

Tyldesley Swimming & Water Polo Club
Junior Water Polo Section
Lesson Attainment Targets



Group 1 – Mini-polo

Players in Group 1 learn the following **mini-polo** skills:

- Picking up the ball (underhand scoop)
- Head up front crawl
- Head up backstroke
- Eggbeater leg kick
- Long walking
- Long sculling
- Swimming with the ball
- Passing and catching
- Shooting

Players also learn basic game play and the rules of Mini Polo.

Players in Group 1 will work towards achieving the National Plan for Teaching Swimming Stage 8 Water Polo - Mini-polo.

Group 2 – Advanced Mini-polo

Players in Group 2 continue to develop the skills learned in Group 1 and in addition learn the following water polo skills:

- Picking up the ball (pressure roll and on top)
- Slant position
- Tilt position
- Starting and stopping
- Short walking
- Sculling
- Jumping
- Jump half turn
- Goalkeeping
- Changing direction/stroke/speed
- Spider
- Shooting (push shot, tee shot, lob, backhand etc.)
- Marking and defending
- Protecting the ball
- Drawing the foul

Players learn the basic rules of water polo.

Players compete in 'Advanced' Mini Polo matches.

Players will work towards achieving the National Plan for Teaching Swimming Stages 9 and 10 Water Polo - Mini-polo.

Players may also attend the Manchester Regional Training Centre for water polo.

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Group 3 – Water Polo

Players in Group 3 continue to develop the skills learned in Groups 1 and 2 and learn game tactics, e.g:

- 1 v 0 no defender
- 1 v 0 with defender
- 3 v 2
- Setting up the arc
- Driving from the arc
- Defending the man down
- Man up
- Setting the centre
- Half bath press, full press
- Counter-attack

Players learn the rules of water polo.

Players compete in regular water polo competitions (leagues and tournaments) appropriate to their age level.

Players may also attend the Manchester Regional Training Centre for water polo.