

Week2 Workout Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Conditioning "Catch + Pull Focus Drill Swim 25m focusing only on underwater phase— clean catch, strong pull, quiet recovery." Speed- Burst Hold Drill:15 seconds max intensity followed by 15 seconds sustained hold. Repeat 4 cycles Sculling + Head Turn (Practice holding balance with sculling while tracking a moving ball or coach	Conditioning "10x Start + Sprint 10m with Ball Simulate counterattack: start from vertical hold, explode into 10m head-up sprint with ball. Alt: On start with the audio cue (whistle) or visual cue" "Sculling Slide Move laterally across the cage using sculling + minimal leg input, staying balanced."	Conditioning 10x25m 4 strokes with ball, pop the ball from underneath and push pass ball 2m in front, swim past ball, roll on back, kick ball to yourself and resume pattern Holding the kickboard 90% underwater- long side down - alternate kicks: 1. Freestyle (Flutter) 2. Breaststroke 3. Eggbeater	Conditioning "Catch + Pull Focus Drill Swim 25m focusing only on underwater phase— clean catch, strong pull, quiet recovery." "Wall- Supported Eggbeater Practice Hands on pool wall, focus on clean, symmetrical motion for 30" rest 15" for 6 Cycles - Increase intensity on every round - Effort per round: 50%,60%,70%,80%,90%. "Sculling Soccer (Feet first): 6x 25m Reverse eggbeater, Try to guide the ball to the other side, Odds: On your back, Evens: On your belly. Variation 2: Try to hold the ball with feet rather than pushing it."	Conditioning Endurance: 8 x 25m Head up Swim repeats. Odds Normal, Evens: Zig-Zag (Snakes). Focus on balance and endurance. Rest 15 secs 12 x (20–30 sec sets) 15" rest : Resistance Kick Sets Use bands or drag tools or t-shirts to add resistance to the kick motion. Alternate along rounds: Freestyle kick, Breaststroke Kick, Eggbeater.
Water Balance Traffic light drill Traffic light drill: Every kid will be on his own area (3 m of free water around) waiting for the sign: Green means they can move within their space on a ready position, yellow means they can move over hips and when the coach shows the red they have to stop and work on pendulums on the spot until the next whistle and signal comes	Water Balance All the kids must swim across the pool with the ball in hand using the trudgeon skill, trying to avoid getting touched, the octopuses in order to touch them can only move by jumping in any direction 8 Rounds of 20"/20" off mirror pendulums: one kid dectates the type of pendulum and the rest must follow change the leader on every round All the kids must swim across the pool with the ball in hand using the trudgeon skill, trying to avoid getting touched, the octopuses in order to touch them can only move by jumping in any direction	Water Balance 6 Rounds of 30" changing partnets every round 1 vs 1 with the ball on one side the player with the ball uses trudgeon, back trudgeon and side trudgeon to move away from the defender attacking the ball in front and lunging over hips (same with ready position) Groups of 3 Pssing the ball in a triangle 8 m apart form each other :after 6 passes everyone needs to shift one position (player with the ball trudgeon, right corner ready position, the last one cycling over hips all the way to the opposite corner	Water Balance 10 x 25 m with one cone every 5 m cycling over hips at every cone stop get vertical and jump: 2 rounds vertical, 2 diagonal, 2 spin jumps, 2 double jumps, ecc 10 x 25 m with one cone every 5 m trudgeon and stop on each cone leave the ball work on pendulums and restart after 4 pendulums: change direction of pendulum or type every 2 rounds	Water Balance 10 x 25 m Moving on ready position: lateral, forwards, backwards, diagonal, with turns (2 each) and 2 jumps on the whistle following the coach sign for the type of jump to execute 10 x 25 m Over hips every 5 m add a basic game situation skill: flip side, get vertical, lunge forward, transform into blocking position, sprint from that starting position, ecc 10 x 25 m Moving on ready position: lateral, forwards, backwards, diagonal, with turns (2 each) and 2 jumps on the whistle following the coach sign for the type of jump to execute
Vertical Form EVERY 5 MTS. 3THREAT DRY LAND PASSES (1 LEG) EVERY 5MTS. STOP AND SHOOT AIMED AT THE WATER	Vertical Form 5' PARTNER HAND-TO- HAND PASSING UNOPPOSED SHOT ON GOAL EVERY 5MTS. STOP AND FAKE 3 TIMES	Vertical Form EVERY 5 MTS. TURN + 3THREAT PLACE THE BALL IN THE WATER – TRIPLE THREAT POSITION + PASS BLOCKING FORM (FORWARD)	Vertical Form 3s TRIPLE THREAT POSITION+ BREASTSROKE KICK AND PASS UNOPPOSED SHOT ON GOAL SHOOT WHENEVER YOU WANT	Vertical Form TRIPLE THREAT POSITION + KICK + BREASTSTROKE KICK BLOCKING FORM (LATERAL) SHOOT WITH 2 PREVIOUS FAKES
Contact 1 "3 vs 3 with 3 balls: in one goal defenders running a press to steal, putting pressure on the ball, attackers hold the ball, turn and right after give the ball and swap roles transitioning first trying to keep front water to restart the same drill on opposite roles on the far end"	Contact 1 "Keep Away: In line 5 m apart with cones defender in the middle putting pressure on the ball (attacker must hold the ball for 5"" and then pass it) 5 minutes" Same Release Drill + Defender MUST foul right after (attacker try to avoid the foul strong on legs) Keep away: After 4 actions sprint to the other side with a defender threatening	Contact 1 3 vs 3 in one goal attack vs defence: after 3 steals swap: hold the ball under pressure + good pass= 2 points, Turn a player=3 points Play until the first team making 15 points	Contact 1 Make a line: challenge your defender from 6 m 1 vs 1 with the ball: if you score you stay on O if you miss become a defender for the next attacker and defender goes back to the line 8 x 20 m "Slow race" with no ball, keep the defender behind by coming across and stay in front	Contact 1 10 m Shuttle using breast, eggbeater kick and double breast (mix up) to push the defender all the way by protecting the ball and controlling him 8 rounds (4 attack/4defence) Same Drill Releasing + Step back with the ball immediately to continue creating space/time in order to be able to keep ball live, alternate one holding the ball before passing
Contact 2 CENTER POSITION + 2 BREASTROKE KICKS HALF SOLO TURN LEGS-FORWARD JUMPS	Contact 2 CENTER POSITION + 2 CONSECUTIVE ROTATIONAL URNS IN PAIRS (DEFENDER WITHOUT A 25%) DEFENDER EVERY 5 POSTING UP DEFENDER EVERY 5	Contact 2 Blocking center shots. Step Drill: From the post, goalkeeper steps to center cage hands up and back repeatedly MIXED BLOCK DRILLS: Partner alternates shots requiring 2-hand and 1-hand blocks. Goalkeeper reacts accordingly.	Contact 2 HALF SPIDER WITH A STROKE PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION POSTING UP + ATTACKING THE BALL	Contact 2 SPIDER HALF SOLO TURN FINISH COUNTER FINISHING WITH LEGS IN FRONT
Goalie Hold + React. Stay in position Cage Transitions: First Round: Drill: Coach Delayed Lob Cue	Contact 2 CENTER POSITION + 2 CONSECUTIVE ROTATIONAL URNS IN PAIRS (DEFENDER WITHOUT A 25%) DEFENDER EVERY 5 POSTING UP DEFENDER EVERY 5	Goalie Blocking center shots. Step Drill: From the post, goalkeeper steps to center cage hands up and back repeatedly MIXED BLOCK DRILLS: Partner alternates shots requiring 2-hand and 1-hand blocks. Goalkeeper reacts accordingly.		Goalie

