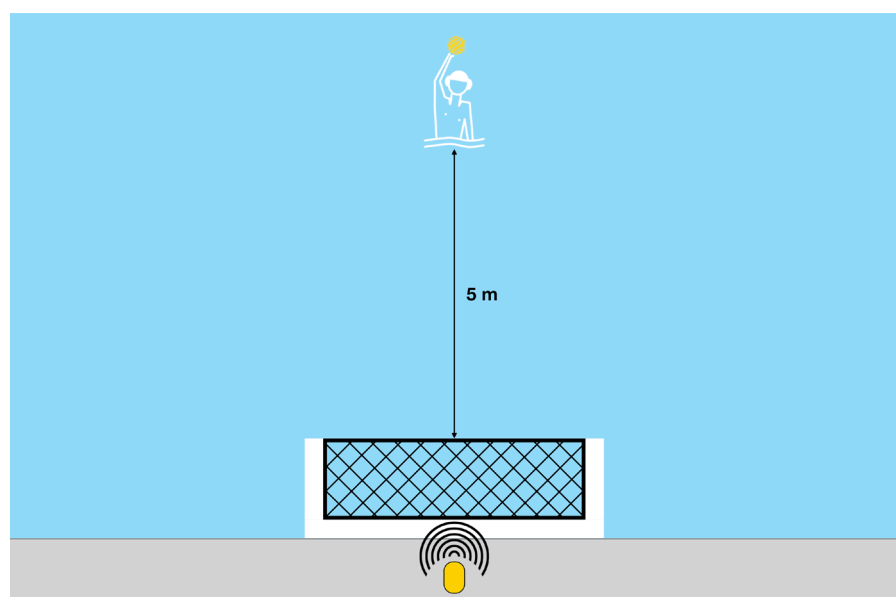




RADAR GUN

SET - UP



I N S T R U C T I O N S

Athlete shoots from 5 meters as hard as they can.

R E G U L A T I O N S

- Athlete can start only when instructors says they are ready.
- If time permits they are allowed to take up to two attempts.
- Measured in miles per hour (mph)

W H A T R E S U L T S M E A N

Results show the speed of an athlete's shot.

Tony & Maggie are not big proponents of shot speed but when looking for potential talent, an extremely fast shot can show promise if the athlete also scores high on a few of the other above exercises.

B E N C H M A R K S

18U BOYS

> 45 | > 36 | < 36

18U GIRLS

> 38 | > 32 | < 32

16U BOYS

> 43 | > 35 | < 35

16U GIRLS

> 36 | > 30 | < 30

14U BOYS

> 39 | > 32 | < 32

14U GIRLS

> 35 | > 28 | < 28

12U BOYS

> 35 | > 28 | < 28

12U GIRLS

> 31 | > 25 | < 25

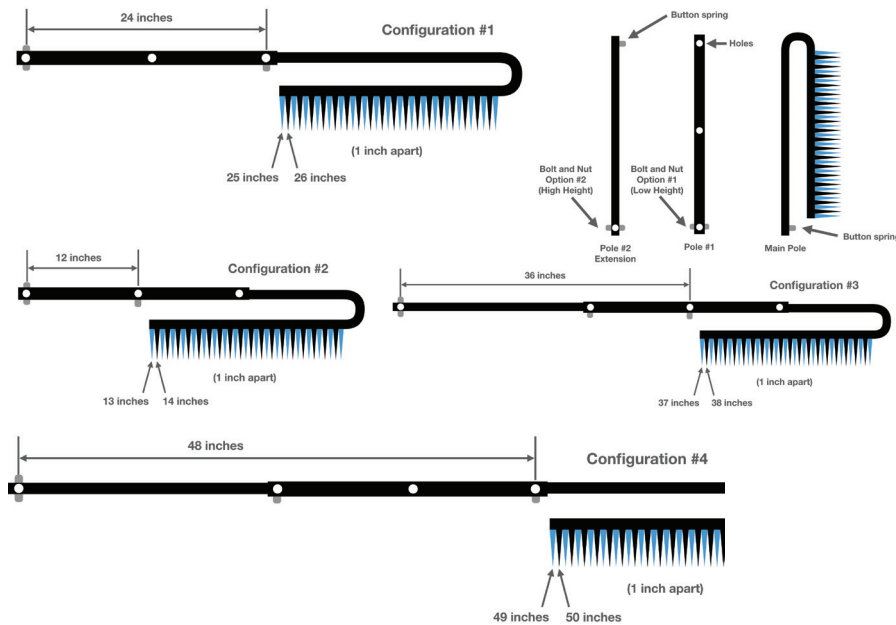
10U COED

> 27 | > 22 | < 22



VERTICAL JUMP TEST

SET - UP



INSTRUCTIONS

Athlete attempts to jump as high as possible out of the water to touch one of the bars.

