Flippa Ball™

Non-contact water polo for children
Australian Water Polo
Official manual and program
Acknowledgments

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Contents

Modified games ................................................................. 35
Dribblers and Robbers 36
Long Throw 37
Five and One 38
Half Court Flippa Ball™ 39

Competition formats ......................................................... 40
Competition format 40
Tournament structures 40

Assessment ........................................................................... 44
Assessment 44
Flippa Ball™ awards program 46
Bronze award 47
Silver award 49
Gold award 51

Contacts ................................................................................. 53

Glossary ................................................................................. 54
OVERVIEW

WHO IS THIS MANUAL FOR?

WHAT EQUIPMENT IS NEEDED?

HOW DO YOU PLAY FLIPPA BALL™?

Overview

Flippa Ball™ aims to introduce juniors to a modified version of water polo by providing an enjoyable, interactive game that will encourage them to pursue the sport and go on to play water polo. Australian Water Polo Inc. and its state and territory affiliates are committed to developing Flippa Ball™ for young people and have developed this comprehensive Flippa Ball™ Manual. This manual may be used by physical educators, teachers, parents, pool managers’ staff and state development officers in their junior programs.

Flippa Ball™ has taken off across Australia. The game has been designed for children aged between 8 and 12. It is a fun, simple game that can be played by all children regardless of their height, gender and, most importantly of all, their swimming ability. Flippa Ball™ is played in the shallow end of the pool so that the children may use the bottom of the pool to rest and to feel secure and safe. The basic rules of the game are quite simple; for example:

- Players may catch the ball with either one or two hands, but can only pass or shoot with one hand.
- While holding the ball, players are not permitted to walk along the bottom of the pool or take the ball under water. They must either swim with the ball or pass the ball to a team mate.
- When a player has hold of the ball they cannot be tackled. Other players must allow the player in possession of the ball to be able to pass or shoot the ball.

Through participation in Flippa Ball™, children will learn and develop skills that are needed for water polo with greater ease. The lesson plans in this manual have been carefully structured to allow for progressive skill development and to promote water confidence in young players.

Along with this manual, we will produce an instructional DVD and dedicate a new web site to the sport of Flippa Ball™ <http://www.flippaball.com.au>.

Web site links will be provided on the Australian Water Polo web site <http://www.australianwaterpolo.com.au>.

Who is this manual for?

This manual is for coaches, physical education teachers, teachers of sport, parents and anyone interested in organising a Flippa Ball™ program. Knowledge of water polo is not a prerequisite for starting a Flippa Ball™ program (though it is beneficial) as the lessons in this manual progress systematically with full explanations. This manual is also a reference tool for coaches who complete the new Flippa Ball™ Community Coach Certificate.

This manual has been designed using the following format:

Planning

The planning section contains information on how to setup a program. The skill grid outlines the sequence of introducing skills in lessons, but this is only a guide and lessons should be
adapted to suit the time available. It is understandable that sometimes teachers and children may need to be flexible as to what is presented in each session.

Rules
This section outlines the basic rules of Flippa Ball™.

Warm-ups
Warm-ups are encouraged before starting any lesson to ensure the players are mentally and physically ready to participate.

Lesson plans and drill cards
The lesson plans in this manual are comprehensive and contain all the information you need to run successful Flippa Ball™ lessons: aims, warm-ups, tips, drills, equipment, safety and variations to the lessons. The lesson plans include pictures, simple explanations and all necessary information for the teacher or coach. Most importantly, these lessons are fun. The competition formats, assessment and rules sections of this manual are combined with and referred to in the lessons.

Modified games
Modified games have been added as an activity at the end of some lessons to help reinforce skill development. Modified sport enables players to develop the skills required to play adult sport more quickly. Fun and enjoyment are emphasised with activities designed to meet the competitive capabilities of the maturing child.

Competition formats
This section provides a basic outline to forming a competition.

