

Dashboard

Conditioning	Water Balance	Vertical Form	Contact 1	Contact 2	Goalie
EGGBEATER (s) HIGH INTENSITY EGGBEATER INTERVALS (d) SUSTAINED EGGBEATER ENDURANCE (d)	Jumps (s) 8 x 6 Vertical Jumps (d) Alternate top corners jumps (Lunges) (d)	BLOCKING FORM (s) 4x25 MTS: BLOCKING FORM (1 IN EACH DIRECTION) (d) 4x40": BLOCKING THE BALL FROM A TEAMMATE (d)	Control opponent while having the ball (s) 1 vs 1 Controlling Pushing all the way against a defender (d) Control Opponent: Piggy in the middle holding the pressure for 5" Before passing (d)	CENTER DEFENDER (s) 4x25 MTS: CENTER DEFENDER + 2 BREASTSTROKE KICKS (d) CENTER DEFENDER: 4x25 MTS: HALF SPIDER WITH A STROKE (d)	GOALIE Ready Position (s) GOALIE READY POS: Enhancing Hand Readiness & Sculling Leg Strength (d) GOALIE READY POSITION: Ready Hands - Out Position (d)
KICKING (s) EXPLOSIVE KICK INTERVALS (d) VERTICAL KICK HOLD (d)	Over Hips (Reverse sculling/cycling) (s) Over Hips - Reverse sculling into a square vertical position (5m) (d) Over Hips 8 x 25 m Reverse sculling flipping on every block (2m) (d)	FAKING (s) 4x25 MTS: EVERY 5MTS. STOP AND FAKE 3 TIMES (d) FAKING: SHOOT WHENEVER YOU WANT (d)	Pressing (s) Pressing: 1 vs 1 with a passer on a hard press (d) Pressing: Passing collection drill (d)	CENTER FORWARD (s) CENTER FORWARD ATTACKING THE BALL 8x 20" (d) CENTER FORWARD: 4x25 MTS: MAINTAIN CENTER POSITION WITH ROTATIONAL MOVEMENTS (d)	GOALIE TRANSITIONS (s) GOALIE TRANSITIONS: SLIDE (d) GOALIE TRANSITIONS: STEP (d)
SCULLING (s) DYNAMIC SCULLING ENDURANCE (d) STATIC SCULLING ENDURANCE (d)	Pendulums / Change Body Position (s) Pendulums - Shuttles on 5, 10, 15 and 20 m back and forth (d) Pendulums Circuit: Zig-zag, square, lateral and hook-out (d)	PASSING FORM (s) 5' PASSES TO THE WATER IN PAIRS (d) PASSING OUTSIDE THE POOL (d)	Releases (s) 5 Releases on each side and pass back (ball live) (d) Release and off the hand entry against heavy press (d)	DRIVING / POSTING UP (s) 4x25 MTS: POSTING UP WITHOUT A DEFENDER EVERY 5 METERS (d) FINISHING POSTING UP FROM THE WINGS (d)	GOALIE: BLOCKING (s) GOALIE: BLOCKING 2 HAND - 1 HAND (d) GOALIE: THE NEAR /FAR BLOCK (d)
SWIMMING (s) SWIMMING: BODY LINE GLIDE - STREAMLINE (d) SWIMMING: CATCH UP & PULL FOCUS (d)	Ready Position (s) Ready position walks (d) Ready position with slides (d)	SHOOTING (s) 4x25 MTS: EVERY 5MTS. STOP AND SHOOT AIMED AT THE WATER (d) SHOOT OVER THE NOODLE (d)	Swim With Contact (s) Race keeping the chaser behind w/ball (d) Swim for the advantage (d)	FINISH WITH DEFENDER ON YOUR BACK (s) FINISH COUNTER ATTACKS IN PAIRS (d) FINISH WITH DEFENDER ON BACK: 4x25 MTS: EVERY 5MTS. PLACE YOUR LEGS IN FRONT AND PULL TO VERTICAL POSITION (d)	GOALIE: JUMPS (s) GOALIE JUMPS: VERTICAL JUMP (d) GOALIE: LUNGES (d)
SWIMMING HEAD UP WITH BALL (s) HEAD UP FREESTYLE (NO BALL) (d) HEAD UP SWIM WITH BALL (d)	Trudgeon (s) 8 x 25m Trudgeon (d) Freestyle into Trudgeon 6 x 2 (d)	TRIPLE THREAT POSITION (BASE POSITION) (s) 4x25 MTS: EVERY 5MTS. STOP AND DO A TURN PLUS A TRIPLE THREAT POSITION (d) 4x25 MTS: EVERY 5MTS. STOP AND TRIPLE THREAT POSITION (d)	Turn a player - 1 vs 1 (s) Helicopter Drill (d) Turns - Alternate inside/outside turn movements (d)	TURN (s) 4x25 MTS: HALF SOLO TURNS (d) 4x25 MTS: TURNS IN PAIRS (d)	GOALIE: SPECIALITY (s) GOALIE: THE CROSS CAGE (d) GOALIE: THE LOB BLOCK (d)



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Skill (s)	Developed by (club & contributor):
Drill (d)	<ul style="list-style-type: none"> 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 Anemos Nautical and Cultural Club (Greece): Contributor: Facundo Policarpo Categories: Water Balance & Contact 1