in position, then explode into jump or movement after signal recover to base position fast First Round: 4x1-Step: 1 2 3 4 5 4 3 2 Drill: Coach gives signal after lob release; athlete must delay and jump at right moment. Round: Same but after step go to hands out position for 2 seconds, 3rd Round: Same but after step jump high with 2 hands returning fast to base position. (Optional 4th round: Same But after each step Double kick Jump (Jump with 2 hands and then before you fall another jump with 1 arm diagonaly)	MOVEMENTS (ONE EACH DIRECTION) METERS (progresion 1)	Goalie 30 Jumps as high as you can go landing in ready position (knees up quickly). Take appropriate rest. "Cue Slide + jump drill On signal, goalkeeper slides from center cage to far post and performs explosive jump"	2x Square Box Drill - Max Elevation holding ready position - moving around the box (5m side) 4 times: 1.laterally left -> 2. forward -> 3.laterally right 4. backwards -change direction after completing 1 box 4x12: Wall Marker Jump: Jump from water to touch a marker placed on wall/goal frame - Alt 1: Build speed (start slow finish fast) Alt 2: Start and return to hands out position Alt 3: Explosive Hands Maintaining Elevation (Try to get as many taps as you can in 15 seconds) Alt 4: Explosive Hands After Jump (Try to get as many taps on the marker from the highest point of the jump before you fall, Repeat 5 times) 10 minutes of penatly block practice
	Goalie "Jump + Ball Tap From eggbeater, jump to tap or catch a ball held by coach/teammate at increasing heights." "High/Low Shot Blocking Vary shot trajectory; goalkeeper adjusts arm path and jump height accordingly."		

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 Reimagined, Erasmus+ Sport 2025

cr.anemoss.eu

eusports.cr24@gmail.com

@CoachingReimagined

@Project_CR_2025



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