Assessment
You can assess a player’s progress during the program. You should assess players at least twice to measure their advancement. At the end of the program, players will be awarded a certificate of achievement under the Australian Water Polo Flippa Ball™ Skills Award Scheme (Gold, Silver and Bronze).

Contacts
Contact details for state and territory water polo organisations.

Glossary
A table of water polo terminology.

What equipment is needed?

Flippa Ball™
The Flippa Ball™ is smaller than a normal male or female Water Polo ball. They are available through your state association.

Goals
Goals for Australian Water Polo Inc. (AWPI) competition standard are 2 m wide by 0.75 m high. Goals may be constructed out of polypipe or be as simple as two cones or two garbage bins at either end. Better commercial versions are available. Please contact your state association for further information.

Pool
Flippa Ball™ is played in the shallow end of the pool. Any pool with a shallow end is fine. A pool 20 m long by 15 m wide is preferable, although games can be modified to suit the size of any pool.

Cones
One set of plastic cones or markers consisting of:

- 4 x red
- 4 x yellow
- 4 x white

Caps
You will need two sets of caps to identify the teams. Water polo teams play in white or blue numbered caps with the goalkeeper wearing a red cap (numbered in the same colour as their team). Water Polo caps are fitted with malleable ear protectors to safeguard the players’ ears.

Timing equipment
You will need timing equipment such as two stopwatches: one for the possession time of 30 seconds and one to monitor the game time. More expensive commercial versions are available. Please contact your state association for more information.

For the teams
Each team should have their own folder including:

- team name
- team members
- game card, rule book, attendance forms
- round robin draw and game times
- modified rules (if required).
**How do you play Flippa Ball™?**

**Duration of play**
Flippa Ball™ consists of four quarters that last five minutes each. Alternatively, adjust the game time to suit your time frame.

**Starting the game**
To start, players line up along the goal line. At the signal (whistle) one player from each team swims towards the halfway line where the referee has thrown the ball.

**Teams**
Each team has seven players, one of whom is the goalkeeper. Each team can have up to six substitutes, but three is recommended. The goalkeeper cannot go over the halfway line.

**Substitutions**
Substitutions can be made at the end of each quarter or after a goal is scored. An injured player can, and should, be substituted immediately.

**Scoring a goal**
A goal is scored when the ball passes completely over the goal line in the goal area.

**Restart after a goal**
When a goal has been scored the players move back to their own halves. A member of the team that did not score takes a throw from anywhere in their half to restart the game.

**Catching and throwing the ball**
Players may catch the ball with one or two hands but they must throw it with only one. Clenched fists may not be used. No player may hold the ball for longer than five seconds without passing it or swimming with it on the water.

**Dribbling the ball**
A player may dribble the ball by pushing it along in front of them. An opposing player may steal the ball from a player who is dribbling provided they make no contact with the player in possession and that they do not take the ball under water.

**Goal throw and corner throw**
If an attacking player throws the ball over the goal line outside the goal area (even if the throw is deflected by a defender) a goal throw is awarded. The goal throw can only be taken by a goalkeeper or the nearest attacker on the defending team.

If the ball is last touched by the goalkeeper and travels over the goal line outside of the goals a corner throw is awarded. The corner throw must be taken on the 2 m line (a red cone near the side of the pool).

**General**
Coaches should regularly rotate player positions to let all players experience a variety of positions. One team should wear white caps and the other blue, except the goalkeepers who should wear red. If possible, the caps should be numbered from one to thirteen with the goalkeeper wearing cap number one. Coloured caps are permitted.

NB: More information regarding the rules can be found on pages 7–9, Rules.
Considerations
Planning is very important and teachers and coaches need to consider how many sessions are needed to conduct this program. The Flippa Ball™ Water Polo Program has been designed to fit within one school term. This period enables students to develop a broad range of skills.

Some time may be required out of normal hours to help students learn new techniques and become more competent in some of the more basic skills of water polo. From this competence, the acquisition of teamwork and strategic play may be developed.

