

Week5 Workout Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Conditioning 6x25m - swim with ball. every fourth stroke do a variant. L1&4, ball under with strong hand all the way to hip and toss forward ~2m. L2&5 Flip ball over your head to your feet, grab ball and then power turn to continue your lap. L3&6 Flip the ball with weak hand to the strong, get vertical and make big shot fake.	Conditioning 25m Catch-Pull Swim Repeats:4 x 25m focusing only on underwater stroke.Rest: 30 seconds 8x25m - horizontal hips belly up egg beatering with ball. Lap 1 & 5: belly down flipping ball from hand to hand. L2 & 6. belly up passing the underhand from hip to hip L3 & 7 Left hip down Left arm forward right arm up, passing ball from hand to hand, switch hips at half. L 4 & 8 Belly up passing hand to hand above the eyes	Conditioning 5min holding ball or heavy ball above head. Adjust weight and how straight arms are (hands out, elbows out, shoulders out) so you can make 5 minutes while working on a consistent 80% effort "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" 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 starting with legs 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	Conditioning Swim with ball start and stop on the whistle -recover into ready position - focus on reacting fast and recovering to ready position fast. Explosive and powful kick to start. If no coach, decending then increasing strokes 8 > 1, 1 > 8 "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." 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.	Conditioning 8x25s: Over-glide drill:Enter hand(ring finger enters first) as far as you can (avoid crossing midline) and glide with each stroke as long as you can without loosing swimming flow. maintain consistent kick(keep it short and quick) - Count how few strokes it takes per 25m. Aim to reduce the number 4x25m In Horizontal Position Belly Down but with minimal legs- Sculling forward trying to keep chin out - Return: Horizontal on your back going backwards - body to 90 - 120 degrees - straight legs not moving - scull backwards keep head out of the water
Water Balance 6 x 20 m defending a drive attempt keeping a ready position backwards In pars one player faking elevating and the defender stepping over hips to block and drop back into a zone CB Movements: 6 x 30"/30" swinging laterally ball side to recover on the inside using the pendulum	Water Balance 8 x 30"/30" 4 different jumps + 4 different pendulums set 8 x 30"/30" 4 different jumps + 4 different pendulums set 8 x 20 m Freestyle into Trudgeon 8 x 4, 6 x 3, 4 x 2 on 45" Vertical Form 3s TRIPLE THREAT POSITION+ BREASTSROKBPASS (1 KICK AND PASS SHOOT WITH A PREVIOUS MOTION) FAKE MOVING FORWARD + SLIDE	Vertical Form 3TREAT MOVING FORWARD & BACKWARD 5' PARTNER HAND-TO-HAND PASSING BLOCKING FORM + SLIDE (FORWARD) 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	Water Balance 10 x 25 m reverse sculling (cycling) getting vertical, adding a jump, block, lunge forward off the pendulum, every 5 m or on the whistle 10 x 20 m on shuttles (4 x 5 m distance) combining ways of progress fw and different trudgeon skills with a powerfull pendulum to change direction at every cone (lateral and underneath legs recover)	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. TURN + 3THREAT PLACE THE BALL IN THE WATER - TRIPLE THREAT POSITION + PASS UNOPPOSED SHOT ON GOAL	Vertical Form 3s TRIPLE THREAT POSITION+ BREASTSROKBPASS (1 KICK AND PASS SHOOT WITH A PREVIOUS MOTION) FAKE MOVING FORWARD + SLIDE	Vertical Form 3THREAT MOVING LATERAL BLOCKING THE BALL FROM A TEAMMATE SHOOT WITH 2 PREVIOUS FAKES	Vertical Form SLIDE WITH THE BALL + PASS TURN + SHOOT AIMED AT THE WATER FAKE MOVING LATERAL + SLIDE	Vertical Form 3THREAT MOVING LATERAL BLOCKING THE BALL FROM A TEAMMATE 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 2 MAINTAIN CENTER POSITION WITH ROTATIONAL MOVEMENTS CENTER DEFENDER AGAINST A CENTER SWITCHING SIDES FINISH COUNTER FINISHING WITH LEGS IN FRONT	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 "Sprint one with no ball, one with the ballkeep the defender behind and stay in front (2 laps on O and 2 on D twice)	Contact 1 8 x 20 m pushingthe D to progress on every cone (4 m apart) to get rid of the press and be able to execute the next action with more freedom then restart Same Drill Releasing + Strong legs for 5" under pressure + quarter turn to create room and pas it back
Contact 2 CENTER POSITION + URNS IN PAIRS LEGS-FORWARD	Contact 2 CENTER POSITION + URNS IN PAIRS LEGS-FORWARD	Goalie Moving through the Goalie Positioning: Each time you get into your new position, practice a Be in block 2 or 4, alternate swimming through a pass to center and exploding forward to "High Reach Repetition Drill: Goalkeeper performs 6-8 vertical jumps aiming for maximum	Contact 2 CENTER DEFENDER AGAINST A CENTER SWITCHING URNS IN PAIRS (DEFENDER 50%) FINISH COUNTER IN PAIRS (progresion 1)	Contact 2 CENTER DEFENDER AGAINST A CENTER SWITCHING URNS IN PAIRS (DEFENDER 50%) FINISH COUNTER IN PAIRS (progresion 1)

2 (JUST JUMPS
BREASTROKE RIGHT
KICKS SIDE)

Goalie

High Reach Repetition Drill:Goalkeeper performs 6–8 vertical jumps aiming for maximum hand height each time.

SAVE + RESET DRILL: Perform a near-post block, immediately return to ready position and repeat. Build speed + endurance, Alt: 1 near side block -> 1 cross cage repeat 10 in a row.

ATTACKING THE BALL
TURNS IN PAIRS (JUST LEFT SIDE)
POSTING UP WITHOUT A DEFENDER EVERY 5 METERS (progresion 1)

Goalie

Throw ball straight up in the air, jump 360 spin, collect ball, and get in full court passing position very fast. Can it be done in 2 seconds?

Moving 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 but finish with lob block. Go both ways.

30 Jumps as high as you can go landing in ready position (knees up quickly). Take appropriate rest.

two hand block.
forward to maximum hand height
Round 1: for shot each time. 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."

Goalie

Continuous Lunge-Recovery Drill:Alternate lunges left and right with minimal recovery time. Build power and endurance.

Have 2 -3 shooters throw balls every 1 or 2 seconds around goalies halo. Try 10 Balls in a row. It tests hand eye coordination, ability to maintain focus after block, to maintain elevation with steady eggbeater and to recover fast to ready position(or hands out position) fast after block/shot. Alt. Change distance and speed for the shots

CENTER PLACE POSTING
DEFENDER YOUR LEGS UP +
+ LATERAL IN FRONT ATTACKING TRUDGEON AND PULL THE BALL TO VERTICAL POSITION

Goalie

10 min - Hop (very small jump) off the side of the pool and land in ready position

Start on one post, water balance to the other, water balance to 1 position and get in ready position then make a block left, middle, and right. Repeat for 2, 3, 4, and 5. Change posts. How fast and clean can you make the movements?

Put a ball three meters outside the cage near the goalline. Sprint to it, protect swim 4 strokes, pick it up, and hold in full court passing position.

SIDES + 2
BREASTROKE KICKS

Developed by (club & contributor):

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Vertical Form

Contact 2

Goalie

Conditioning

Water Balance

Contact 1