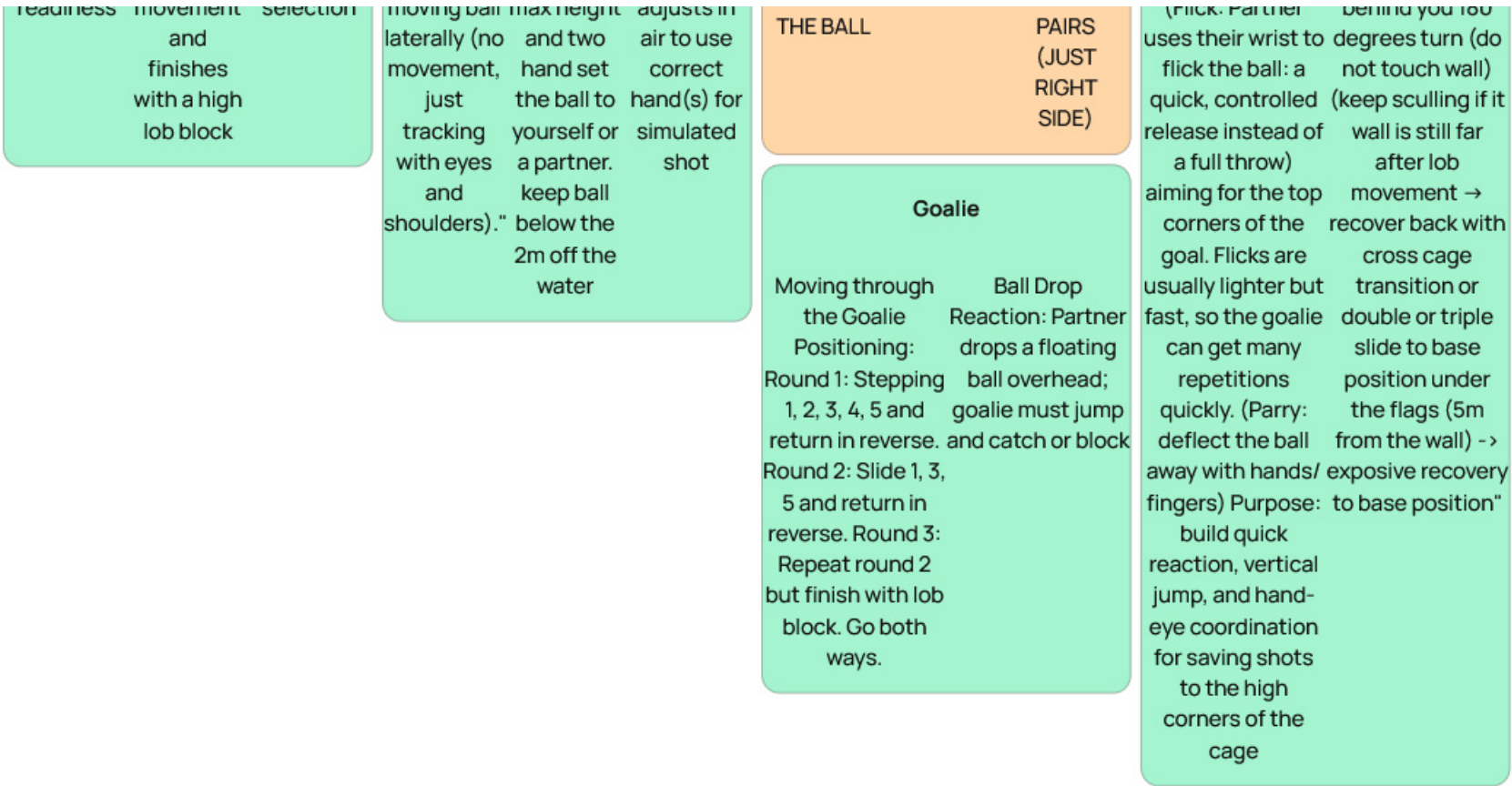


Week3 Workout Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Conditioning Head up tempo sprint set: 8x15 sprints followed by 10m relaxed recovery. 5" rest Timed Shoulder-Out Hold Maintain shoulder elevation above water using only legs (30–60 seconds). - 6 cycles of 30" Max Effort - 15" Rest "Sculling Slide 4x25m Move laterally using sculling + Vertical spine, minimal leg input, staying balanced."	Conditioning Breath-Control Glide Drill: Same glide but add delayed breath 2–3 seconds post-push.Enhances calmness and breath discipline. "Reactive Kick + Vertical Jump Start vertical forkicking (shoulders out), then on signal, perform a vertical jump—developing reactive leg strength. alternate kicks style: 1. Freestyle (Flutter) 2. Breastroke (continuous kicks-maintain elevation) 3. Eggbeater"	Conditioning 6x 1 minute - Swim with Ball in a square (5x5m) - change directions after completing one square: Focus: maintaining ball position and vision. REST 20 SEC Square Box Drill: Vertical eggbeater - move along Square sides(4m)- body left, forward, right, backwards - Maintain elevation (elbows out) and vertical posture change direction every time you complete the square - 4 times around the box - Repeat 3 times, 40" rest between sets "Sculling Slide 6x 12.5m and back. Move laterally across the cage using sculling + vertical body input, staying balanced."	Conditioning 10x25m Catch Up Stroke Swim Repeats:10 x 25m focusing on underwater stroke. Match hands before start your new stroke. Consistent kick. Rest: 20 seconds 4x 25m Horizontal Kicking 6 eggbeater-2 breastroke kicks - fingertips out of the water - wide shoulders and arms. Focus on fast transition. Odds: 6 focus on speed, Evens: Every 6-2 set rotate core and shoulders 90 degrees - legs stay eggbeatering at the same position. (left side-normal-right side-normal) . Alt: add spin: (left side-normal-right side-left side)	Conditioning 8x25 x Swim with ball - Every 5m stop into Triple Threat Hold for 2" - restart. Alterations: Zig zag (snakes) . Pick up the ball and shoot on the water in front of you. SCULLING SIDE REPEATS: Move 5 meters laterally (while in vertical pos - legs straight down) using only sculling, then return. Repeat 4 times 30seconds, Rest: 20 seconds between reps.
