breaststroke kicks backward.

Step

Similar Drills

1. CENTER POSITION + 2 EGGBEATER KICK
2. CENTER POSITION + 2 CONSECUTIVE ROTATIONAL MOVEMENTS (ONE EACH DIRECTION)
3. CENTER POSITION + 2 EGGBEATER KICK AGAINST A DEFENDER

Drill

Common Mistakes

A common mistake is doing the stroke for the turn without a small breaststroke kick

Common Mistakes



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Category: Contact

Created for (club): Echeyde

Title: DRIVING / POSTING UP

Description: Posting up is a technique where a player positions themselves with their back to the defender, using their body to create space for receiving the ball.

Goal: Create offensive options.

Instructions: An explosive move is crucial; it should catch the defender off guard to generate space and advance closer to the goal

Test:

Technical assessment 1 to 5

Metrics: 1.0-5.0

PreSkills:

CENTER FORWARD
EGGBEATER
SCULLING
1. Center 2. Control the opponent without the ball 3. Sculling

Similar Drills:

CENTER FORWARD

Drill: In-Water

Step 1

Start swimming against the defender.

Step

Step 2

When the defender has lowered their hips slightly, make a turn on yourself.

Step

Step 3

Press your back against the defender's chest and start kicking your legs.

Step

Step 4

Right after starting the leg kick, perform 1 or 2 breaststroke kicks to push off and make the defender retreat.

Step

Step 5

Maintain the center position to create offensive options.

Step

Similar Drills

1. POSTING UP WITHOUT A DEFENDER EVERY 5 METERS
2. FINISHING POSTING UP FROM THE WINGS
3. DRIVE FROM 2 OR 4 + POSTING UP

Drill

Common Mistakes

A common mistake is making the movement too far from the goal.

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics:1.0-5.0

Title: 4x25 MTS: POSTING UP WITHOUT A DEFENDER EVERY 5 METERS

Description: Practice posting up without a defender, focusing on positioning yourself and make a quick turn

Linked to Skill: DRIVING / POSTING UP

Instructions: The objective is to generate a threatening play while keeping our back to the defender, as facing them increases the risk of being called for an offensive foul

PreSkills: CENTER FORWARD
DRIVING / POSTING UP
EGGBEATER
SWIMMING

Drill:In-Water

Step 1

Start by swimming water polo freestyle until you reach the first 5-meter mark.

Step

Step 2

When you reach the first mark, perform a turn move and position yourself as quick as you can in a center position

Step

Step 3

Perform the eggbeater kick followed by 2 breaststroke kicks.

Step

Step 4

Turn again and swim to the next marker.

Step

Step 5

Do it with a defender positioned in front of you the entire time.

Step

Similar Drills

1.POSTING UP + ATTACKING THE BALL
2. MINI GAMES (POSTING UP GOAL +2)

Drill

Common Mistakes

A common mistake is staying too vertical or too horizontal after the turn. You should maintain an intermediate position

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Title: FINISHING POSTING UP FROM THE WINGS

Description: Swim solo from the wings and perform a turn to face the goal, positioning yourself in positions 2 or 4 (depending on which wing you come from) to receive the ball and shoot on goal.

Instructions: It's essential to gain position through swimming first, as relying solely on leg movement later makes it much more difficult to create separation.

Linked to Skill: DRIVING / POSTING UP

PreSkills: CENTER FORWARD
EGGBEATER
1. Center 2. Control
the opponent
without the ball 3.
Sculling

Drill: In-Water

Step 1

Swim from the left wing to the near post.

Step

Step 2

When you reach the level of the near post, initiate the turn with a freestyle stroke using your farthest arm.

Step

Step 3

Next, perform a backstroke with the other arm to position your back facing the goal.

Step

Step 4

Your teammate will pass you the ball in the water from position 4 (we are posting up from 5).

Step

Progression 1

Do the same, but with a defender making it harder for you to enter and turn. The defender will try to block your path and prevent you from getting into position to receive the ball.

Exercise

Similar Drills

1. PROGRESSION 1
2. FINISHING POSTING UP FROM CENTER DEFENDER
3. DRIVE FROM 2 OR 4 + POSTING UP

Drill

Common Mistakes

A common mistake is making the movement too far from the goal

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Title: FINISH WITH DEFENDER ON YOUR BACK

Description: Finish with the defender positioned behind you, maintaining constant pressure while you continue swimming.

Goal: Always maintain the ball at the maximum distance from the defender to reduce the risk of a steal

Instructions: Gradually raise the level of defensive pressure as the movement is mastered and performed automatically.

PreSkills:

Control opponent while having the ball
Over Hips (Reverse sculling/cycling)
Pendulums / Change Body Position
SWIMMING HEAD UP WITH BALL
1. Control the opponent without the ball
2. Eggbeater kick
3. Forward sculling kick

Similar Drills:

Control opponent while having the ball

Drill: In-Water

Step 1

Make sure the defender is directly behind you and not positioned to one side.

Step

Step 2

Stop abruptly and use your back and non-dominant arm to block the defender, positioning yourself vertically.

Step

Step 3

Position your legs pointing toward the goal, with your non-dominant arm extended and in contact with the defender.

Step

Step 4

Extend your dominant arm with the ball in hand and push it as far away from the defender as possible.

Step

Step 5

Pull with your legs to advance towards the goal, and once you reach a vertical position, prepare to finish the play.

Step

Related Drills

1. PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION
2. FINISH COUNTER ATTACKS IN PAIRS

Drill

Common Mistakes

A common mistake is bringing the ball back and allowing the defender to intercept it

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Title: FINISH COUNTER ATTACKS IN PAIRS

Description: One player attacks while the other defends, working together to complete the counterattack scenario

Linked to Skill:

FINISH WITH
DEFENDER ON YOUR
BACK

Instructions: During the swim, it's important to keep the defender at a manageable and safe distance to maintain control of the play.

PreSkills:

Control opponent
while having the
ball
Over Hips (Reverse
sculling/cycling)
Pendulums /
Change Body
Position
SWIMMING HEAD
UP WITH BALL
1. Control the
opponent without
the ball 2.
Eggbeater kick 3.
Forward sculling
kick

Drill: In-Water

Step 1

One player faces the goal from 6 meters away with the ball, while the other is positioned directly behind to defend.

Step

Step 2

When the coach blows the whistle once, the attacker starts. At the second whistle, the defender begins.

Step

Step 3

The attacker must advance to 2-3 meters from the goal and execute the finish with the defender behind them.

Step

Regression 1

Perform the exercise without a defender, focusing on the attacker advancing to 2-3 meters from the goal and executing the finish.

Exercise

Progression 1

The attacker starts without the ball and must turn to receive it first before continuing with the attack.

Exercise

Similar Drills

1. REGRESSION 1
2. PROGRESSION 1
3. 2+1

Drill

Common Mistakes

A common mistake is bringing the ball back and allowing the defender to intercept it

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics: 1.0-5.0

Title: FINISH WITH DEFENDER ON BACK: 4x25 MTS: EVERY 5MTS. PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION

Description: Swim 25 meters, and at each 5-meter mark, position your legs in front and return to a vertical stance.

Instructions: Always maintain the ball at a safe distance to reduce the risk of the defender making contact or stealing it

Linked to Skill:

FINISH WITH
DEFENDER ON YOUR
BACK

PreSkills:

EGGBEATER
Over Hips (Reverse
sculling/cycling)
SCULLING
SWIMMING HEAD
UP WITH BALL
1. Control the
opponent without
the ball 2.
Eggbeater kick 3.
Forward sculling
kick

Drill: In-Water

Step 1

Start by swimming water polo freestyle while controlling the ball until you reach the first 5-meter mark.

Step

Step 2

When you reach the first mark, perform a balance move and place your legs in front catching the ball

Step

Step 3

Use your non-dominant hand for sculling to maintain balance, and pull with your legs while keeping your head forward.

Step

Step 4

Pull with your legs and position yourself vertically, ensuring your shoulders are perpendicular to the pool.

Step

Step 5

Lower yourself and place the ball on the water in front of you. Once the ball is in the water, perform a breaststroke kick and repeat the exercise from step 1.

