

Week4 Workout Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Conditioning Wall Push & Glide Repeats: 6 x 10m streamline glides from push-off. Focus: posture and core engagement. Rest: 20 seconds between glides Drain Water Jugs - How many in 10 minutes - Or record Speed to drain 1 x 5times. If too heavy work in pairs or groups of 3.	Conditioning 8x25: odd laps backstroke keep ball dry. freestyle keeping ball dry 4L or 1 gallon egg beater - 3x maximum time arms straight up holding weight TIMED ENDURANCE SET: Max distance in 30 seconds using only arms. Emphasis on posture, tempo, and reach.	Conditioning Super overkick. 10x25m. For each arm pull cycle, your feet need to make 12 kick cycles 10x 25m start belly down. 4 cycles egg beater, 4 kicks breast stroke, 8 cycles freestyle kick. Roll 90 degrees and same thing on the side. When on side do 4 kicks scissor rather than breaststroke kick. Then roll 90 to be back down. Then 90 degrees for other side down. 20 seconds rest after 25m. Remember what part of the cycle and side you were on when you finish a lap. You continue from there	Conditioning 2x Shuttles: No wall, From lane 1-> to lane 8-> to lane 2-> to lane 7-> to lane 3-> to lane 6-> to lane 4-> lane 5 -> 14-> 16-> 13-> 17-> 12-18 Focus on changing direction efficiently and start your swim with a good kick 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. 5 MT KICKING SIDE REPEATS: Move 5 meters laterally using only sculling, then return. Repeat 4 times (2 in each direction. Rest: 20 seconds between reps.	Conditioning Single Arm Focus Drill:Swim 25m using one arm at a head. Alternating time, other arm by side. Alternate arms each lap. Emphasis: shoulder engagement and symmetry. 10 min: hands to elbows above between: 15s full effort, 15s rest and 20s full effort, 10s rest.
Water Balance Relays in 3s back ready position to move across, over hips movement and positional block on the sides, and lateral recover pendulums 5 sets of 2': changing order and types of skills Relays in 3s back ready position to move across, over hips movement and positional block on the sides, and lateral recover pendulums 5 sets of 2': changing order and types of skills	Water Balance 8 x 6 Jumps to touch the noodle on 45" 8 x 20 m Shuttles (5 m shuttles back and forth) with pendulums on transition and change type of trudgeon: forth, back, zig-zag, ecc	Water Balance 8 x 20 m 5 m ready poission + slides + rotate at every block 6 x 20 m over hips stepping on 40" 10 x 20 m Swim-trudgeon-slide combinations on 45"	Water Balance 8 x 4 double movements + 2 jumps on 45" 8 x 4 double movements + 2 jumps on 45" 10 x 20 m pairs: cut trudgeon in using trudgeon, create room moving away using trudgeon laterally, back trudgeon to avoid the press, ecc on 45"	Water Balance 10 x 25 m on 1' Ready position sideways on the way up and over hips with vertical transition on the way back, 4 pendulums at both ends 10 x 25 m on 1' Ready position sideways on the way up and over hips with vertical transition on the way back, 4 pendulums at both ends 11 x 25 m on 1' Ready position sideways on the way up and over hips with vertical transition on the way back, 4 pendulums at both ends
Vertical Form TRIPLE THREAT POSITION + EGGBEATER KICK + BREASTSTROKE KICK BLOCKING FORM (FORWARD) SHOOT OVER A NOODLE	Vertical Form 3TREAT MOVING FORWARD BLOCKING FORM (LATERAL) EVERY 5MTS. STOP AND MAKE 3 DIFFERENT FAKES	Vertical Form 3TREAT MOVING BACKWARD 3s TRIPLE THREAT POSITION+ BREASTSROKE KICK AND PASS SHOOT BOUNCING	Vertical Form PASSES WITH BREASTROKE KICK EVERY 5MTS. STOP AND SHOOT AIMED AT THE WATER FAKE MOVING LATERAL	Vertical Form 5' PARTNER HAND-TO-HAND PASSING BLOCKING THE BALL FROM A TEAMMATE SHOOT WHENEVER YOU WANT
Contact 1 1 vs 1 Fake + Pass and catch it back aggressive + turn and cut off (defender trying to hit) 5 times each in groups of three and rotate on both sides (10 in total) 7" Pressing off the ball + 20 m swimming trying to get in frontwithout the ball x 8 rounds on 1'	Contact 1 Mini game: Ball protection absorbing the press + swimming with contact on the whistle Mini game: Ball protection absorbing the press + swimming with contact on the whistle Mini game: Ball protection absorbing the press + swimming with contact on the whistle	Contact 1 3 vs 3 in one goal attack vs defence: MUST do either 2 turns on the offence or 4 passes under pressure before being able to shot (if miss authomatically swap O and D)	Contact 1 8 x 4 double movements + 2 jumps on 45" 8 x 4 double movements + 2 jumps on 45" 10 x 20 m pairs: cut trudgeon in using trudgeon, create room moving away using trudgeon laterally, back trudgeon to avoid the press, ecc on 45"	Contact 1 6 x 15"/15" attacker vs defender holding and protecting the ball within a space Groups of 3: 1 passer, 1 attacker and 1 defender pressing in the lane: release, recieve and pass it back x 6 times and then rotate (the next round execute the same drill on the other side). After the release hold the ball, absorb the pressure and pass it back, defender try deny on the 1st pass
Contact 2 HALF SPIDER WITH A STROKE LEGS-FORWARD JUMPS POSTING UP WITHOUT A DEFENDER EVERY 5 METERS (progresion 1)	Contact 2 PROTECT THE BALL WITH THE BACK FROM A DEFENDER TURNS IN PAIRS (DEFENDER 25%) DRIVE FROM 2 OR 4 + POSTING UP	Contact 2 SPIDER HALF SOLO TURN PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION	Vertical Form PASSES WITH BREASTROKE KICK EVERY 5MTS. STOP AND SHOOT AIMED AT THE WATER FAKE MOVING LATERAL	Contact 2 MAINTAIN CENTER POSITION WITH ROTATIONAL MOVEMENTS TURNS IN PAIRS (DEFENDER 50%) FINISH COUNTER IN PAIRS (progresion 1)
Goalie Moving through the Goalie Positioning: Round 1: Stepping 1, 2, 3, 4, 5 and return in reverse. Round 2: Slide 1, 3, 5 and return in reverse. Round 3: Repeat round 2 SIGNAL + BLOCK DRILL: Coach gives a visual signal; goalkeeper reacts with compact hand block	Goalie Make the block, collect ball, and get in full court passing position be done in 2 seconds? Diagonal Lunge + Catch Drill: Athlete performs a lunge-very fast. Can it jump and catches a lob or ball thrown cross-body	Goalie Be middle cage facing the net. A number is called, or dice rolled, and explosively get to the goalie position for that Lobs after false exit: 1. Start with Ready position 2. Explosive 5 strokes forward and 1 vertical jump x 3-7	Contact 1 8 x 20 m every 5 m alternate 1 vs 1: pushing the defender to the next cone, turn the defender and progress on the next one, and so on all the way 5" Pushing each other hands on and on the whistle try to get advantage by pulling/spinning and keep the lead until the other end 8 x 20 m	Goalie Step off the edge of the pool and land in ready position 10 Lob Read + Block Drill: Shooter performs fakes and occasional

