

Week6 Workout Plan

Monday	Tuesday			Wednesday			Thursday		Friday			
Conditioning			Conditioning			Conditioning			Conditioning			
8x25s Max Speed - 5 Strokes Freestyle - 5 Backstroke 10 min: hands to elbows above head. Alternating between: 20s full effort, 20s rest. 25s full effort, 15s rest. 30s full effort, 10s rest.			6x25 Ball in both hands 7m, ball in both hands freestyle kick 7m, sprint free dribbling the ball the rest of the lap 4x25m Reverse sculling in horizontal Position - 6 short and quick sculling circles right into 2 big (long) and powerful sculling movements 4x25s vertical eggbeater and kicks. 6 eggbeater cycles into 4 breaststroke kicks hands on shoulders (or out) . Evens: Maintain elevation both for eggbeater and bkick. (Focus on speed between bkicks and avoid up and downs), Odds: Maintain elevation only for eggbeater, for bkicks try to go as high as you can with each kick but do not go below chin level as you go down (or shoulders)			1x100m swim with ball - save your time (head up, elbows high, dead water start and turns (do not push off the walls) 8x25m - Feet first sculling rotating 90 degrees each lane. Belly down, right hip up, belly up, left hip up, continue			6x50m max speed - save your times 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		Final Assessments	
Water Balance						Water Balance					Water Balance	
1 Station 3 minutes 20"/20" pendulums on the spot as fast as possible responding to a coach sign 2 Station 3 minutes 20"/20" cycling on 20 m distance including flip side, transition to vertical, lunge, ecc (use of a pendulum) 3 Station 3 minutes 20"/20" cycling on 20 m distance including flip side, transition to vertical, lunge, ecc (use of a pendulum)						Player off the ball can alternate cycling rounds with defensive ready position movements in different directions In pairs facing each other one player make progress using trudgeon vs the other player moving forward cycling and then swap once they meet half way 10 x 50 m (add variations as the set goes)					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	
Vertical Form						Vertical Form					Vertical Form	
3TREAT MOVING 4 DIRECTIONS BLOCKING FORM + SLIDE (FORWARD) TURN + SHOOT AIMED AT THE WATER						3THREAT AND SHOOT WHENEVER YOU WANT BLOCKING FORM + STROKE (FORWARD) TWO FAKES + SLIDE					Final Assessments	
Contact 1						Contact 1					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"						10 Rounds inividual 1 vs 1 protecting the ball for 10" and then defender lunge for the ball: opposite side turn, cut off and start over (swap roles after 5)					Final Assessments	
Contact 2			Water Balance			Contact 2			Water Balance		Contact 2	
CENTER POSITION + 2 CONSECUTIVE ROTATIONAL MOVEMENTS (ONE EACH DIRECTION) + ATTACK THE BALL Relays in groups of 3: players on the side working on pendulums on one side, jumps on the other side, player in the middle progrssing with the ball doing trudgeon 20 m distance 6 rounds of 1' Every round change the type: for eample back and forth, lateral, diagonal, 4 corners, ecc pendulums. Same principle with the jumps: vertical, double, diagonal, jump and hold, ecc. Adjustable base on Same variery on every round for the trudgeon: regular, 6 x 3 freestyle into trudgeon, into slides, trudgeon into back trudgeon, zig zag mixing up free with trudgeon, multiple directions trudgeon + vertical position						CENTER POSITION + 2 BREASTROK KICKS + ATTACK THE BALL CENTER DEFENDER + LATERAL TRUDGEON TURNS IN PAIRS (DEFENDER 50%)			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)		Final Assessments	
Goalie						Goalie			Vertical Form		Goalie	
Moving through the Goalie Positioning: Each time Continuous Lunge-Recovery Drill: Alternate Gently underhand throw the ball to goalie from						Moving through the Goalie Positioning: Round 1: Stepping 1, 2, 3, 4, 5 and return in reverse. Practice different 5 meter block and sweep. Up and react. Show one side Goalie is facing backwards. Does a 180 to face shooter, and then shot is taken.			SLIDE WITHOUT THE BALL ONCE YOU PASS SHOOT WITH 2 PREVIOUS FAKES EVERY 5MTS. STOP AND FAKE 3 TIMES		Final Assessments	
									Contact 1			
									1 vs 1 to control de opponent as an attacker without the ball, check on the defender, hold the space, keep distance, explosive movements to have full control of the D for 15"/15" 8 rounds (4 on O and 4 on D) 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			

you get into your new position, practice a reach opposite the way you came.
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.

lunge left and right with minimal recovery time. Build power and endurance. back. Focus is keeping spine position and eye on ball

1.5 meter varying hall location. Hands stay in the water must head the ball is keeping position and eye on ball

level and slides

Vertical Form

5' PARTNER UNOPPOSED PASSING HAND-TO-HAND PASSING SHOT ON GOAL WITH TWO PREVIOUS FAKES

Contact 1

1 vs 1 with NO foul (hands up) engage the defender, get full control and then go for the inside turn x 6 times each (next round outside turn) 3 vs 3 on the perimeter collecting passes: defenders preventing the pass trying to deny by running a good press after 3 attacks, sprint to the other side trying to get in front and arrive to the 6 m earlier by beating the opponent on the transition and start over

Contact 2

CENTER DEFENDER AGAINST A CENTER SWITCHING SIDES FINISH COUNTER IN PAIRS (progesion 1) MINI GAMES (POSTING UP GOAL +2)

Goalie

Jump off the side and get into ready position as fast as possible and make a block movement. Increase power and distance of the jump. Have the ball floating in the water. Goalie makes an explosive blocking movement, once goalie lands, a person flicks the ball from under the water trying to score a rebound goal. Goalie tries to get the block with quick hands.

Round 2: Slide 1, 3, 5 and return in reverse. Round 3: Repeat round 2 but finish with lob block. Go both ways.

then take it away can move left or right 1 meter when goalie is not facing

on the 1st pass

Contact 2

CENTER DEFENDER AGAINST A CENTER SWITCHING SIDES + 2 BRESTROKE KICKS PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION MINI GAMES (POSTING UP GOAL +2)

Goalie

Feet forward, feet back, get into ready position. Feet left, feet right, get into ready position Diagonal Lunge + Catch Drill: Athlete performs a lunge-jump and catches a lob or ball thrown cross-body

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Vertical Form

Contact 2

Goalie

Conditioning

Water Balance

Contact 1