Step

Similar Drills

1. IDEM + SHOOT AIMING THE WATER
2. IDEM + TRIPLE THREAT POSITION WITH A STROKE

Drill

Common Mistakes

A common mistake is not pulling water with the legs and not moving forward while rising to a vertical position

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical assessment 1 to 5

Metrics: 1.0-5.0

Title: TURNS

Description: Quick directional changes using body rotation, leg kicks, and arm movements to evade defenders, reposition, or gain an advantage in the game.

Goal: To evade defenders, reposition, or gain an advantage in the game

Instructions: Arm and leg coordination is essential; without moving them together, a full rotation will not be possible

PreSkills:

Control opponent while having the ball
EGGBEATER
Trudgeon
1. Grab the ball 2. Protect the ball 3. Triple Threat

Similar Drills:

Control opponent while having the ball

Drill: In-Water

Starting Position

Step 1

Step 2

Step 3

Step 4

Related Drills

Common Mistakes

The starting position for turns is the triple threat position but the ball in the water

Do a diagonal freestyle stroke with your non dominant arm simultaneously with a breaststroke kick.

Engage the defender physically while extending the ball as far away as you can to protect possession

Make sure your legs follow and stay in line with the position of the ball to maintain balance and control.

Turn your body in sync with the defender to maintain control and positioning

1.HALF SOLO TURNS
2. TURNS IN PAIRS

A common mistake is not using the supporting arm to turn or control the defender

Step

Step

Step

Step

Step

Drill

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics:1.0-5.0

Title: 4x25 MTS: HALF SOLO TURNS

Description: Swim 25 meters alternating half-rotations to the left and right throughout the length

Linked to Skill: TURNS

Instructions: Concentrate primarily on leg movement; the legs should always engage about the same time the upper body initiates the action

PreSkills: EGGBEATER
Over Hips (Reverse
sculling/cycling)
SCULLING

Drill:In-Water

Step 1

The starting position for turns is the triple threat position but the ball in the water

Step

Step 2

Use your dominant hand to scull to either side in order to start the rotation

Step

Step 3

As you scull with your hand, coordinate by moving your legs in the direction of the desired rotation

Step

Step 4

Guide both your body and dominant hand toward the direction of the rotation to ensure a smooth turn.

Step

Step 5

Repeat the same drill, this time without using the ball

Step

Similar Drills

1. HALF TURN WITH A STROCKE
2. COMPLETE TURN

Drill

Common Mistakes

A common mistake is rotating forward instead of turning to the side

Common Mistakes



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Category: Contact

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics:r

Title: 4x25 MTS: TURNS IN PAIRS

Description: Swim 25 meters in pairs, performing turns together

Linked to Skill: TURNS

Instructions: Gradually raise the level of defensive pressure as the movement is mastered and performed automatically.

PreSkills: EGGBEATER
Pressing
1. Grab the ball 2.
Protect the ball 3.
Triple Threat

Drill:In-Water

Step 1

We position ourselves facing each other: one works while the other is simply a reference

Step

Step 2

One initiates the turn in one direction, while the other remains stationary.

Step

Step 3

When the teammate completes the turn and surpasses the other, they switch roles

Step

Regression

The defender shifts by jumping to either side, which can facilitate the attacker's rotation

Step

Progression

The defender gets more involved. When the attacker makes the first stroke, the defender will mimic it to help facilitate the turn.

Step

Common Mistakes

A common mistake is not using the supporting arm to turn or control the defender

Common Mistakes



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Category: Goalie

Created for (club): Universo

Title: GOALIE Ready Position

Description: The Ready Position is the goalkeeper's fundamental static posture from which all actions—blocks, jumps, transitions—begin. It ensures the body is balanced, elevated, and perfectly aligned with the ball, allowing for immediate reaction in any direction

Goal: To establish a stable, elevated, and reactive base position that allows the goalkeeper to move, jump, or block instantly. The posture must support total control, visual tracking of the ball, and readiness for all possible game situations.

Instructions: The goalkeeper stays elevated with active eggbeater, arms forward, eyes on the ball, and body balanced—ready to react instantly to any action.

Test: The goalkeeper holds the ready position for 45 seconds, maintaining elevation, posture, and stillness; evaluated by time and form score

Metrics: 1.0-5.0

PreSkills: EGGBEATER SCULLING
1- EGGBEATER FUNDAMENTALS, 2-STATIC POSTURE CONTROL, 3-SHOULDER ELEVATION MAINTENAINCE

Similar Drills: GOALIE TRANSITIONS

Drill: In-Water

Head	Arms	Shoulders	Core	Legs	Didactical focus	Related Drills	Common Mistakes
Aligned with spine, eyes constantly scanning the shooter.	In "ready" shape—soft elbows, extended outward from body.	Symmetrical, high above water; anchor for balance.	Engaged to keep posture upright and strong.	Provide lift and micro-adjustments through eggbeater motion.	Reinforce stillness in instability—athletes should	1) Mirror Position Hold Athlete holds ready position in water while coach checks form.. 2) Hold + React Stay in position, then explode into jump or movement after signal. 3) Ball Tracking Ready Hold Maintain position while tracking a moving ball laterally (no movement, just tracking with eyes and shoulders).	Goalkeepers often misalign the head or eyes, keep arms too low or stiff, drop shoulders, disengage the core, or use weak/narrow eggbeater kicks. These errors lead to instability, poor reaction time, and delayed movement. A correct ready position requires stillness, elevation, balance, and active focus on the ball
Part	Part	Part	Part	Part	Instructions	Drill	Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Ready Hands & Sculling Legs Hold Test: Maintain proper ready position with shoulders above water for 30 seconds. Hands must stay in correct shape, legs perform controlled eggbeater.

Title: GOALIE READY POS: Enhancing Hand Readiness & Sculling Leg Strength

Description: The ready position is crucial for water polo goalkeepers, providing a stable and reactive base for defensive actions. This card focuses on drills that enhance hand readiness and sculling leg strength, incorporating specific physical conditioning exercises to improve endurance and responsiveness.

Goal: To develop a consistent and responsive ready position by integrating active hand readiness and sculling leg strength, enabling the goalkeeper to remain elevated, balanced, and prepared to react swiftly to in-game situations.

Instructions: Begin in an upright posture with shoulders above water. Hands should be positioned in front, open and alert, ready to react. Legs perform continuous eggbeater kicks, with sculling motions aiding in balance and quick adjustments. Integrate the following conditioning drills into training sessions to build the necessary strength and endurance for maintaining this position effectively

Linked to Skill: GOALIE Ready Position

PreSkills: EGGBEATER SCULLING
1.Eggbeater Holding position, 2. Body line control, 3.Arm readiness shape

Drill: In-Water

Hands

Maintain an open, relaxed posture with fingers spread, positioned in front of the chest. Hands should be active, ready to move in any direction to block or intercept the ball

Part

Head & Eyes

Align the head with the spine, chin slightly forward, and eyes consistently tracking the ball to anticipate plays effectively.

Part

Arms

Keep elbows slightly bent, forming a supportive frame that allows for immediate transitions into blocks or lateral movements.

Part

Core

Engage core muscles to support an upright body position, preventing leaning or swaying that could affect stability.

Part

Didactical Focus

Develop coordination between hand readiness and leg sculling through progressive drills. Utilize video feedback and static holds to correct form, emphasizing control, posture, and readiness over movement volume.

Instructions

Similar Drills

1.Eggbeater Interval Training
2.Weighted Eggbeater Drills-
3. Legs + Hands Isolation Set

Drill

Common Mistakes

Goalkeepers often keep their hands too low or rigid, reducing reactivity. Other frequent mistakes include misaligned head position, locked or flared elbows, disengaged core, and drifting posture—all of which compromise balance and delay response to shots.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasz Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

1 Lateral Reaction Test
2 Visual Tracking Drill 3 Transition + Block Response

Title: GOALIE TRANSITIONS

Description: Transition is the goalkeeper's ability to reposition laterally, diagonally, or vertically within the goal area in response to the ball and the offensive play. It requires postural control, reactive timing, and fluid movement, while maintaining eyes on the ball and a body ready to block. It connects static readiness to dynamic action.