A sample skill/practice grid has been provided in this chapter as a guide and could be introduced into the school program.

Please remember that you may need to consider several other factors at the planning stage including the age of the student, the experience in the sport and the time available. All factors should be considered when implementing the program.

Conducting a Lesson
Plan, plan, plan
Walk through the session in your mind before you conduct it. Pay particular attention to the organisation and flow of activities.

Anticipate what you might do if things are not working. The better prepared you are with a plan, the more confident you will feel about some spontaneity on the day!

Plan for:
- repetition over several weeks to allow for learning and consolidation
- a variety of activities to cater for short attention spans (vary a game or start a different game).

Setting up
Know what you will need and where it is to be placed before you arrive.
- Set up ahead of the session.
- Ask players to help with setting up.

Forming Groups
- A simple ‘1, 2, 3 … 1, 2, 3 …’ is quick and easy and avoids players being ‘left behind’.
- Avoid team captains picking their own groups—imagine if you were the last person picked!
- Matching players of different abilities may be appropriate in some situations.
Instructions

- Be brief and explicit.
- Demonstrate what you want instead of just giving verbal instructions. Demonstrations make sure everyone understands what is required.
- Avoid having the class look into the sun.
- Use positioning to avoid distractions such as other games.
- Give one or two key points only.
- Allow questions.
- Get them playing quickly.

Let the kids play

- Avoid too many interruptions, too much feedback and too many corrections.
- Make sure most of the session is used for participating in activities and games.
- Avoid over-coaching.

In the pool

- Set clear boundaries.
- Determine water confidence/swimming ability before conducting sessions.
- Change it to accommodate varying abilities.
- Keep the kids active.
- Be aware of the temperature.

Skill and practice grid

This skill and practice grid shows the recommended pattern of introducing skills during a seven-lesson program.

<table>
<thead>
<tr>
<th></th>
<th>Lesson 1</th>
<th>Lesson 2</th>
<th>Lesson 3</th>
<th>Lesson 4</th>
<th>Lesson 5</th>
<th>Lesson 6</th>
<th>Lesson 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming/Fundamental</td>
<td>Head Up Freestyle</td>
<td>Dribbling the Ball</td>
<td>Pick up &amp; Pass the Ball</td>
<td>Catch &amp; Pass Swim &amp; Pass</td>
<td>Shooting the Ball</td>
<td>The Goalkeeper</td>
<td>Attacking &amp; Defending</td>
</tr>
<tr>
<td>Fundamental Movements</td>
<td>High Seated Backstroke</td>
<td></td>
<td></td>
<td>Basic Eggbeater Kick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ball Skills</td>
<td>Dribble &amp; Pass</td>
<td>One Hand Underneath</td>
<td>Throwing a Wet Pass</td>
<td>One Hand Underneath</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ball Skills</td>
<td></td>
<td>Press Roll &amp; Lift</td>
<td></td>
<td>Press Roll &amp; Lift</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Tactical</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jump &amp; Block</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skills</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activities</td>
<td>Drill 1</td>
<td>Drill 4</td>
<td>Drill 7</td>
<td>Drill 8, 9, 10</td>
<td>Drill 11</td>
<td>Drill 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Drill 2</td>
<td>Drill 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Drill 3</td>
<td>Drill 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rules</td>
<td>Discussion</td>
<td>2 m Rule</td>
<td>5 m Rule</td>
<td>Taking the Ball Under</td>
<td>More Minor Fouls</td>
<td>Exclusion Fouls (Tackling)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Modified Games</td>
<td>Dribblers &amp; Robbers</td>
<td>Long Throw</td>
<td></td>
<td></td>
<td>Five &amp; One</td>
<td></td>
<td>Half-court Flippa Ball™ Game</td>
</tr>
</tbody>
</table>
Frequently asked questions

Who are these lesson plans for?
These lesson plans are for coaches and teachers.

