



**CONFIDENTIAL**

6-8 Athlete Report

<b>Overview</b>	<b>2</b>
<b>6-8 System</b>	<b>2</b>
<b>Goals and Objectives</b>	<b>2</b>
<b>Assessment Description</b>	<b>2</b>
<b>Athlete Challenge Results</b>	<b>3</b>
<b>Female Field Players</b>	<b>3</b>
12.5M Sprint Results	3
Radar Gun Results	3
Vertical Jump Results	4
2 Buoy Drill Results	4
Med Ball Hold Results	5
Obstacle Course Results	5
Passing Drill Results	6
6-8 Number	6
Notes and Observations	7
<b>Male Field Players</b>	<b>8</b>
12.5M Sprint Results	8
Radar Gun Results	9
Vertical Jump Results	10
2 Buoy Drill Results	11
Med Ball Hold Results	11
Obstacle Course Results	12
Passing Drill Results	13
6-8 Number	14
Notes and Observations	15
<b>Goalies</b>	<b>15</b>
12.5M Sprint Results	15
Med Ball Hold Results	16
Vertical Jump Results	16
25yd Breast Results	16
6-8 Number	17
Notes and Observations	17
<b>6-8 Current Records</b>	<b>17</b>

## Overview

This report contains the results and observations for the 6-8 Challenge (water polo combine) conducted during the Bay Area Training Clinic in the summer of 2019.

## 6-8 System

The 6-8 Sports Assessment System is a data driven approach to evaluating athlete strengths and weaknesses as they develop over time. The system uses AI to determine skills, strengths and areas for improvement. Data is captured from multiple sources including official combine assessments, individual game statistics tracking, observations and surveys.

Results and training content to support the athlete's development is available in the 6-8 mobile app.

## Goals and Objectives

The goal of all 6-8 Assessments is to build the basic skills and physical strength needed to compete at each level in water polo. By conducting regular assessments, coaches and parents are able to identify and collaborate on how to develop each individual athlete. The global ranking system gives each athlete an idea of where they sit in comparison to every other athlete, which helps with goal setting and effective training structure. Content available in the 6-8 mobile app can be used by coaches and athletes to build strength and skills in each specific area.

## Assessment Description

The assessment was comprised of the seven challenges for field players:

- 12.5M sprint
- Radar gun (shot speed assessment)
- Vertical jump test
- 2 buoy drill
- 10lb medicine ball hold
- Obstacle course
- Passing drill

For goalies, the assessment was shortened and only 4 of the usual seven assessments were completed:

- 12.5M sprint
- 10lb medicine ball hold
- Vertical jump test
- 25 yard breaststroke

## Athlete Challenge Results

### Female Field Players

#### 12.5M Sprint Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	7.6
1	Athlete Name	14U	7.6
3	Athlete Name	16U	7.8
4	Athlete Name	16U	8.2
5	Athlete Name	16U	8.3
6	Athlete Name	14U	8.6
7	Athlete Name	14U	8.7
7	Athlete Name	16U	8.7
9	Athlete Name	18U	8.8
10	Athlete Name	14U	9
11	Athlete Name	16U	9.4

#### Radar Gun Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	40
1	Athlete Name	16U	40
3	Athlete Name	16U	35
4	Athlete Name	14U	33
4	Athlete Name	14U	33
4	Athlete Name	18U	33

7	Athlete Name	16U	31
8	Athlete Name	16U	29
9	Athlete Name	14U	28
10	Athlete Name	16U	27
11	Athlete Name	14U	26

## Vertical Jump Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	48
2	Athlete Name	16U	46
3	Athlete Name	14U	45
4	Athlete Name	16U	43
5	Athlete Name	16U	42
5	Athlete Name	18U	42
5	Athlete Name	14U	42
8	Athlete Name	16U	41
8	Athlete Name	16U	41
10	Athlete Name	14U	40
11	Athlete Name	14U	38

## 2 Buoy Drill Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	7.5
2	Athlete Name	16U	7.7
3	Athlete Name	14U	8.5
4	Athlete Name	18U	8.9
5	Athlete Name	16U	9