Goal: Develop dynamic positioning with minimal effort, Improve reaction time and tracking Support effective shot blocking, Build goal-space awareness, Increase confidence in movement patterns

Instructions: The goalkeeper uses controlled lateral movements with eggbeater and sculling to stay elevated and aligned with the ball, maintaining readiness and balance during transitions.

PreSkills:

GOALIE Ready Position
1. Basic Lateral Sculling 2. Eggbeater Kick with Direction 3. Ready Position Posture

Similar Drills:

GOALIE TRANSITIONS

Drill: In-Water

Head

Eyes on the ball; moves before the body starts shifting

Part

Arms

Assist movement through sculling; remain ready for a block.

Part

Shoulders

Stay aligned with hips and squared to the ball

Part

Core

Engaged to prevent twisting and ensure fluid motion

Part

Legs

Perform lateral eggbeater to initiate slides or steps without losing elevation

Part

Related drills

1) Slide to Cone
Move laterally from post to cone (placed inside the cage), maintaining ready posture.
2) Ball-Tracking Slide Follow the ball laterally across the cage with short, controlled movements
3) Slide + Block Reaction
Slide to position, then react to an immediate shot from coach

Drill

Common Mistakes

Goalkeepers often move their body before visually tracking the ball, leading to misalignment. Other frequent errors include excessive torso twisting, dropping elevation during movement, or using uncoordinated sculling—causing delayed positioning and reduced shot readiness.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE TRANSITIONS: SLIDE

Description: The SLIDE movement allows the goalkeeper to reposition quickly along the goal line using a glide-like lateral action powered by eggbeater legs and supported by sculling arms. It is essential for staying centered to the ball during cross-cage passes, fakes, or skip shots.

Goal: To develop smooth, reactive lateral mobility while maintaining body height, posture, and readiness for immediate saves. The slide helps goalkeepers align quickly to changing ball positions.

Instructions: Start in a high eggbeater. Shift laterally across the cage using a controlled leg push and symmetrical sculling. Keep the chest square to the ball at all times. Emphasize posture and low-resistance movement. Reset into ready position at each endpoint

Test:

Slide Distance
Control Test
Slide laterally 3 meters while maintaining posture and hand readiness.

Metrics:

Time (s) +
Technique
Score (1–5)

Linked to Skill: GOALIE TRANSITIONS

Drill: In-Water

Legs

Power the movement through wide, alternating kicks. Focus on side propulsion without vertical drop

Part

Shoulder & Head

Square to ball; teach athletes to lead movement with their gaze and maintain visual tracking

Part

Arms

Scull in rhythm with legs to guide and stabilize. Hands stay active and forward.

Part

Core & Torso

Stay tall and centered, avoiding hip sway or rotation

Part

Didactical Focus

Reinforce fluid lateral movement without loss of posture. Teach controlled "slide" from one ready position to another, linked to ball movement. Use mirrors or video to correct alignment.

Part

Similar Drills

1 - Slide Across cage drills: Goalkeeper slides from one post to the other and back, maintaining height and control

2- Ball Shadow Slide Drill

3 -Slide + Jump Drill

Drill

Common Mistakes

Athletes often lose elevation during the slide, causing the shoulders to dip below the water. Other common errors include rotating the torso instead of staying square to the ball, using uneven sculling, or drifting off-angle—leading to poor alignment and slower reaction to shots.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Timed Step Series Test
Perform 5 consecutive steps (post to center, center to opposite post) maintaining height and form.

Metrics:

Time (s) + Form Score (1–5)

Title: GOALIE TRANSITIONS: STEP

Description: The STEP movement is a key component of the goalkeeper's ability to reposition quickly within the cage. It involves a lateral or diagonal leg-driven push while maintaining elevation and visual contact with the ball. This drill develops controlled transitions, allowing the goalkeeper to stay centered and ready.

Goal: To develop quick, balanced, and reactive lateral movements for transitioning across the goal while staying ready to block. The goalkeeper should maintain posture, direction, and control at all times.

Instructions: From a vertical eggbeater base, the goalkeeper performs a lateral or diagonal push using a strong leg kick and sculling arm action to move 1–2 meters along the goal line. The movement must be done without dropping elevation, always facing the ball, and returning to the ready position after each step.

Linked to Skill: GOALIE TRANSITIONS

PreSkills:

GOALIE Ready Position
1. Basic Lateral Sculling
2. Eggbeater Kick with Direction
3. Ready Position Posture

Similar Drills: GOALIE TRANSITIONS: SLIDE

Drill: In-Water

Legs

Initiate the step with a strong lateral push using the inside leg. Emphasize rhythm, timing, and return to base.

Part

Head & Eyes

Always tracking the ball; head leads body orientation.

Part

Arms& hands

Sculling assists balance; hands remain in ready posture

Part

Feet

Engage core muscles to support an upright body position, preventing leaning or swaying that could affect stability.

Part

Didactical Focus

Teach the goalkeeper to move with purpose, minimizing vertical drop. Emphasize posture control, directionality, and immediate reset into the ready frame

Instructions

Similar Drills

Similar Drills:
Wall-to-Center Step Drill: From the post, goalkeeper steps to center cage and back repeatedly, staying square to coach's hand signal. Ball Tracking Step Drill: Move laterally in response to ball movement. Step across cage while tracking and maintaining ready hands. Step + React Drill: Step laterally then respond to a quick shot or block cue. Focus on speed + readiness

Drill

Common Mistakes

Athletes often drop their elevation during the step, losing readiness. Other common errors include turning the head away from the ball, crossing feet (which disrupts balance), or failing to return quickly to the ready position—compromising reaction speed and shot coverage.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE: BLOCKING

Description: Blocking is the goalkeeper's fundamental action to stop a shot on goal. It involves reading the shooter, staying centered, and reacting quickly by positioning the body, arms, and hands to cover as much space as possible. It combines explosive reaction, technical positioning, and mental anticipation.

Goal: From an active eggbeater position, the goalkeeper reads the attacker, then reacts explosively by extending arms with open hands in the shot's path, using full-body coordination to block effectively

Instructions: From a stable eggbeater, the goalkeeper anticipates the shot and reacts explosively, extending arms with open hands and using full-body coordination to block the ball.

Test:

Shot Reaction Block Test
goalkeeper faces 10 varied shots to assess reaction and blocking skills; performance is measured by the number of successful saves out of 10.

PreSkills:

GOALIE Ready Position
1. Stable Eggbeater Kick
2. Sculling with Arms
3. Head-Body Tracking

Similar Drills:

GOALIE Ready Position

Drill: In-Water

Head

Eyes locked on the ball at all times; no distractions

Part

Arms

Extended in line with the shot; elbows slightly bent to absorb impact.

Part

Core & Torso

Stable, controlling upper body rotation and supporting balance..

Part

Legs

Constant eggbeater motion; adjust elevation and direction quickly

Part

Hands

Fingers wide, palms firm, ready to stop or deflect the ball.

Part

Didactical Focus

Encourage proper hand shape, consistent eye contact, and full extension. Emphasize anticipation over reaction alone

Instructions

Related Drills

1) Ball Tracking + Block
Coach simulates fake shots; athlete reacts only to real shot with block.
2) Reaction Blocking (Left/Right) (Quick lateral jumps with block response to signal or throw from coach
3) High/Low Shot Blocking
Vary shot trajectory; goalkeeper adjusts arm path and jump height accordingly.
3) Pass & React Drill

Drill

Common Mistakes

Goalkeepers often misread the shooter's cues, react late, or extend arms too rigidly or too wide, reducing control and coverage. Other frequent errors include dropping elevation during the block or over-rotating the torso, which compromises balance and shot alignment

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE: BLOCKING 2 HAND - 1 HAND

Description: This drill focuses on the goalkeeper's ability to distinguish and execute between two-handed and one-handed blocks, depending on shot trajectory, distance, and speed. Training both techniques helps optimize reach, control, and balance during dynamic shot-stopping situations.

