

Technical Development of a water polo player

Main points to keep in mind

9years to 13years old:

- This is the best age for a coach to start teaching the player the technique of the game.
- Work must be done on strengthening the player's swimming & his legs to be steady in the water to start handling the ball.
- This also helps the player to be able to reach out strongly out of the water for coordination with the ball.

U/15 players:

- The player at this age starts to learn more about the game in how to attack & defend.
- In attack the player will be pressed by his opponent, so s/he must learn how to free himself from him to be able to receive the ball, pass the ball & to shoot the ball.

U/17 players:

- By this age a player has developed more in the game & gained more strength.
- He/she must learn defence, press & zone with the block. In man down to defend the player either must be static doing & blocking well or reaching out strongly between the players.
- In attack the player must be on the move to create exclusions or a penalty or to score a goal.
- In the occasion of man up the player must be fast to rotate the ball so that a player will end up in a good position to score. In a 30m pool in attack in a he last 10m the player must swim on full blast.
- The same goes for defence & in the 6m area the player must be strong to try & win the ball from his opponent.