6	Athlete Name	16U	9.3
7	Athlete Name	16U	9.4
8	Athlete Name	14U	9.6
9	Athlete Name	14U	10
10	Athlete Name	16U	10.5
11	Athlete Name	14U	19.9

### Med Ball Hold Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	60
2	Athlete Name	16U	52
3	Athlete Name	16U	47
4	Athlete Name	14U	42
5	Athlete Name	14U	31
6	Athlete Name	16U	28
7	Athlete Name	18U	24
8	Athlete Name	16U	22
9	Athlete Name	14U	20
10	Athlete Name	16U	16
11	Athlete Name	14U	11

### Obstacle Course Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	26.4
2	Athlete Name	16U	27.5
3	Athlete Name	14U	27.8
4	Athlete Name	16U	28.7

5	Athlete Name	16U	29
6	Athlete Name	14U	31
7	Athlete Name	16U	31.5
8	Athlete Name	16U	33.5
9	Athlete Name	14U	35
10	Athlete Name	18U	36
11	Athlete Name	14U	37.8

### Passing Drill Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	14.4
2	Athlete Name	16U	14.8
3	Athlete Name	16U	17.7
4	Athlete Name	14U	18.1
5	Athlete Name	18U	18.4
6	Athlete Name	14U	19.3
7	Athlete Name	16U	19.4
8	Athlete Name	14U	19.6
9	Athlete Name	16U	25.7
10	Athlete Name	16U	26.6
11	Athlete Name	14U	28.4

### 6-8 Number

Athlete	Age Group	Overall Rank
Athlete Name	16U	1
Athlete Name	16U	2
Athlete Name	14U	3

Athlete Name	16U	4
Athlete Name	16U	5
Athlete Name	14U	6
Athlete Name	18U	7
Athlete Name	16U	8
Athlete Name	14U	9
Athlete Name	16U	10
Athlete Name	14U	11

### Notes and Observations

Athlete 1 and Athlete 2 scored well on all Challenges and also proved to be strong players. Overall leg strength was average and the biggest weakness was the obstacle course (all athletes were below average). This indicates weakness over the hips, issues with moving from the vertical to the horizontal and weak ball handling. More drills incorporating stop and go, zig zag and vertical to horizontal drills with a ball will help improve this. 6-8 Sports would also recommend practicing the ‘Statue of Liberty’ and ‘How to Hold/pickup the Ball’ drills everyday (especially for the younger athletes). The overall attitude and willingness to learn was great and it was a pleasure working with this group. Please feel free to reach out with any questions.



# Male Field Players

## 12.5M Sprint Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	6.6
2	Athlete Name	16U	6.7
3	Athlete Name	16U	6.8
4	Athlete Name	16U	6.9
5	Athlete Name	18U	7.1
6	Athlete Name	16U	7.2
6	Athlete Name	18U	7.2
6	Athlete Name	14U	7.2
6	Athlete Name	16U	7.2
10	Athlete Name	16U	7.3
11	Athlete Name	14U	7.4
11	Athlete Name	16U	7.4
13	Athlete Name	14U	7.6
14	Athlete Name	16U	7.7
14	Athlete Name	16U	7.7
14	Athlete Name	16U	7.7
17	Athlete Name	16U	7.9
18	Athlete Name	14U	8
19	Athlete Name	16U	8.2
20	Athlete Name	16U	8.8
21	Athlete Name	16U	9.2
22	Athlete Name	14U	9.4
23	Athlete Name	14U	9.9

## Radar Gun Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	42
2	Athlete Name	16U	39
2	Athlete Name	16U	39
4	Athlete Name	16U	38
4	Athlete Name	14U	38
4	Athlete Name	16U	38
4	Athlete Name	16U	38
8	Athlete Name	16U	37
8	Athlete Name	16U	37
10	Athlete Name	18U	36
10	Athlete Name	14U	36
10	Athlete Name	16U	36
13	Athlete Name	16U	34
13	Athlete Name	16U	34
15	Athlete Name	18U	33
16	Athlete Name	16U	32
16	Athlete Name	14U	32
16	Athlete Name	16U	32
19	Athlete Name	16U	30
20	Athlete Name	14U	25
20	Athlete Name	14U	25
22	Athlete Name	14U	18