Goal: To enhance decision-making, shot coverage, and technical execution by training goalkeepers to select and apply the right blocking technique in live shot situations.

Instructions: Begin in ready position. On each shot, the goalkeeper must react and choose the correct blocking technique: use two hands for central/high shots and one hand for wide or high-angle shots. Maintain vertical posture and recover quickly to reset position. Focus on decision-making, reach timing, and stability.

Test:

BLOCK CHOISE ACCURACY
TEST:8 randomized shots requiring different techniques. Athlete must correctly execute 2-hand or 1-hand block

Linked to Skill: GOALIE: BLOCKING

PreSkills: GOALIE Ready Position
KICKING
1 - Hand Shape & Arm Control
2 - Jumping from Ready Position
3- Shot Path Recognition

Similar Drills: GOALIE READY POSITION: Ready Hands - Out Position
GOALIE: THE LOB BLOCK

Drill: In-Water

HEAD & EYES

Track the ball immediately; determine shot direction before committing to hand motion

Part

LEGS

Provide vertical lift and support quick resets. Engage strongly during jumps.

Part

ARMS & HANDS

Execute clean, reactive movement based on ball path. Two hands for central shots; one for lateral reach.

Part

CORE & TORSO

Maintain upright control; avoid collapsing or twisting when reaching.

Part

Didactical Focus

Train goalkeepers to read and react correctly under pressure. Develop motor memory for switching between 2-hand and 1-hand blocks. Emphasize minimal delay in decision-making and stable recovery.

Instructions

Similar Drills

MIXED BLOCK DRILLS: Coach alternates shots requiring 2-hand and 1-hand blocks. Goalkeeper reacts accordingly.
TARGETED REACTION DRILLS: Balls are thrown to specific zones (center vs. wide) to train hand selection
JUMP + ADJUST DRILL: Goalkeeper jumps upward, then adjusts in air to use correct hand(s) for simulated shot
SIGNAL + BLOCK DRILL: Coach gives a visual signal; goalkeeper reacts with compact hand block
SAVE + RESET DRILL: Perform a near-post block, immediately return to ready position and repeat. Build speed + endurance

Drill

Common Mistakes

Goalkeepers often hesitate in choosing between one or two hands, leading to delayed or ineffective blocks. Common errors include misjudging shot trajectory, collapsing the torso during reach, overreaching with both hands on wide shots, or failing to recover posture quickly after the block.

Common Mistakes





Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Near Post Save Accuracy Test: 6 near-post shots with random timing. Goalkeeper attempts to block each Saves (n/6) + Form Control Score (1-5)

Title: GOALIE: THE NEAR /FAR BLOCK

Description: The near post block is a key part of the goalkeeper's fundamental defensive skill set. It involves maintaining position and reacting quickly to shots aimed at the closest side of the goal. This drill trains precision, timing, and technique to make effective saves at close angles.

Goal: To train explosive lateral transitions and elevate shot-blocking skills on cross-cage threats. Improve timing, movement efficiency, and control while defending far-post actions.

Instructions: Start in a ready position aligned with the shooter. On cue or pass, execute a quick slide or step across the cage, then perform a jump block aimed at intercepting the ball at the far post. Maintain square posture to the ball throughout the movement. Emphasize timing, angle reading, and reach direction.

Linked to Skill: GOALIE: BLOCKING

PreSkills: EGGBEATER GOALIE: SPECIALITY 1- Ready hands Posture 2 - Reaction cue Training 3- One hand reach control

Similar Drills: GOALIE READY POS: Enhancing Hand Readiness & Sculling Leg Strength GOALIE: BLOCKING 2 HAND - 1 HAND

Drill: In-Water

HEAD & EYES

Fixed on shooter's release; keep vision stable and follow ball.

Part

LEGS

Provide vertical support to stay elevated and stable throughout the block.

Part

ARMS & HANDS

React with strong, fast movement from ready position. Nearest hand reaches toward shot path with open palm.

Part

CORE & SHOULDER

Support the upper body during the blocking extension. Stay symmetrical and avoid collapsing to one side

Part

Didactical focus

Emphasize compact hand motion, controlled reach, and minimal body rotation. Reinforce quick reset into ready position. Use ball-tracking and hand-shaping drills to refine blocking precision

Instructions

Related Drills

Near post repetition drill: Coach passes across 5-10 balls thrown at varying speeds toward near post. Focus on hand speed and control. SIGNAL + BLOCK DRILL: Coach gives a visual signal; goalkeeper reacts with compact hand block SAVE + RESET DRILL: Perform a near-post block, immediately return to ready position and repeat. Build speed + endurance

Drill

Common Mistakes

Athletes often rotate their torso too early or lose square alignment with the ball, leading to poor coverage. Other common errors include mistimed push-offs, reaching across with the wrong hand, or dropping elevation during the lateral movement—reducing effectiveness on far-post saves.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Vertical Jump Reach Test
From eggbeater, measure maximum hand height touched on wall/marker

Title: GOALIE: JUMPS

Description: Jumps are explosive upward movements used by the water polo goalkeeper to intercept high shots, block lob attempts, or anticipate opponent passes. This skill combines leg power, core control, and arm coordination to reach maximum height while maintaining balance and direction

Goal: Develop explosive strength, coordination, and reaction in vertical movements to reach and block shots. Improve elevation while maintaining body control and directional accuracy.

Instructions: Start from a stable eggbeater position, upright and balanced. Slightly compress knees and hips, then push upward explosively using legs and sculling arms. Keep eyes on the ball, arms extended with fingers spread. Land in control, ready for a second action.

Drill: In-Water

Head

Always aligned and facing the ball; never tilted backward

Part

Arms

Active in sculling during take-off; extended and wide during the jump to cover maximum area.

Part

Orientation

Shoulders square to the ball; avoid lateral tilting.

Part

Core/ torso

Engaged to control balance and keep alignment during ascent and descent.

Part

Legs

Perform a powerful eggbeater and lunge motion for propulsion; maintain rhythm

Part

Feet

Flexed slightly downward during take-off for streamlined push, avoid crossing

Part

Related drills

1) Vertical Jumps in Place- Perform 3-5 jumps in a row without moving from the spot, focusing on height and landing control.
2) Side-to-Side Jumps (with Lunge) Simulate a shot from left or right. Push off laterally, then immediately jump vertically to block
3) Jump + Ball Tap From eggbeater, jump to tap or catch a ball held by coach/teammate at increasing heights.

Drill

Common Mistakes

Inadequate knee and hip compression, limiting jump height.

Losing balance or drifting backward/forward during the jump.

Poor arm timing or low hand position, reducing blocking reach.

Eyes not tracking the ball throughout the movement.

Landing without control, making recovery for the next action slow

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Test:

Timed Jump Series: Count number of jumps in 30 seconds
Scoring (1–5)

Title: GOALIE JUMPS: VERTICAL JUMP

Description: Vertical Jump refers to the goalkeeper's ability to explosively elevate their body vertically out of the water in order to block high shots, intercept passes, or demonstrate visual presence. It is a dynamic skill that combines power, coordination, and timing, and requires efficient eggbeater propulsion and strong core engagement.

Goal: Develop explosive upward reach to block high shots with power and timing. Improve body control, reaction speed, and confidence in defending the upper part of the goal.

Instructions: Start from a balanced ready position, engage the core, and use a powerful eggbeater to lift vertically. Extend arms upward, maintain full-body alignment, and return smoothly to the ready stance.

Linked to Skill: GOALIE: JUMPS

PreSkills: GOALIE Ready Position
1.Shoulder Elevation Stability, 2.Arm Position Awareness, 3. Hand Reactivity Tracking

Similar Drills: GOALIE READY POSITION: Ready Hands – Out Position

Drill: In-Water

HEAD

eyes should remain locked on the ball to anticipate its trajectory, while the chin stays slightly down to keep the neck aligned and avoid backward tilt during the jump

Part

SHOULDER

should stay open and in line with the hips to allow a stable vertical push and avoid body rotation during ascent.

Part

ARM - HANDS

must be tightly engaged to stabilize the trunk, support the transfer of force from the legs to the arms, and maintain balance during flight.

