

Deben Swimming Club – Water polo

Deben has become one of the Easts most progressive clubs since launching our water polo section in 2007. We started with a small number of youngsters trying mini polo and have since had 14 players represent the region in regional competition 20 players attend the regional training centre and 4 get through to the England Talent program. The club competes in the East region cup at U16 and U12 we also organise friendlies ? with our neighbours from Ipswich on a regular basis as well as playing against Watford and Basildon. We have recently entered the London Water Polo league at U16 U18 Girls and jointly with Basildon at U12 level.

New players or potential players of any age both girls and boys are always welcome. If you have played before; or you are a strong swimmer and would like to have a go at this fast, exciting, fun sport, please contact Dawn Foskett (New Membership Secretary)

Water Polo is a physically demanding Olympic Sport combining ball and swimming skills, and teamwork. It offers the opportunity for swimmers of all ages to continue within a sport which offers competition and success as well as a strong social side for senior players.

Junior Water Polo (8 - 14 years old)

This squad is open to younger club members, preferably 8+ years old and strong swimmers, but ultimately by agreement with the Club's junior water polo coach. Members are required to continue swimming in their usual club swim squads or teaching sections Whilst some members of this squad will regard swimming competitively as their priority they will be expected to be available for events as selected by the coach.

Senior Water Polo (14+ years old)

This squad is open to club members by selection of the club water polo coach. Members are expected to continue swimming with the club in structured swim sessions and be available for all matches as selected by the coach.

Ages mentioned are guides and all progression and inclusion in squads is by selection of the coaches and will be based on ability and attitude.

[Teaching Plan for Water Polo](#)

The outline plan is loosely based on particular age groups to bring it in line with the [ASA's Long Term Athletic Development \(LTAD\) framework for water polo](#). In general, the plan is fluid and players will normally advance through the scheme by ability.

Logistically, due to the numbers of players in each age group, girls and boys of all age groups will normally train together. This has the advantage of allowing the younger

players to be mentored by the older. This enhances the skill acquisition of the younger players.

It should also be noted that girls and boys are able to compete together in mixed teams until aged 16.

"Mini-Polo" FUNdamentals Age 8-11

The club normally introduces water polo to swimmers of about 8 or 9 years of age in the form of "mini-polo"; the only criteria being the ability to swim confidently.



Mini-polo is a smaller, more basic game than Water Polo itself and has been introduced to teach young players of any age up to about eleven or twelve years old the basics of the full game.

It is also a great multi-skill activity which teaches the fundamentals of aquatics and sport as a whole, in line with [Long Term Athlete Development \(LTAD\)](#).

The best thing about mini-polo is its wide adaptability! You can take any size of pool, whether deep or shallow, any number of young boys and girls, of different ages; ability and size and modify the game to suit requirements. It's as simple as that...there really aren't any rules to use if you don't want.

NO RULES??



In fact, the fewer the rules imposed on the players, the easier it is for them to learn and, more importantly, the more fun it is!

Although official equipment is available, it's not necessary - to get started, all we need is a ball and a pool!

At the early stages of the teaching plan, concentration is on the players rather than on team progress and emphasis is therefore more on participation, having fun in the water and playing simple games. However, we also focus on the equipment, the basic techniques and the essential ball skills with 'fun' drills to maintain the interest of the players.

During this stage, players are progressively moved on to more advanced skills as they:

- Are able to swim more confidently
- Are at home in the deep end of the pool
- Can perform egg beater leg kick and
- Have some basic ball handling



Familiarisation with the Equipment

Balls

Caps

Pitch size

Use of log books

Costumes

Goals

Pitch markings

Basic skills without the ball

Swimming training for stamina

Leg work (egg-beater)

Focus on body position, legs, arms

Stop and Go!

Starting, stopping, turning without the ball

Changing direction

Sideways movement

Jumping forwards, backwards, sideways, upwards

Swimming training for speed

Head up front crawl

Head up backstroke

Breaststroke

Change strokes

Zig-zag (attack and defence)

Jump half turn

Basic skills with the ball

Swimming with the ball - head up front crawl; head still over the ball

Picking up the ball from underneath

Passing wet and dry

Passing to front, left and right

Catch and pass in one motion

'Walking' the ball

Simple shooting - no defender

Goalkeeping

1 v Goalkeeper attack -receive pass from left and right and shoot

2 v 1 attack on goal

Passing to partner while swimming

Starting, stopping, turning with the ball

Passing long and short

Catching from front, left and right

Position in water - hips up

Dummying

Straight shot and lob

1 v Goalkeeper attack

Basic extra man attack and defence

Introduction to competition

Organisation and duration of competitions	Basic rules of the game
One hand	Standing on the bottom
Adaptation of rule for mini polo	Ball under
Rules relating to pitch markings	Holding
Sinking	Pulling back
Entering the water	Game organisation
Refereeing	

Basic game tactics

All play all positions	Basic rules of the game
Basic attacking play	Finding space in attack
Awareness of teammates	Shape - not crowding the 'pit'
Basic defensive play	Simple press defence
Goalside marking	Covering
Blocking in front	Counter attacking

Competition

Possession games as an introduction to competition	Conditioned' competition - small sided games
Under 12 East Region Summer Cup and LWPL U12's	Basic competition

Age 12-13

Continue swim training for fitness, stamina and speed	Introduce T20 for fitness evaluation
Gradual introduction of individual team member responsibilities	Greater emphasis on 'team' play

Skill Development

Concentration continues on the above skills development as these are basic to the game plus:

'Spider'	Goalkeeping
Protecting the ball	Introducing contact
Shooting - range of shots (back shots, push, tip, etc)	Shooting from pass

More advanced tactical skills and positional play

Narrowing down positional play to 1 or 2 positions	Water discipline
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Setting the arc
'Pit' play
Man up

Passing lanes
'Pit' defence
Man down

Goalkeeping

Positioning
Post to post mobility

Distribution

Competition

Ordinary and major fouls
Entry into the water - during play,
substitution, after goal

Player substitution

Under 14 competitions East Region Cup
and LWPL

Regional Training Academy

ASA Academy National Club competition National Training Academy

Age 14-15

This stage concentrates not only on player development but also on team development; what it means to work as part of a team and being a team member

Lots more of the above - can't have enough of it - plus development of more advanced skills:

Specific positions introduced & developed e.g. goalkeeper left side, right side	Positional play around the arc
Role of C/F ('Pit player'), point, wings, drivers	Role of the 'Pit defender'
Marking line of ball and front marking	Counter attacking
Stealing and intercepting the ball	Rotational attack
Press defence	'Dropping'
Beating the press- driving past defender	Picks and screens
Managing the 30 second possession clock	'Switching'
Specific positions for set plays and man- ups	Protecting the ball
Role of the goalkeeper in organising defence	'Foul'/'No foul'
Role of the goalkeeper in organising man down defence	

Competition

Identification of team strengths,
weaknesses

Adaptation of tactics during
game play

Identification of opposition strengths,
weaknesses

Rules

Possession clock

Time-outs

Specific rules for goalkeepers

Role of the table

Rules relating to coach and team positions
on poolside

Responsibilities of match
officials

Under 16 competitions East Region cup
and LWPL

Regional Training Youth

ASA Youth National Club competition

National Training Youth

Age 16-17

Refine above skills

Competition

Integration with senior players

Under 18 competitions NWPL with Iceni
and LWPL

National Training Junior