## Vertical Jump Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	57
2	Athlete Name	16U	55
2	Athlete Name	16U	55
4	Athlete Name	16U	52
4	Athlete Name	16U	52
6	Athlete Name	16U	51
7	Athlete Name	16U	50
7	Athlete Name	14U	50
7	Athlete Name	16U	50
10	Athlete Name	16U	49
11	Athlete Name	18U	48
11	Athlete Name	16U	48
11	Athlete Name	18U	48
11	Athlete Name	14U	48
15	Athlete Name	14U	47
16	Athlete Name	16U	46
17	Athlete Name	16U	45
18	Athlete Name	16U	43
19	Athlete Name	16U	42
20	Athlete Name	16U	40
20	Athlete Name	14U	40
20	Athlete Name	14U	40
23	Athlete Name	14U	39

## 2 Buoy Drill Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	4.8
2	Athlete Name	16U	5.5
3	Athlete Name	16U	5.6
4	Athlete Name	16U	5.7
4	Athlete Name	16U	5.7
6	Athlete Name	16U	6
6	Athlete Name	14U	6
8	Athlete Name	16U	6.2
9	Athlete Name	18U	6.6
10	Athlete Name	16U	6.8
11	Athlete Name	16U	6.9
12	Athlete Name	16U	7.2
13	Athlete Name	16U	7.4
14	Athlete Name	14U	7.6
15	Athlete Name	16U	7.7
16	Athlete Name	18U	8.2
17	Athlete Name	14U	8.3
18	Athlete Name	14U	8.9
18	Athlete Name	16U	8.9
20	Athlete Name	16U	10
21	Athlete Name	14U	10.5
22	Athlete Name	14U	12

## Med Ball Hold Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	92
2	Athlete Name	16U	64

3	Athlete Name	16U	60
4	Athlete Name	16U	55
5	Athlete Name	16U	52
6	Athlete Name	16U	51
7	Athlete Name	18U	45
8	Athlete Name	16U	44
9	Athlete Name	16U	39
9	Athlete Name	16U	39
11	Athlete Name	16U	36
12	Athlete Name	16U	35
13	Athlete Name	16U	32
14	Athlete Name	16U	30
14	Athlete Name	14U	30
14	Athlete Name	14U	30
17	Athlete Name	14U	27
17	Athlete Name	16U	27
17	Athlete Name	14U	27
20	Athlete Name	18U	26
21	Athlete Name	16U	20
22	Athlete Name	14U	10
23	Athlete Name	14U	7

## Obstacle Course Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	16.6
2	Athlete Name	16U	19.7
3	Athlete Name	16U	21
4	Athlete Name	16U	21.8
5	Athlete Name	14U	22.2
6	Athlete Name	16U	22.3

7	Athlete Name	16U	22.4
8	Athlete Name	18U	22.6
9	Athlete Name	16U	23.9
10	Athlete Name	16U	24
11	Athlete Name	14U	24.5
12	Athlete Name	16U	25.5
12	Athlete Name	14U	25.5
14	Athlete Name	16U	25.7
15	Athlete Name	14U	26.7
16	Athlete Name	16U	27.3
17	Athlete Name	16U	27.5
18	Athlete Name	18U	28.2
19	Athlete Name	16U	28.5
20	Athlete Name	16U	28.7
21	Athlete Name	14U	29.8
22	Athlete Name	14U	33

## Passing Drill Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	10.1
2	Athlete Name	16U	12.3
2	Athlete Name	16U	12.3
4	Athlete Name	16U	12.5
5	Athlete Name	14U	12.7
6	Athlete Name	16U	13.4
7	Athlete Name	16U	13.9
8	Athlete Name	16U	14
9	Athlete Name	16U	14.2
10	Athlete Name	16U	15