Part

CORE

must be tightly engaged to stabilize the trunk, support the transfer of force from the legs to the arms, and maintain balance during flight.

Part

Didactical focus

This drill aims to enhance young goalkeepers' ability to jump vertically with precision and confidence. The core focus is on developing explosive movement, whole-body alignment, and control. Coaches should prioritize progressive skill-building through targeted drills that improve ball-tracking, shoulder and core stability, arm extension, leg propulsion, and foot positioning to ensure a clean and efficient vertical motion.

Instructions

Similar Drills

Wall Marker Jump: Jump from water to touch a marker placed on wall/goal frame
Ball Drop Reaction: Partner drops a floating ball overhead; goalie must jump and catch or block
Flick Shot Block Drill: Coach flicks high corner shots; goalie jumps to parry or block

Drill

Common Mistakes

Athletes often rely too much on arm lift instead of leg-driven propulsion, resulting in low elevation. Other errors include looking up too early (causing backward tilt), collapsing shoulders during the jump, or failing to engage the core—leading to poor control and delayed recovery.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE: LUNGES

Description: The lunge movement is a combination of lateral step and upward extension, used to explode diagonally or sideways for blocks during quick offensive actions. This drill reinforces the transition from lateral movement into vertical or angled jumps, key in covering angles and reacting to cross-cage shots.

Goal: Develop explosive upward reach to block high shots with power and timing. Improve body control, reaction speed, and confidence in defending the upper part of the goal.

Instructions: From a high eggbeater, perform a lateral push with one leg, extending the opposite arm upward as if reacting to a shot. Focus on diagonal elevation and full-body coordination. Reset quickly to the center and repeat. Maintain control and readiness throughout.

Test:

Test: Lunge Explosion From center, perform 3 alternating lunges with maximum elevation and form -Distance + Form Score (1-5)

Linked to Skill: GOALIE: JUMPS

PreSkills: GOALIE Ready Position KICKING
1. Basic Lateral Sculling 2. Eggbeater Kick with Direction 3. Ready Position Posture

Similar Drills: GOALIE JUMPS: VERTICAL JUMP

Drill: In-Water

HEAD & EYES

Always facing the ball; eye contact should guide movement direction.

Part

LEGS

One leg drives sideways, the other stabilizes and follows into lift. Teach athletes to shift weight and extend with control.

Part

ARM

One arm reacts upward, the other balances the torso. Promote explosive extension with targeted reach.

Part

CORE & TORSO

Maintain a vertical posture; core supports body alignment during takeoff and landing.

Part

Didactical focus

Teach timing between lateral leg push and explosive upward motion. Use targets or simulated shots to train direction and arm extension. Emphasize fast reset into ready position.

Instructions

Similar Drills

Lunge to block: Push laterally from center and extend up to block a ball or hand signal. Repeat on both sides
Diagonal Lunge + Catch Drill: Athlete performs a lunge-jump and catches a lob or ball thrown cross-body
Continuous Lunge-Recovery Drill: Alternate lunges left and right with minimal recovery time. Build power and endurance.

Drill

Common Mistakes

Slow or no reset before and after the lunge, utilization of the opposite hand, knees low/short kick

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE: SPECIALITY

Description: refers to the development of advanced technical and tactical abilities that define the unique role of the goalkeeper in water polo. This includes a deep understanding of game reading, shot anticipation, and specific defensive responses to complex situations such as lob shots, cross-cage shots, and 1-on-1 duels. It's the evolution from general technique to expert situational mastery

Goal: To build the goalkeeper's specialized identity, combining physical skill, tactical awareness, and psychological readiness. The aim is to go beyond basic reactions and develop refined responses to different types of threats, contributing strategically to the team's defense.

Instructions: Speciality develops by mastering basic skills, then progressing to read the shooter, anticipate actions, train in game-like scenarios (lobs, cross-cage), and strengthen focus and decision-making under pressure.

Test:

Specialty Scenario Test
Perform a series of simulated in-game scenarios (lob, cross-cage, 1-on-1). Evaluate decision-making, technique, and reaction accuracy.

Metrics:

Number of correct choices/saves out of 1.

Similar Drills: GOALIE Ready Position

Drill: In-Water

Head & Eyes

The head stays upright and stable, with constant eye contact on the ball and peripheral attention to the field. Reading the shooter's eyes, arm motion, and body posture becomes essential for anticipating lob shots or cross-cage finishes.

Part

Arms

Arms should be in a ready, responsive position—slightly flexed and forward. Depending on the situation (e.g., high lob or skip shot), the goalkeeper must adjust arm angles and timing for an effective reach and block.

Part

Shoulder

Should remain high, open, and squared to the ball. The goalkeeper must be able to shift from tension to fluidity—ready to explode upward or slide laterally without collapsing the frame.

Part

Core/ torso

The center of stability. A strong and responsive core allows quick re-centering after a jump, better control during lateral transitions, and balance when facing fakes or redirects.

Part

Legs

The engine for all explosive movements. Through the eggbeater, legs must provide vertical lift, lateral agility, and endurance—especially in long defensive phases.

Part

Didactical focus

Encourage progression from technical repetition to game-like reading and intelligent movement.

Instructions

Related drills

- 1) Lob Shot Save Simulation
Practice recognizing and jumping for high-arching shots.
- 2) Cross-Cage Reaction Drill -Quick lateral shift into block from one post to the other.
- 3) 1-on-1 Game Reading
Goalkeeper tracks attacker from drive to finish, choosing correct save technique.

Drill

Common Mistakes

Overcommitting too early, making it easier for shooters to fake or lob.

Misreading the shooter's body language, leading to poor anticipation.

Losing focus under pressure, resulting in delayed or incorrect reactions.

Dropping elevation during lob defense, reducing reach.

Inconsistent technique when switching between different types of shots.

Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE: THE CROSS CAGE

Description: The cross-cage block is a specialty skill requiring fast lateral movement, excellent game reading, and a well-timed explosive jump. This drill develops the goalkeeper’s ability to read diagonal passes or shots and cover the far post with precision and control.

Goal: To train explosive lateral transitions and elevate shot-blocking skills on cross-cage threats. Improve timing, movement efficiency, and control while defending far-post actions.

Instructions: Start in a ready position aligned with the shooter. On cue or pass, execute a quick slide or step across the cage, then perform a jump block aimed at intercepting the ball at the far post. Maintain square posture to the ball throughout the movement. Emphasize timing, angle reading, and reach direction.

Test: Cross-Cage Block Test 5 cross-cage shots with varied timing. Athlete must reposition and attempt to block each - Successful blocks (n/5) + Reaction/Timing Score (1–5)

Linked to Skill: GOALIE: SPECIALITY

PreSkills: GOALIE: JUMPS Preskill 1-Slide + Step Coordination 2Shot Cue Recognition 3-Arm Extension Under Pressure

Similar Drills: GOALIE JUMPS: VERTICAL JUMP GOALIE: LUNGES

Drill: In-Water

HEAD & EYES	LEGS	ARMS	CORE & TORSO	Didactical Focus	Similar Drills	Common Mistakes
Lead the movement; track both the shooter and ball at all times.	Use eggbeater and lunge motion to push across goal line	Hands move together in reaction; extend toward the expected shot path.	Stay upright and avoid leaning; control posture during transition	Teach anticipation of cross-cage threats through game-like scenarios. Focus on smooth transitions between slide and jump. Reinforce visual cues, timing, and correct shoulder alignment during reach.	Cross cage pass + shot drill Coach passes across cage and follows with quick shot; goalkeeper must slide and block. Cue Slide + jump drill On signal, goalkeeper slides to far post and performs explosive jump Mirror Movement Drill: Partner mimics ball movement; goalkeeper mirrors with quick lateral movement and finishes with a high block	Goalkeepers often overcommit or rotate their torso too early, losing alignment with the ball. Other typical errors include delayed lateral push, mistimed jump, reaching with the wrong hand, or failing to maintain elevation—resulting in late or ineffective far-post coverage
Part	Part	Part	Part	Instructions	Drill	Common Mistakes



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasch Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE: THE LOB BLOCK

Description: The lob block is a high-level specialty skill for water polo goalkeepers, requiring game reading, positioning, and explosive vertical control. This drill helps athletes anticipate and react to lob shots by combining timing, tracking, and upward reach.