Repeat round 2 but finish with lob block. Go both ways.

position for that shooter and in ready position. jump -> 3. 3- strokes backstroke fast -> 4. into a lob movement keep sculling untill you scull all the way to the back post where you finish with a lob jump

Contact 2

CENTER POSITION + 2 CONSECUTIVE ROTATIONAL MOVEMENTS (ONE EACH DIRECTION)

CENTER DEFENDER AGAINST A CENTER SWITCHING SIDES

MINI GAMES (POSTING UP GOAL +2)

position. 10 minutes and occasional lobs or shoot near side (if the see goalie backing up); goalkeeper must react and with proper block form. Change positions after 10.

Goalie

Imagine and defends skip passes (ie: 1-3, 3-5, 2-4, 4-2 etc). Start in a ready position, slide, get into ready position, and go through a blocking movement.

Lunge to block: Push laterally from center up to block a ball or hand signal. Repeat on both sides

20 shots in a row (Goalie reposition in ralation to the passer immediately after shot/ block: 5 direct shots, 5 After Fakes, 5 After foul, 5 after 2 strokes(receive and shoot) - Alt: 1. Change distance of Passer, 2. Add 2 Passers One Left one Right, 3. Passers fake 3 4 times to engage goalie before pass etc

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Vertical Form

Contact 2

Goalie

Conditioning

Water Balance

Contact 1



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