Water Balance 10 x 20 m Shuttles: on the way up ready position on the way back moving over hips good technique 10 x 20 m Shuttles: on the way up ready position on the way back moving over hips good technique 10 x 10 m sprints: after 6 pendulums on different directions with 20" rest	Water Balance 10 x 30" /20" rest on mutple directions following the coach 3 trudgeon strokes + 3 slides twice Lane rope pendulums: 8 x 15" /15" pendulums to touch the lane rope with heals and toes on every pendulum 10 x 30" /20" rest on mutple directions following the coach 3 trudgeon strokes + 3 slides twice	Water Balance Cross the pool only doing ready position movement or over hips trying to escape from the hunter (weapon is the ball) hunter only allowed to touch kids with the ball by moving using the trudgeon skill Cross the pool only doing ready position movement or over hips trying to escape from the hunter (weapon is the ball) hunter only allowed to touch kids with the ball by moving using the trudgeon skill Cross the pool only doing ready position movement or over hips trying to escape from the hunter (weapon is the ball) hunter only allowed to touch kids with the ball by moving using the trudgeon skill	Water Balance 3 x 4 rounds 30" /30": Jumping, Over hips movement, Pendulums	Water Balance 9 x 20"" /20"" 5 m back and forth lateral ladybug 4 x 20 m over hips cycling + 2 x 4 stars pendulums 1' 4 x 20 m over hips cycling w/flip + 2 x 4 x pendulums on 1' 4 x 20 m over hips cycling with lunges + 2 x 4 lateral back pendulums on 1'
Vertical Form EVERY 5 MTS. 3THREAT BLOCKING FORM (FORWARD) TURN + SHOOT AIMED AT THE WATER	Vertical Form 5' PARTNER HAND-TO-HAND PASSING UNOPPOSED SHOT ON GOAL PASSING WITH TWO PREVIOUS FAKES	Vertical Form 3s TRIPLE THREAT POSITION+ BREASTSROKE KICK AND PASS SHOOT WITH 2 PREVIOUS FAKES EVERY 5MTS. STOP AND FAKE 3 TIMES	Vertical Form 3TREAT MOVING FORWARD BLOCKING THE BALL FROM A TEAMMATE SHOOT AGAINST A BLOCK	Vertical Form 3TREAT MOVING FORWARD BLOCKING THE BALL FROM A TEAMMATE SHOOT AGAINST A BLOCK
Contact 1 1 vs 1 Working on outside turn without spinning after 3 fakes high and defender trying to hit 8 times each Passing collection drill + swimming with contact to the other side on every steal and change of posession (start over on the other end swapping O and D)	Contact 1 Release and control opponent to make an entry pass after 5 times each on both sides with a passer Release and control opponent to make an entry pass after 5 times each on both sides with a passer 8 x 20 m Swimming with the ball with a chaser (right and left shoulder) cutting off	Contact 1 (weapon is the ball) hunter only allowed to touch kids with the ball by moving using the trudgeon skill (weapon is the ball) hunter only allowed to touch kids with the ball by moving using the trudgeon skill (weapon