

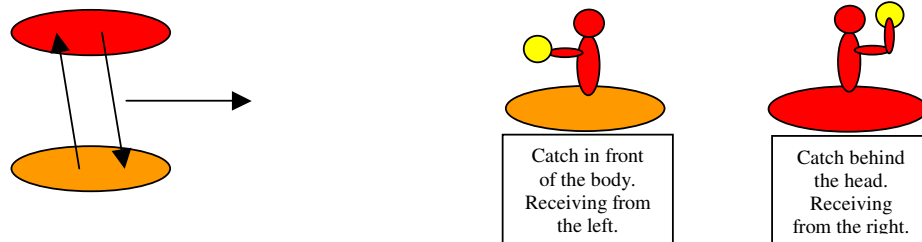
Coaching Notes

Passing Exercises.

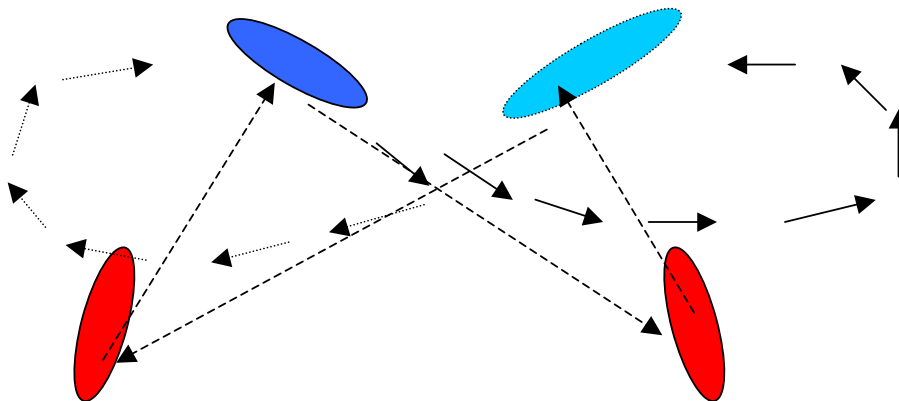
1. Simple 1 handed catching. Two Players face each other, start at about 3m apart and increase distance as the skill level improves. Thrower should aim the ball about head height and to the right of the head (if right handed catcher). The receiver should make a target with their hand for the thrower to aim at (see below). The key to catching is to take speed of the ball as it comes towards you. Moving your hand back as you catch the ball to gain control does this. The thrower should practice bringing their elbow forward before releasing the ball (a common fault is to “shoot put” the ball)



2. Parallel Passing. Two Players paddle in the same direction passing the ball back and forth as they go. Distance should start at about 3m and increase as you improve. For right-handed players passes should be thrown to the hand in front of the body when passing to the right, and slightly behind the head when passing to the left. You can add as many players as you like.



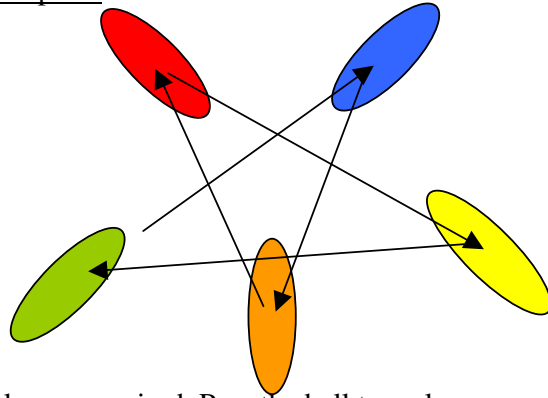
3. Cross passing. Two players line up along the side of the pool facing inwards about 15/20m apart.



The left hand person passes the ball to a player paddling diagonally towards the right hand player; throw to be aimed behind the head, paddlers then passes to right hand person. A Player then paddles from the right hand side towards the left hand player he is passed the ball from the right hand person, pass to be aimed slightly in front of the body, ball passed back to left hand person. Distances can be increased; also players can swap with stationary people after each pass. Blue players can also block pass to next person.

Coaching Notes

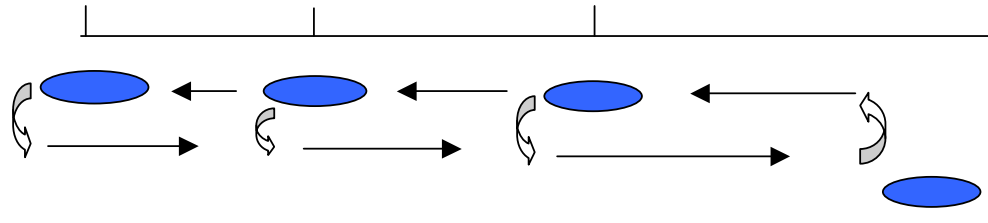
4. Chase the Space.