Goal: To develop the goalkeeper's ability to recognize lob cues, respond with elevation and control, and defend against high-arching shots with consistency and precision.

Instructions: Begin in a stable ready position. Track the shooter closely and read signs of a lob (hand position, body lean). When the lob is released, perform a controlled vertical jump with a backward lean and full upward arm extension. Emphasize elevation and timing over raw speed.

Test:

Lob Reaction & Reach Test: 5 lob shots with variation; goalkeeper must read and block each.

Metrics:

Metric: Successful blocks (n/5) + Reach Form Score (1-5)

Linked to Skill: GOALIE: SPECIALITY

PreSkills: EGGBEATER Jumps Preskill 1-Shot Recognition Fundamentals 2-Vertical Jump Control 3-Hand Tracking at Max Reach

Similar Drills: GOALIE: THE CROSS CAGE

Drill: In-Water

HEAD & EYES

Maintain visual contact with the shooter until release, then track the ball trajectory

Part

LEGS

Explosive upward eggbeater kick with minimal forward drift

Part

ARMS

Reach fully overhead with fingers wide; use one or both hands depending on ball height

Part

Core & Torso

Slight arch backward for high reach; avoid over-rotation.

Part

Didactical focus

Train shot reading through situational cues and repetition. Use progressive scenarios (fake > shot) to reinforce recognition. Focus on body control during jump and return" > < /data> < data id=

Instructions



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Category: Goalie

Created by (coach): Maurizio Gobbi, Tomasz Calore, Federica Travaglini, Universo u14

Created for (club): Universo

Title: GOALIE READY POSITION: Ready Hands – Out Position

Description: This drill develops the goalkeeper's ability to hold and control the ready hands in the "out position"—hands forward, slightly outside the body frame—essential for blocking high shots and quick lateral reactions.

Goal: Train the "out" hand position as a reliable and reactive part of the ready frame. Improve strength, control, and movement economy to support fast transitions into blocks.

Instructions: Start in an upright eggbeater. Hands are extended out from the shoulders, palms facing slightly outward and forward. Maintain this posture with shoulders above water for 20–30 seconds. React to visual or verbal cues by reaching outward from this ready frame, then quickly returning to it.

Test:

Out Position Hold & React Test Hold correct hand posture for 30 seconds, then respond to 5 visual cues from coach.

Metrics:

Time + Accuracy Score (0–5) based on position maintenance and reaction sharpness.

Linked to Skill: GOALIE Ready Position

Similar Drills: GOALIE READY POSITION: Ready Hands – Out Position

Drill: In-Water

Hands

Extended slightly outside the body line; palms forward and fingers wide. Reinforce muscular endurance and reactivity in this position

Part

Head & Eyes

Always fixed on the ball or coach cue; do not drop gaze..

Part

Arms

Maintain a strong, forward hold; avoid drooping or collapsing inward.

Part

Shoulder/Core

Engage core muscles to support an upright body position, preventing leaning or swaying that could affect stability.

Part

Didactical focus

Isolate hand control in a stretched ready posture to build positional memory, upper-body tension, and fast reactivity from a stable frame.

Instructions

Similar Drills

1.Eggbeater Interval Training
2.Weighted Eggbeater Drills–
3. Legs + Hands Isolation Set

Drill

Common Mistakes

Off balance on intensity, slow hands movement, knees not efficient position

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Title: BLOCKING FORM

Description: Maintain an upright position with the eggbeater kick, extend arms high, keep hands open, and time movements to block shots or passes effectively.

Instructions: It's important that the blocking hand is always in a position where we can see it and fully open

Test: Technical Assessment

Metrics:1.0-5.0

PreSkills: TRIPLE THREAT POSITION (BASE POSITION)
1.Triple threat position 2. Grab the ball 3. Vertical position

Drill:In-Water

Body position	Hips	Legs	Non-dominant arm	Dominant arm	Related Drills	Common Mistakes
The body position should be upright and perpendicular to the ground.	The hips should be at a 90-degree angle to the torso in order to generate force to lift the body out of the water..	The legs should be parallel, with the knees at about a 90-degree angle, performing the eggbeater kick movement.	Should be slightly ahead, making gentle sweeps with the hand in a relaxed position. You should be able to see your hand while looking forward (not too wide or too close).	The arm should be in front of the body, slightly bent, with the hand fully open. You should be able to see your hand facing forward.	1. BLOCKING FORM (1 IN EACH DIRECTION) 2. BLOCKING THE BALL FROM A TEAMMATE 3. BLOCKING FORM + SLIDE FORWARD	A common mistake is having the blocking arm positioned behind the body
Part	Part	Part	Part	Part	Drill	Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Linked to Skill: BLOCKING FORM

Title: 4x25 MTS: BLOCKING FORM (1 IN EACH DIRECTION)

PreSkills: BLOCKING FORM
EGGBEATER
SCULLING
SWIMMING

Description: 4x25 MTS: BLOCKING FORM (1 IN EACH DIRECTION)

Instructions: Even when changing position, it's very important to keep the knees up and wide, and to maintain a vertical body position

Similar Drills: 4x25 MTS: BLOCKING FORM (1 IN EACH DIRECTION)
4x40": BLOCKING THE BALL FROM A TEAMMATE

Drill: In-Water

Step 1

Start the exercise in blocking form and gradually move forward, ensuring you maintain the correct posture throughout.

Step

Step 2

Once you complete the first 25 meters, finish the remaining three in the other three directions.

Step

Step 3

Similar to the previous exercise, but every 2-3 meters, perform 2 horizontal breaststroke kicks and then recover to the vertical position.

Step

Step 4

Swim water polo freestyle, and every 5 meters, position yourself in blocking form as quickly as possible.

Step

Step 5

Similar to the previous exercise, but before positioning yourself in blocking form, perform a turn.

Step

Similar Drills

- 1. Block + 1 stroke
- 2. Block + slide

Drill

Common Mistakes

A common mistake is keeping the blocking arm behind the body and having the hand either closed or in a soft, passive position

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics:1.0-5.0

Title: 4x40": BLOCKING THE BALL FROM A TEAMMATE

Description: To block the ball from a teammate in water polo, position yourself between the ball and the goal, using your body to intercept or deflect the ball.

Instructions:

At first, it's recommended that the attacker indicates where the pass will go so the defender can practice. As the movement becomes more automatic, transition to a more competitive format

Linked to
Skill: BLOCKING FORM

PreSkills:
BLOCKING FORM
FAKING
SCULLING
1.Sculling 2. Vertical
position 3.
Eggbeater kick

Similar
Drills: 4x25 MTS: BLOCKING
FORM (1 IN EACH
DIRECTION)

Drill:In-Water

Step 1

Both players should face each other at a distance of 0.5 meters, maintaining the triple threat position.

Step

Step 2

A teammate grabs the ball and attempts to pass the defender.

Step

Step 3

If the pass is successful, the roles are swapped. If the ball is blocked, the player continues attempting until they succeed.

Step

Progresion 1

The attacker can fake to pass the block

Step

Progresion 2

The attacker can move and face to pass the block

Step

Similar drills

1. SHOOTING AGAINST A BLOCK

Drill

Common Mistakes

A common mistake is having the blocking arm positioned behind the body

Common Mistakes



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Category: Vertical Form

Created for (club): Echeyde

Title: FAKING

Description: A deceptive move to trick the defender or goalkeeper by pretending to pass or shoot in one direction.