REGULATIONS

- Each player gets three attempts.
- After every attempt instructor will pull the bars touched to the side and keep the other bars untouched.
- Swinging is not allowed - only jumping straight up and touching.
- Results measured in inches.

WHAT RESULTS MEAN

Results gauge how high the athlete can jump out of the water. This shows leg explosion, strength, and the potential for an athlete to shoot, block, or steal the ball in a game situation.

BENCHMARKS

18U BOYS

> 64 | > 56 | < 56

18U GIRLS

> 56 | > 49 | < 49

16U BOYS

> 60 | > 55 | < 55

16U GIRLS

> 54 | > 48 | < 48

14U BOYS

> 58 | > 52 | < 52

14U GIRLS

> 50 | > 46 | < 46

12U BOYS

> 55 | > 45 | < 45

12U GIRLS

> 48 | > 44 | < 44

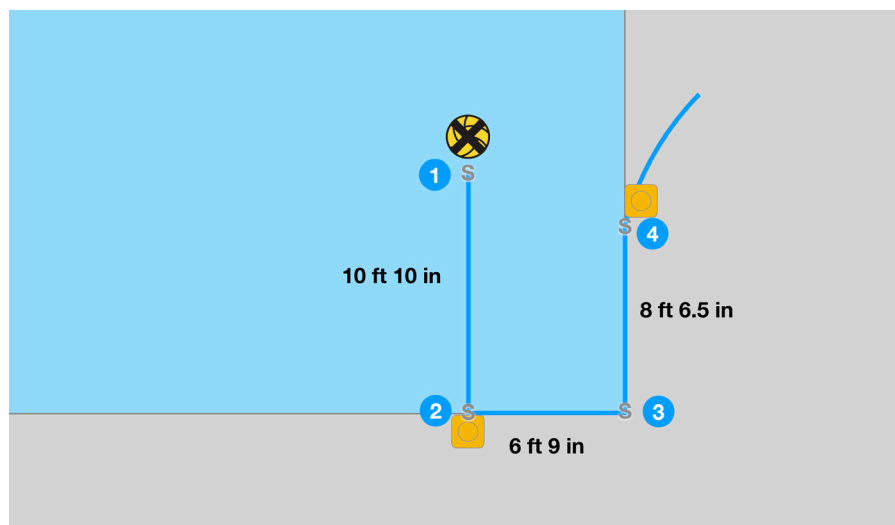
10U COED

> 46 | > 40 | < 40



2 BUOY DRILL

SET - UP



INSTRUCTIONS

Athlete starts with one hand on wall.

Without pushing off wall the athlete must:

1. Touch the buoy
2. Touch the wall at the #4 cone
3. Touch the wall at the #2 cone
4. Touch the first buoy again

REGULATIONS

- Timer begins when the instructor says go and stops when the player touches buoy for the second time.
- Timed with stopwatch.

WHAT RESULTS MEAN

In water polo, athletes mostly work over the hips. The better players in the world are experts at using a minimum number of strokes and mostly utilizing legs.

If results are low (higher time) players know they need to focus on these specific drills. This is one of the most important drills to learn in our sport and one that younger players need to focus on.