Minimum of 5 players required. Pass the ball to a player opposite and paddle to their position. Before you get there he should have passed to a player opposite him and paddled into his space. Try and count the number of passes before the ball is dropped in the water (try and keep the ball dry). After a few minutes you'll be knackered. The more tired you become the harder it is to maintain good passes, just like in a game.

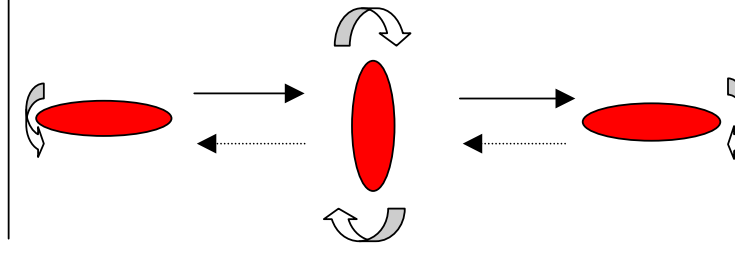
Fitness

1. Shuttles.



Paddle up to first line, turn and paddle back to start, turn and paddle up to second line, turn and paddle back to start, and so on. Once a player has completed this the next player in the team will go. To increase difficulty players can receive a pass and shoot at goal on the way back to start, do 540's or rolls at turning points etc..

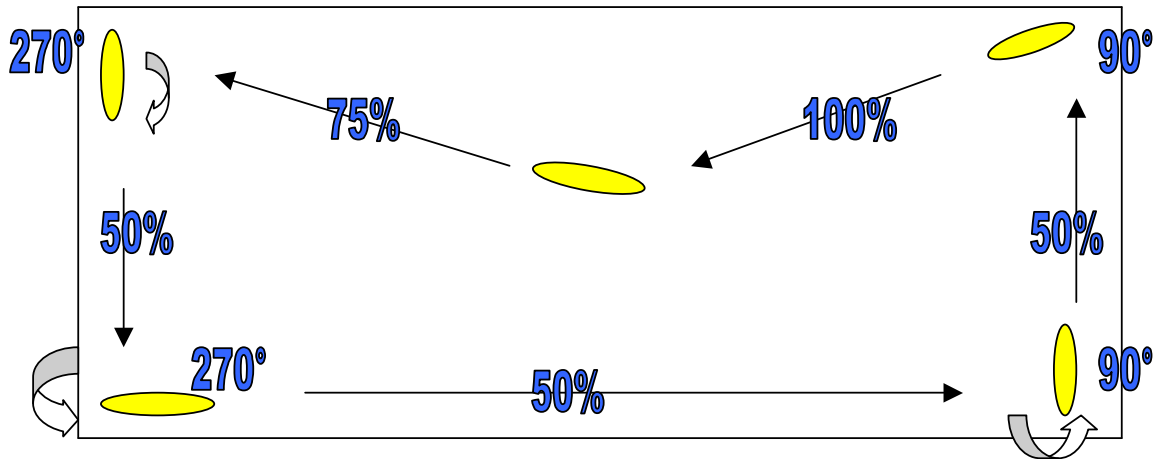
2. 2 Minute Test. Paddle back and forth along the width of the pool with 360's in the middle (both directions).



Do this as many times as you can in 2 minutes. A measure of improvement will be an increase in the number you can do in those 2 minutes.

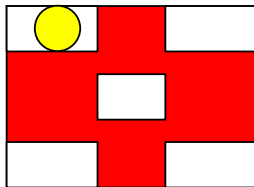
Coaching Notes

3. 6 Minute Test. Circuit using all 4 corners of pitch follow circuit below. Have 2 minute break and do again. Can be increased to 10 minutes if required.



Shooting & Goal Keeping

1. Simple shooting at goal(No Goal Keeper). Ball can be picked up from the water or received from a pass. Aim for different parts of the goal, aim for the corners, rotating in a clockwise direction once that corner has been hit, finish in the centre.



2. Add a goalkeeper. Get the goalkeeper to start with the paddle down. This will help increase their reactions. But don't do that in a game, just in training.
3. Shooting under pressure. Starting on different sides and on same side. Throw ball to inside and outside player.