Goal: To deceive the defender or goalkeeper

Instructions: Despite arm movement, it's crucial to maintain postural stability in order to remain ready to shoot at any moment

Test: Technical Assessment

Metrics:1.0-5.0

PreSkills: EGGBEATER
FAKING
TRIPLE THREAT POSITION (BASE POSITION)
1.Triple Threat position
2. Blocking
3. Sculling

Similar Drills: PASSING FORM
TRIPLE THREAT POSITION (BASE POSITION)

Drill:In-Water

Starting Position	Step 1	Step 2	Step 3	Step 4	Related Drills	Common Mistakes
The starting position for faking is the triple threat position.	Start faking with the arm, moving the shoulder transversely and flexing and extending the elbow without reaching the extremes.	You can add a subtle torso movement, rotating slightly, while maintaining core stability to avoid losing balance.	You can change the frequency of the leg kick or add a breaststroke kick to increase the credibility of the shot fake	Try to link the shot with the same movement as the fakes.	1. EVERY 5MTS. STOP AND FAKE 3 TIMES 2.SHOOT WHENEVER YOU WANT 3. SHOOT WHENEVER YOU WANT AGAINST A BLOCK	A common mistake is having the elbow below ear level or using only the shoulder to fake
Step	Step	Step	Step	Step	Drill	Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment

Metrics:1.0-5.0

Title: 4x25 MTS: EVERY 5MTS. STOP AND FAKE 3 TIMES

Description: Swim 25 meters, and at every 5-meter mark, pause to perform 3 fakes with your arm and torso before continuing.

Instructions: All three fakes must be performed while elevating or holding height above the water — never while dropping

Linked to
Skill: FAKING

PreSkills: EGGBEATER
FAKING
SWIMMING
SWIMMING HEAD
UP WITH BALL

Drill:In-Water

Step 1

Start by swimming water polo freestyle while controlling the ball until you reach the first 5-meter mark.

Step

Step 2

When you reach the first mark, perform a balance move and position yourself vertically without touching the ball.

Step

Step 3

Bring the ball from your non-dominant hand to your dominant hand.

Step

Step 4

Grab the ball from under the water and position yourself in the triple threat position. Rise as high as possible while faking 3 times

Step

Step 5

Lower yourself and place the ball on the water in front of you. Once the ball is in the water, perform a breaststroke kick and repeat the exercise from step 1.

Step

Similar Drills

1. TURN + EVERY 5MTS. STOP AND FAKE 3 TIMES
2. EVERY 5MTS. STOP AND DO 3 DIFFERENT FAKES
3. .SHOOT WHENEVER YOU WANT

Drill

Common Mistakes

A common mistake is performing the fakes using a breaststroke kick or using only the shoulder to fake.

Common Mistakes



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Category: Vertical Form

Created for (club): Echeyde

Title: FAKING: SHOOT WHENEVER YOU WANT

Description: It's an exercise that works on faking without a time limit or a limit on the number of fakes.

Instructions: It's important to force the goalkeeper to jump, shift position, or make a move that increases our chances of scoring when we shoot

Test:

Technical assessment 1 to 5

Metrics:1.0-5.0

Linked to Skill: FAKING

PreSkills:

BLOCKING FORM
SHOOTING
TRIPLE THREAT
POSITION (BASE
POSITION)
1. Sculling

Drill:In-Water

Step 1

The players preparing to shoot line up 10 meters from the goal,.

Step

Step 2

I advance with the ball, performing as many fakes as I want, and I can get as close as I want.

Step

Step 3

I can't shoot until I see that the goalkeeper has moved due to one of my fakes.

Step

Step 4

If I score, I swim back smoothly; if I miss, I have to fake my way back to the line.

Step

Step 5

I can only get as close as 6 meters.

Step

Similar Drills

1. PROGRESSION 1
2. MINIMUM 2 FAKES MAXIMUM 6 FAKES
3. YOU CAN SHOOT IF THE GOALIE JUMPS BEFORE

Drill

Common Mistakes

A common mistake is shooting before the goalkeeper moves. You should try to make the goalkeeper react with a fake before shooting

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Title: PASSING FORM

Description: It helps to pass the ball between teammates to create a clear goal-scoring opportunity.

Goal: create a clear goal-scoring opportunity.

Instructions: Maintain a high elbow, keep your body out of the water, and aim for a pass with minimal arc

Test: Technical Assessment

Metrics:1.0-5.0

PreSkills: EGGBEATER TRIPLE THREAT POSITION (BASE POSITION)

Similar Drills: SHOOTING

Drill:In-Water

Starting Psition	Step 1	Step 2	Step 3	Step 4	Related Drills	Common Mistakes
The starting position for passing is the triple threat position.	Increase the eggbeater kick to reach the maximum height.	Once you reach maximum height, move your arm forward without lowering your elbow, releasing the ball with a wrist flick.	Simultaneously, as you move your arm forward, make a slight forward lean with your torso using your core and assist with a stronger sculling motion from your non-dominant hand.	Once you have released the ball, quickly return to a vertical position with your knees high to be ready to receive another pass. Keep both hands in the water, sculling to maintain stability.	1. PASSING OUTSIDE THE POOL 2. 5' PASSES TO THE WATER IN PAIRS 3. 5' PARTNER HAND-TO-HAND PASSING	A common mistake is not rotating the body and not using the whole body when passing
Part	Step	Step	Step	Step	Drill	Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical Assessment

Metrics:1.0-5.0

Title: PASSING OUTSIDE THE POOL

Description: Before performing any complex movement, it is preferable to practice it outside the water to internalize the mechanics.

Linked to Skill: PASSING FORM

Instructions: Visualize yourself in the water and replicate the technique accordingly

PreSkills: TRIPLE THREAT POSITION (BASE POSITION)

Drill: In-Water

Step 1

Position yourself with the ball 1 meter away from the wall.

Step

Step 2

Execute the passing mechanics against the wall, focusing on the wrist, core, elbow, and non-dominant arm.

Step

PROGRESSION 1

Once you have successfully completed several passes in a row, gradually move further away from the wall.

Step

PROGRESSION 2

If you manage to complete several passes in a row, change your body position. Do the same, but with only one support leg (the non-dominant leg).

Step

PROGRESSION 3

If you manage to do it well, pair up with a teammate and try the 2 variations progressively.

Step

Similar Drills

- 1. SHOOTING OUTISDE THE POOL
- 2. MONKEY IN THE MIDDLE OUTSIDE THE POOL

Drill

Common Mistakes

A common mistake is not rotating the body and not using the whole body when passing

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical
assessment 1
to 5

Metrics:1.0-5.0

Title: SHOOTING

Description: A quick, powerful action where the player throws the ball towards the goal

PreSkills:

PASSING FORM
TRIPLE THREAT
POSITION (BASE
POSITION)

Goal: Score a goal

Similar
Drills:

PASSING FORM

Instructions: he more elevated you are above the water, the easier it becomes to execute the shot. Always use your core muscles when shooting

Drill:In-Water

Starting Position

The starting position
for passing is the triple
threat position.

Part

Step 1

Increase the eggbeater kick
and perform a breaststroke kick
to reach the maximum height.

Step

Step 2.1

Once you reach maximum
height, move your arm forward
as fast as you can without
lowering your elbow, releasing
the ball with a wrist flick.

Step

Step 2.2

Simultaneously, as you move
your arm forward, make a
slight forward lean with your
torso using your core and
assist with a stronger sculling
motion from your non-
dominant hand.

Step

Step 3

Once you have released the
ball, quickly return to a vertical
position with your knees high
to be ready to do any other
action. Keep both hands
in the water, sculling to
maintain stability.

Step

Similar Drills

1. EVERY 5MTS. STOP AND
SHOOT AIMED AT THE WATER
2.SHOOT OVER THE NOODLE
3. UNOPPOSED SHOT ON GOAL

Drill

Common Mistakes

A common mistake is not
engaging the core when
shooting and lowering
the elbow

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical Assessment

Metrics:1.0-5.0

Title: 4x25 MTS: EVERY 5MTS. STOP AND SHOOT AIMED AT THE WATER

Description: Swim 25 meters, and at every 5-meter mark, pause to perform a shot aimed at the water, focusing on technique and power before continuing to swim.

Instructions: To keep the shot close to your body, it's essential to rise high out of the water, engaging your core and using your wrist effectively.

