

Week1 Workout Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Conditioning Initial Assessments	Conditioning "Lane Swim 20–30–40 sec "STATIC SCULLING HOLD (TIME SET) Perform 4 x 30 seconds of arms-only sculling - legs straight down not moving. Maintain elevation (try shoulders out) 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." 			

6 x 15"/15" Groups of 8 x 25 m
attacker vs 3: 1 passer, swimming
defender 1 attacker shoulder to
holding and and 1 shoulder
protecting defender trying to
the ball pressing in get in front
within a the lane: and keep
space release, the lead
recieve and
pass it back
x 6 times
and then
rotate (the
next round
execute the
same drill
on the
other side)

Contact 2

HORIZONTAL PLACE POSTING
POSITION YOUR LEGS UP
IN FRONT WITHOUT A
AND PULL DEFENDER
TO EVERY 5
VERTICAL METERS
POSITION

Goalie

6x30" Side-to- Reaction
Stationary Side Jumps Blocking
Ready (with (Left/
Position Lunge) Right)
Max Simulate a Quick
Elevation shot from lateral
with Spins left or right. jumps with
every 5 or 7 Push off block
seconds - laterally, response to
Alternate then signal or
rounds: 1st immediately throw from
Round: jump coach
30degrees vertically to
spins, 2nd block
round:
45degrees,
3rd round:
90degrees,
4th: 120,
5th: 180,
6th: 20
degrees -
Change
direction
halfway(15")

POSITION + TURNS UP
2 WITHOUT WITHOUT A
BREASTROKE BALL DEFENDER
KICKS EVERY 5
METERS

Goalie

Blocking center "Lob Shot Save
shots. Step Drill: Simulation
From the post, Practice
goalkeeper steps recognizing and
to center cage jumping for high-
hands up and arching shots.
back repeatedly Variations
between 1.
position (distance
and angle) of
shooter 2. arch of
the lob 3. speed
of the ball 4. After
fakes 5. After
different types of
transitions of the
goalie (slide, step,
cross cage, after
exit etc)"

Jumps taping cross bar (or
hanging caps in
the middle of
cross bar) and
immediatly spin
180 facing
opposite cage 6
Lunges to high
corners. Perform
in a row without
moving from the
spot, focusing on
height and
landing control.

Block. Partner
simulates fake
shots; athlete
reacts only to real
shot with block.
Goal is for goalie
to not move up
and down or react
to fake shot and
always time his
jump and block
with the release
of the ball from
shooters arm (not
jump too early or
too late) and to
keep eyes on the
ball and not
shooters eyes or
body. Alt: 1.
Change distance
and speed of the
shot (close ups:
Hands out
position) 2.
Shooter can move
laterally too with
fakes (goalie
moves in relation
with the ball)

15"/15" 8 rounds
(4 on O and 4 on
D)
side). After the
release hold the
ball, absorb the
pressure and
pass it back,
defender try deny
on the 1st pass

Contact 2

MAINTAIN HALF SOLO PLACE
CENTER TURN YOUR LEGS
POSITION IN FRONT
WITH AND PULL
ROTATIONAL TO
MOVEMENTS VERTICAL
POSITION

Goalie

6x30" Slides "Cross
Stationary Across cage pass +
Hands Out cage drills: shot drill
Ready Goalkeeper Partner
Position slides from passes
Max one post to across
Elevation the other cage and
with Spins and back, 2nd partner
every 5 or 7 maintaining follows with
seconds - height and quick shot;
Alternate control goalkeeper
rounds: 1st must slide
Round: cross cage
30degrees and block.
spins, 2nd Alterations:
round: 1. Change
45degrees, speed the
3rd round: shot
90degrees (distance
- Change of passers)
direction 2. change
halfway(15") whether
goalie has
time to
know or not
know where
the 2nd
shooter is
before the
pass."

Developed by (club & contributor):

• Club: CN Echeyde (Spain) | Contributor: Marc Salvador Magaña | Categories: Vertical Form & Contact 2

Vertical Form

Contact 2

• Club: Universo SSD (Italy) | Contributors: Maurizio Gobbi, Tomasch Calore, Federica Travaglini | Categories: Goalkeeping & Conditioning

Goalie

Conditioning

• Club: Anemos Nautical and Cultural Club (Greece) | Contributor: Facundo Policarpo | Categories: Water Balance & Contact 1

Water Balance

Contact 1



Coaching
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