BENCHMARKS

18U BOYS

< 4.6 | < 5.6 | > 5.6

18U GIRLS

< 5.8 | < 6.2 | > 6.2

16U BOYS

< 5 | < 6 | > 6

16U GIRLS

< 6 | < 7 | > 7

14U BOYS

< 6.2 | < 7.2 | > 7.2

14U GIRLS

< 6.5 | < 7.5 | > 7.5

12U BOYS

< 7 | < 8 | > 8

12U GIRLS

< 7.5 | < 8.5 | > 8.5

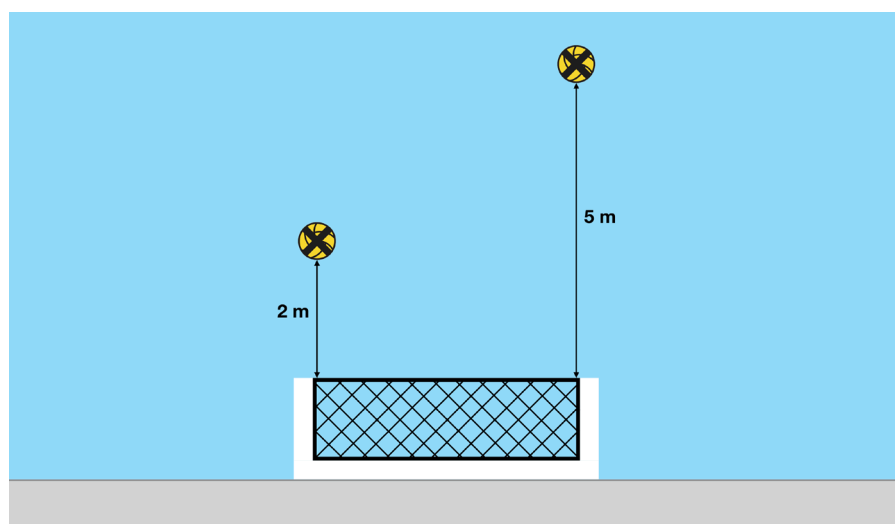
10U COED

< 7.5 | < 9 | > 9



OBSTACLE COURSE

SET - UP



INSTRUCTIONS

Athlete starts in the middle of the goal.

Part 1: completes eight touches between the two goal posts.

Part 2: the instructor throws a ball in front of the athlete and they immediately swim with a ball around the first buoy, then around the second buoy.

Part 3: finishes with a 5m shot on target.

REGULATIONS

- Eight touches and swim are all timed.
- Shot counts (dropping 2 seconds if you hit the target).
- Time starts when instructor says go and ends when shot passes the goal line.
- Timed with stopwatch.

WHAT RESULTS MEAN

Demonstrates the athlete's ability to not only move laterally over their hips but to see their comfort level swimming with the ball. You can be fast in our sport but being able to zig zag stop and go with the ball is more relevant.

A faster time means the athlete is comfortable swimming with the ball in all directions and has good lateral movement.

BENCHMARKS

18U BOYS

< 15 | < 19 | > 19

18U GIRLS

< 20 | < 25 | > 25

16U BOYS

< 17 | < 21 | > 21

16U GIRLS

< 22 | < 26 | > 26

14U BOYS

< 20 | < 25 | > 25

14U GIRLS

< 24 | < 28 | > 28

12U BOYS

< 22 | < 27 | > 27

12U GIRLS

< 26 | < 31 | > 31

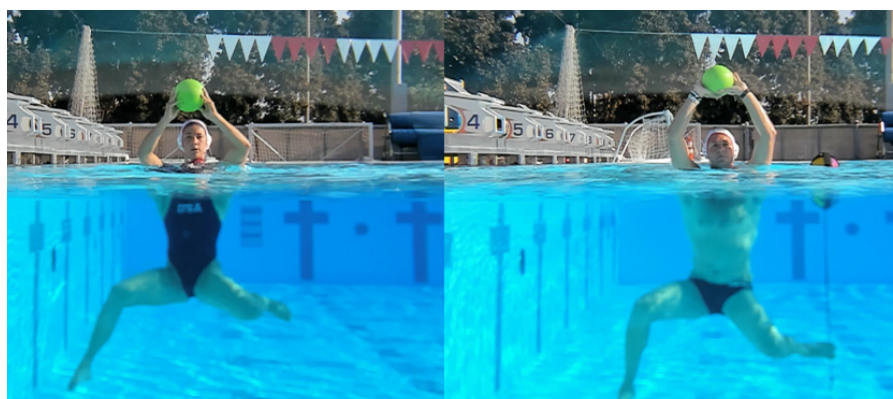
10U COED

< 30 | < 35 | > 35



MEDICINE BALL HOLD

SET - UP



INSTRUCTIONS

Athlete is handed a heavy ball when positioned vertically in the water.

Athlete must eggbeater and hold ball above water for as long as possible.

REGULATIONS

- 10lb weight for all ages
- Arms must be above head and elbows and chin out of the water
- Players cannot lean on their back to keep chin/elbows out; must be vertical facing forward
- The moment chin touches water is stopped
- Instructor can remind athlete to straighten arms or watch out for chin, but if there is no improvement, timer is stopped
- Time starts when athlete raises weight above head and ends when chin or elbows touch the water
- Timed with stopwatch

WHAT RESULTS MEAN

These tests show an athlete's pure leg strength. Instructors will be able to see when the athlete doesn't spread his/her legs wide enough or when his/her leg strength is low. Strong leg strength is very beneficial to a coach. It is hard to excel in college and beyond without above average results in this test.