is the ball) hunter only allowed to touch kids with the ball by moving using the trudgeon skill	Contact 1 Protect the ball for 6" + Turn the player lunging for the ball to hit + swimming with a chaser keeping him behind full pool 8 rounds alternating attack and defensive role Protect the ball for 6" + Turn the player lunging for the ball to hit + swimming with a chaser keeping him behind full pool 8 rounds alternating attack and defensive role	Contact 1 Game Survivor keeping ball dry while trying to steal the ball from the other player until "last man standing" in a reduce space groups of 12 kids each one has a ball: when they lose it sit on the side "Passing collection Game bonus points for quick 1/2 and for dry passes. Regular pass: 1 point 1/2 quick: 3 points Dry pass: Double"
Contact 2 CENTER POSITION + 2 BREASTROKE KICKS HORIZONTAL POSITION LEGS-FORWARD JUMPS	Contact 2 HORIZONTAL POSITION + 2 BREASTROKE KICKS FINISH COUNTER IN PAIRS (regresion 1) FINISHING POSTING UP FROM THE WINGS	Vertical Form 3TREAT MOVING FORWARD BLOCKING FORM (LATERAL) TWO FAKES + SLIDE	Contact 2 CENTER DEFENDER AGAINST A CENTER SWITCHING SIDES PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION FINISHING POSTING UP FROM CENTER DEFENDER	Contact 2 LEGS-FORWARD JUMPS URNS IN PAIRS (JUST LEFT SIDE) FINISH COUNTER IN PAIRS (regresion 1)
Goalie Step + React Drill: laterally then respond to a quick shot or block cue. Focus on speed + readiness Mirror Movement Drill: Partner mimics ball movement TARGETED REACTION DRILLS: Balls are thrown to specific zones (center vs. wide) to train hand selection	Goalie "Ball Tracking Ready Hold Maintain position while tracking a moving ball Partner tips/ setting. 6x 30 seconds of volleyball setting. Jump to max height JUMP + ADJUST DRILL: Goalkeeper jumps upward, then adjust is	Contact 1 2 vs 2 with the ball challenge to score: Must do one turn before scoring + defenders constantly pressing	Goalie Flick Shot Block Drill: Partner flicks high corner shots; goalie jumps to parry or block (Flick: Partner "Start with base position under flags facing opposite wall - Lob to the wall behind you 100	Goalie 6x 25m: Take 2 sprint strokes and get into ready position very fast. 10 minutes of blocks only skip shots
		Contact 2 ATTACKING SPIDER URNS IN		



Developed by (club & contributor):

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

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

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

Vertical Form

Contact 2

Goalie

Conditioning

Water Balance

Contact 1