Linked to Skill: SHOOTING

PreSkills: EGGBEATER
SCULLING
SHOOTING
SWIMMING
SWIMMING HEAD UP WITH BALL
1. Vertical position
2. Passing
3. Blocking

Drill:In-Water

Step 1

Start by swimming water polo freestyle while controlling the ball until you reach the first 5-meter mark.

Step

Step 2

When you reach the first mark, perform a balance move and position yourself vertically without touching the ball.

Step

Step 3

Bring the ball from your non-dominant hand to your dominant hand.

Step

Step 4

Grab the ball from under the water and position yourself in the triple threat position. Rise as high as possible and shoot to the water

Step

Step 5

Retrieve the ball and continue swimming to the next 5-meter mark. To start swimming, perform a breaststroke kick.

Step

Similar Drills

- 1. TURN + SHOOT AIMED AT THE WATER
- 2.SHOOT BOUNCING
- 3. UNOPPOSED SHOT ON GOAL

Drill

Common Mistakes

A common mistake is not engaging the core when shooting

Common Mistakes



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Category: Vertical Form

Created for (club): Echeyde

Test: Technical Assessment

Title: SHOOT OVER THE NOODLE

Linked to Skill: SHOOTING

Description: A training drill where the player shoots the ball over a noodle held by a teammate, focusing on accuracy, elevation, and proper shooting technique.

PreSkills: EGGBEATER
PASSING FORM
TRIPLE THREAT
POSITION (BASE
POSITION)

Instructions: The player with the noodle must keep it upright. You need to lift your elbow high to be able to pass over the noodle

Similar Drills: FAKING: SHOOT
WHENEVER YOU WANT

Drill: In-Water

Step 1

The players preparing to shoot line up 10 meters from the goal, while a teammate stands with the noodle 5 meters from the goal.

Step

Step 2

I swim with the ball under control until I reach my teammate with the pool noodle.

Step

Step 3

My teammate raises the pool noodle with their arms extended, ensuring it doesn't bend.

Step

Step 4

I grab the ball from underneath and rise to shoot over the pool noodle.

Step

Step 5

I switch roles with my teammate once I finish the shot.

Step

Similar drills

- 1. UNOPPOSED SHOT ON GOAL
- 2. SHOOT AGAINST A BLOCK
- 3. SHOOT WITH 2 PREVIOUS FAKES

Drill

Common Mistakes

A common mistake is not engaging the core when shooting and lowering the elbow

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Title: TRIPLE THREAT POSITION (BASE POSITION)

Description: It is the basic position with the ball that allows us to pass, shoot, or fake.

Goal: maintain control of the ball while being ready to pass, shot, or fake out the defender, providing options during play.

Instructions: Maintain a fixed and stable position. Open the knees wide to broaden the base of support.

Test: Technical assessment 1 to 5

Metrics:1.0-5.0

PreSkills: EGGBEATER SCULLING
1. Vertical position
2. Sculling 3. Grab the ball

Similar Drills: BLOCKING FORM
FAKING
PASSING FORM

Drill:In-Water

Body position	Hips	Legs	Non-dominant arm	Dominant arm	Related Drills	Commomn Mistakes
The body position should be upright and perpendicular to the ground.	The hips should be at a 90-degree angle to the torso in order to generate force to lift the body out of the water..	The non-dominant leg should be slightly ahead nd the dominant leg should be slightly behin,with the knees at about a 90-degree angle, performing the eggbeater kick movement.	Should be slightly ahead, making gentle sweeps with the hand in a relaxed position. You should be able to see your hand while looking forward (not too wide or too close).	The arm should be behind the head with the elbow slightly bent at ear level, and the wrist fully extended, with the ball resting and pointing forward.	1. EVERY 5MTS. STOP AND TRIPLE THREAT POSITION 2. EVERY 5MTS. STOP AND DO A TURN PLUS A TRIPLE THREAT POSITION 3. TRIPLE THREAT POSITION + SLIDE FORWARD	A common mistake is having the elbow below ear level and not keeping the wrist extended
Part	Part	Part	Part	Part	Drill	Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Test:

Technical Assessment

Metrics:1.0-5.0

Title: 4x25 MTS: EVERY 5MTS. STOP AND DO A TURN PLUS A TRIPLE THREAT POSITION

Description: It is an exercise that helps us quickly and properly position our legs from an uncomfortable position to get into the triple threat position.

Linked to Skill: TRIPLE THREAT POSITION (BASE POSITION)

Instructions: After the turn, it's important to adjust the legs and get into a good position to have stability when rising.

PreSkills: BLOCKING FORM
EGGBEATER
SCULLING
SWIMMING

Drill:In-Water

Step 1

Start by swimming water polo freestyle while controlling the ball until you reach the first 5-meter mark.

Step

Step 2

When you reach the first mark, perform a balance move and position yourself vertically without touching the ball.

Step

Step 3

Bring the ball from your non-dominant hand to your dominant hand.

Step

Step 4

Grab the ball from under the water and perform a turn in the water while holding the ball. Once finished, position your legs properly to rise into the triple threat position.

Step

Step 5

Lower yourself and place the ball on the water in front of you. Once the ball is in the water, perform a breaststroke kick and repeat the exercise from step 1.

Step

Similar Drills

- 1. EVERY 5MTS. STOP AND DO A TURN PLUS A JUMP
- 2. EVERY 5MTS. STOP AND DO A TURN PLUS SHOOTING IN THE WATER

Drill

Common Mistakes

A common mistake is not having a good leg position and supporting arm placement after the turn.

Common Mistakes



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Category: Vertical Form

Created by (coach): MARC SALVADOR

Created for (club): Echeyde

Linked to Skill: TRIPLE THREAT POSITION (BASE POSITION)

Title: 4x25 MTS: EVERY 5MTS. STOP AND TRIPLE THREAT POSITION

Description: It is an exercise that allows us to transition from a horizontal position to the triple threat position.

PreSkills: EGGBEATER SCULLING SWIMMING HEAD UP WITH BALL TRIPLE THREAT POSITION (BASE POSITION)

Instructions: It's important to switch from a horizontal to a vertical position as quickly as possible

Drill: In-Water

Step 1

Start by swimming water polo freestyle while controlling the ball until you reach the first 5-meter mark.

Step

Step 2

When you reach the first mark, perform a balance move and position yourself vertically without touching the ball.

Step

Step 3

Bring the ball from your non-dominant hand to your dominant hand.

Step

Step 4

Grab the ball from under the water and position yourself in the triple threat position. Rise as high as possible using the eggbeater kick.

Step

Step 5

Lower yourself and place the ball on the water in front of you. Once the ball is in the water, perform a breaststroke kick and repeat the exercise from step 1.

Step

Similar Drills

- 1. TRIPLE THREAT POSITION + EGGBEATER KICK
- 2. EVERY 5MTS. STOP AND DO A TURN PLUS A TRIPLE THREAT POSITION

Drill

Common Mistakes

A common mistake is having the elbow below ear level and not keeping the wrist extended

Common Mistakes



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Category: Vertical Form

Created for (club): Echeyde

Title: 5' PASSES TO THE WATER IN PAIRS

Description: Exercise to improve passing accuracy and technique in water polo

Instructions: Try to make as many consecutive passes as possible without the ball touching the water, while maintaining proper technique

Test:

Technical assessment 1 to 5

Metrics:1.0-5.0

Linked to Skill: PASSING FORM

Drill:In-Water

Step 1

Both players should face each other at a distance of 2-3 meters, maintaining the triple threat position.

Step

Step 2

The teammate with the ball in front grabs it from under the water and gets into the

Step

Step 3

Rise with the leg kick, and from the highest point, pass the ball directly to your teammate in the water.

Step

Step 4

Once the teammate receives the ball, they will perform the same passing mechanics.

Step

Progression 1

Once the pass in the water is mastered, you can progress to passing directly to the hand without the ball touching the water.

Step

Similar drills

- 1. PROGRESSION 1
- 2. 5' PARTNER HAND-TO-HAND PASSING
- 3. PLACE THE BALL IN THE WATER - TRIPLE THREAT POSITION + PASS

Part

Common Mistakes

A common mistake is not rotating the body or lowering the elbow when making the pass

Common Mistakes



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