BENCHMARKS

18U BOYS

> 80 | > 50 | < 50

18U GIRLS

> 70 | > 45 | < 45

16U BOYS

> 70 | > 45 | < 45

16U GIRLS

> 60 | > 40 | < 40

14U BOYS

> 60 | > 40 | < 40

14U GIRLS

> 45 | > 35 | < 35

12U BOYS

> 45 | > 35 | < 35

12U GIRLS

> 35 | > 25 | < 25

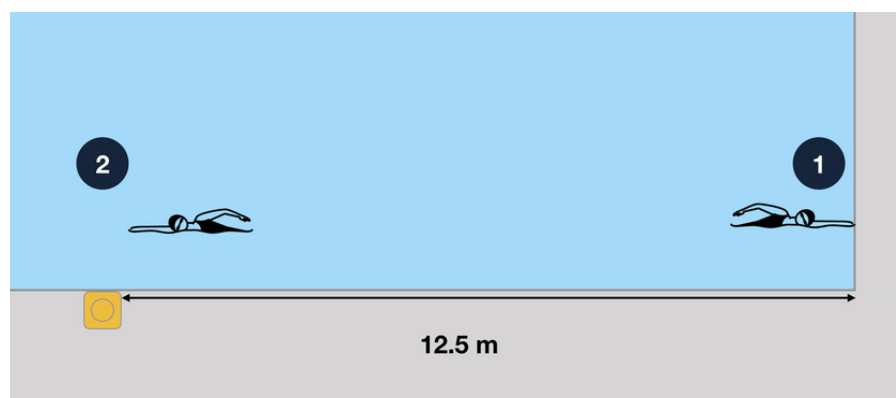
10U COED

> 30 | > 20 | < 20



12.5 METER SPRINT

SET - UP



INSTRUCTIONS

Athlete starts with one hand on the wall (either)
Athlete sprints as quickly as possible to the other wall (freestyle)

REGULATIONS

- Timer starts when athlete leaves the wall
- Athletes must swim past the cone; if they stop early they are given an incomplete or another attempt
- Time starts when Instructor says go and ends when athlete passes the 12.5 meter mark
- Timed with stopwatch

WHAT RESULTS MEAN

Results show how fast/quick an athlete is in water polo swimming. Not being able to use the wall to push off, this is the most relevant sprint in our sport. Many people have fast swim times but lack this explosiveness over the hips to get open on a counter attack or drive. Tony always says that at 12.5 meters with a water polo start he would beat Michael Phelps!

BENCHMARKS

18U BOYS

< 5.8 | < 6 | > 6

18U GIRLS

< 6.4 | < 7 | > 7

16U BOYS

< 6 | < 6.4 | > 6.4

16U GIRLS

< 6.8 | < 7.5 | > 7.5

14U BOYS

< 6.8 | < 7.4 | > 7.4

14U GIRLS

< 7 | < 8 | > 8

12U BOYS

< 7.4 | < 8.4 | > 8.4

12U GIRLS

< 7.8 | < 8.8 | > 8.8

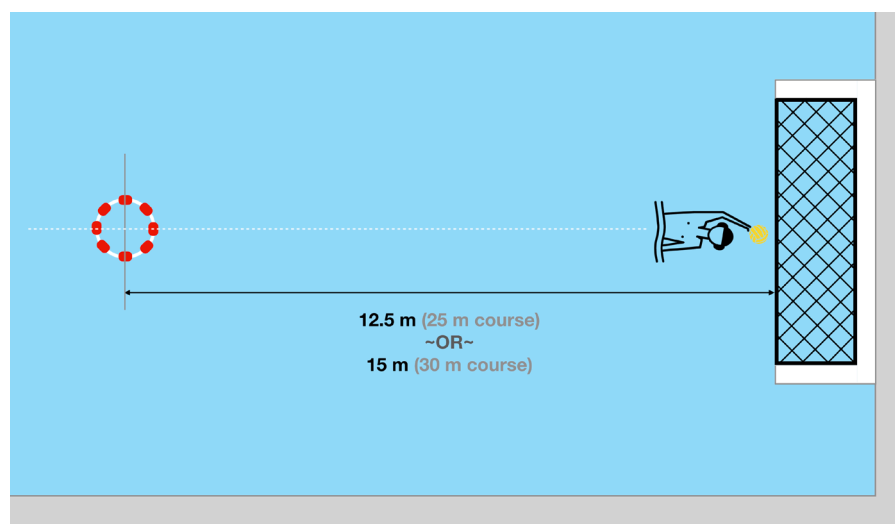
10U COED

< 8 | < 9 | > 9



PASSING DRILL

SET - UP



- Attach the rope with a weight or clamp to the passing ring, or have an athlete hold the ring in place.
- Place the ring:
 - » 12.5 meters from the wall or cage if you use a 25 meter course
 - » 15 meters from the wall or cage if you use a 30 meter course

I N S T R U C T I O N S

The athlete gets five (5) attempts to shoot the ball inside the ring from the goal line, without moving closer to the ring.