11	Athlete Name	14U	15.2
12	Athlete Name	18U	16
13	Athlete Name	16U	16.2
14	Athlete Name	16U	16.9
15	Athlete Name	14U	17.1
16	Athlete Name	16U	17.7
17	Athlete Name	18U	19.3
18	Athlete Name	14U	19.8
19	Athlete Name	16U	20.4
19	Athlete Name	14U	20.4
21	Athlete Name	14U	21.7
22	Athlete Name	16U	22.8

## 6-8 Number

Athlete	Age Group	Overall Rank
Athlete Name	16U	1
Athlete Name	16U	2
Athlete Name	16U	3
Athlete Name	16U	4
Athlete Name	16U	5
Athlete Name	16U	5
Athlete Name	16U	7
Athlete Name	14U	8
Athlete Name	16U	9
Athlete Name	18U	9
Athlete Name	16U	11
Athlete Name	14U	12
Athlete Name	16U	12
Athlete Name	14U	14

Athlete Name	16U	14
Athlete Name	18U	16
Athlete Name	16U	17
Athlete Name	16U	18
Athlete Name	16U	19
Athlete Name	14U	20
Athlete Name	14U	21
Athlete Name	14U	22
Athlete Name	16U	23

## Notes and Observations

It was also a pleasure working with the boys. Athlete 1, Athlete 2, Athlete 3 and Athlete 4 all proved to be promising players and some of the younger athletes exhibited the passion and drive to succeed. The biggest area for improvement for the bulk of the group would be leg strength. This is the most important area in our sport and besides Athlete 1, every athlete failed to score at a high level. Apart from the Challenge, the athletes showed a weakness in proper body positioning but did show the ability to play. 6-8 Sports recommends more posture training drills like the 'Statue of Liberty' and 'Catch Release Passing' while focusing on a 20% increase in leg training during practices. Please feel free to reach out with any questions.

## Goalies

### 12.5M Sprint Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	7.3
2	Athlete Name	16U	7.7
2	Athlete Name	14U	7.7
4	Athlete Name	14U	8.3



## Med Ball Hold Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	50
2	Athlete Name	16U	39
2	Athlete Name	14U	39
4	Athlete Name	14U	28

## Vertical Jump Test Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	56
2	Athlete Name	16U	55
3	Athlete Name	14U	48
4	Athlete Name	14U	46

## 25 Yard Breast Results

Rank	Athlete	Age Group	Results
1	Athlete Name	16U	19.8
2	Athlete Name	16U	20.9
3	Athlete Name	14U	21.6
4	Athlete Name	14U	22.9

## 6-8 Number

Athlete	Age Group	Overall Rank
Athlete Name	16U	1
Athlete Name	16U	2
Athlete Name	14U	3
Athlete Name	14U	3

## Notes and Observations

The goalies all had one trait in common and that was a lack of goalie-specific technique. Leg strength is always important for goalkeepers so please continue pushing flexibility out of the water before and after practice but also keep pushing their leg training. For ideas on how to improve technique please refer to our goalie training videos on the 6-8 App. Practicing these on a regular basis will help insure proper positioning which will allow the athletes to consistently improve.

## 6-8 Current Records

Event	Record	Location	Name
12.5M	5.05	Vanguard Clinic 2019	Cooper Haddad
Radar Gun	46	Atwater Clinic 2018	Connor Norton
Med Ball	186	Newport Clinic 2019	Riley Pittman
Vertical Jump	67	Dallas Feb 2018	Adam Wuthrich
Obstacle Course	10.85	Sage Hill Clinic	Brandon Fabrega
2-Buoy Drill	4.5	Vanguard Clinic 2019	Tyler Padua
Passing Drill	6.82	Atwater Clinic 2018	Connor Norton
Goalie 4 Corners	4.21	Winter Academy 2018	Aiden Nettekoven
Goalie 8 Touch	7.03	Winter Academy 2018	Aiden Nettekoven
25 Yard Breast	12.79	Dallas Feb 2018	Adam Wuthrich