R E G U L A T I O N S

- The athlete gets five (5) attempts to pass the ball inside the ring.
- If the ball hits the edge of the ring, it counts. If the ball goes in the ring, it counts. And if the ball bounces in, it counts.
- Record the number of passes that count based on this criteria.

W H A T R E S U L T S M E A N

A high number of passes counted represents higher accuracy in passing.

Accurate passing is a key indicator to long-term success in water polo.

B E N C H M A R K S

18U BOYS

> 3 | 3 | < 3

18U GIRLS

> 3 | 3 | < 3

16U BOYS

> 3 | 3 | < 3

16U GIRLS

> 3 | 3 | < 3

14U BOYS

> 3 | 3 | < 3

14U GIRLS

> 3 | 3 | < 3

12U BOYS

> 2 | 2 | < 2

12U GIRLS

> 2 | 2 | 1



GOALIE 4 CORNERS

GOALIE 8 TOUCH

GOALIE 4 CORNERS SET-UP

- Attach a 6-8 shooting target to each corner of the cage:
 - » Lower Left
 - » Upper Left
 - » Upper Right
 - » Lower Right

INSTRUCTIONS

Athletes start from an eggbeater position in the middle of the cage. When the timer says "Go", the athlete must touch each of the four targets. Stop your timer when the athlete touches the fourth target.

REGULATIONS

- Ensure the target covers the entire corner; do not leave any space between the target and the bar.
- Secure the cage in the pool.

WHAT RESULTS MEAN

Measures the explosiveness of the athlete and their ability to quickly get to the corners.

GOALIE 8 TOUCH SET-UP

- Secure the cage in the pool.

INSTRUCTIONS

The athlete starts from an eggbeater position in the center of the cage.

On a "Go" command, the athlete touches each vertical post of the cage — going side to side — four times for a total of eight touches.

After their eighth touch, stop your timer and record the elapsed time in seconds.

WHAT RESULTS MEAN

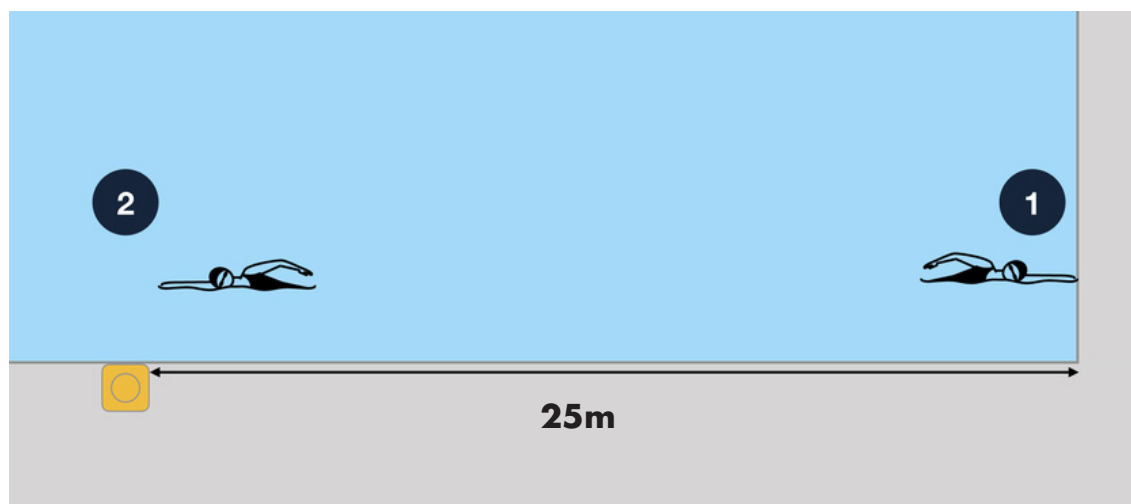
Measures the ability of the athlete to move laterally across the cage quickly and tests the stamina of the athlete.



GOALIE 25M BREAST SPRINT

SET - UP

Ensure the pool or lane is clear of obstructions.



INSTRUCTIONS

The goalie should swim a 25 meter breaststroke as fast as they can.

Starting on the wall, start your watch on a "Go" command.

The athlete may push off the wall and must swim legal breaststroke for a distance of 25 meters.

Stop your timer when the athlete reaches the 25 meter mark.

Record the elapsed time in seconds.

REGULATIONS

- The goalie may not start from a dive; they must start in the water from a push.