What standard of player are they intended for?
Primary school children between 8–12 years starting Flippa Ball™ for the first time.

What standard of play will be produced through using this program?
Assuming the players are beginners, at the end of the program they will be able to play simple player-to-player defence, basic counter attack, and basic attack and defence. Also, players will have a good grounding in fundamental swimming, ball skill movements and shooting the ball.

Under what principles are the lessons constructed?
These lessons are based on the principles of 'motivation through success' and 'variety and fun', and based on a gradual progression from easy to hard, simple to complex, and no pressure to full-opponent pressure.

Times suggested for activities
It is impossible to predict how quickly individuals will progress through these lessons because of differences in natural ability as well as natural motivation and experience. The coach/teacher must observe the rate of progress and adjust the pace of the lessons. However, simple skills should be mastered before attempting more difficult skills, so coaches/teachers should progress more slowly than suggested if in doubt.

How are the lessons structured?
Each lesson begins with a warm-up game. The second section introduces skills and practice drills. The final section involves a modified game.

Are there any assumed abilities?
Yes. Players should be competent swimmers although this is not a prerequisite. All players should have received some type of water safety training before starting the program.

What is the format of the lesson plans?
Skill descriptions are intended to give the coach the basic features of the skill that should be emphasised during a demonstration.

How were the contents of these lessons chosen?
The skills chosen are those needed to play the game of 7 v. 7 Flippa Ball™. The level of this game is simple; it is expected that teams would only be sophisticated enough to employ a centre forward, two or three drivers and a basic press defence.

How long are the lessons?
Approximately one period, but be flexible. Keep the lesson moving and change activities if the players seem bored. At the same time, encourage players to persevere with perfecting skills through praise, and introducing competition into drills.
GUIDELINES

RULES

ROLE OF THE REFEREE

SIGNALS

Guidelines

Guidelines for Flippa Ball™ have been adapted to suit the ability and experience of child players. Ethics and behavioural responsibilities apply to all involved: coaches, players and parents. High standards in this area reflect a strong organisation and professional playing field—an essential part of children’s sport.

- Make a rule that to blow the whistle means to freeze. All children must follow this instruction!
- No dunking, splashing or rough play.
- No talking while the teacher/coach is instructing.
- No deliberate body contact with others. Observe a rule of 1 metre around each other in Flippa Ball™.
- Bad language or poor sportsmanship means No Play!
- Make it fun for everyone!

Rules

Teams and Substitutes

- Each team consists of seven players, one of whom is the goalkeeper, and not more than six substitutes (three is recommended).
- All players not in the game at the time, together with the coach, shall sit on the team bench and shall not move away from the bench from the start of play, except during the intervals, between periods or during substitution. Teams shall change ends at half time.
- Players shall remove any articles likely to cause injury; for example, watches, jewellery, goggles, body piercing, casts, and glasses. Nails shall be cut short.
- Players shall not have grease, oil or any similar substance on the body; however, wearing sunscreen is highly recommended if playing outdoors.
- At any time in the game, a player may be substituted by leaving the field of play at the re-entry area behind their goal line.

Basic Rules

- The ball may be caught with one or two hands but must be thrown with one and must not be taken under water.
- Any body contact or swimming on the legs of an opponent is a free throw.
- Players may only shoot directly at goals from a free throw outside the 5-metre (yellow) marker. The shot must be immediate and without a delay. No baulking is allowed.
- If the goalkeeper hits the ball out of play a corner throw is awarded.
- If the defending player blocks a shot and the ball goes out of play then it is a goal throw.
- Defending players can only attempt to defend with one arm up. Defending with 2 arms up will result in a free throw to the attacking team.
- Players may stand on the floor of the pool. It is a foul to walk when in possession of the ball and play is in progress.
The game consists of 4 five-minute quarters. These times can be adjusted to suit the limitations some pools may have regarding time and space.

- The ball used is a modified ball suited to Flippa Ball™.
- All players must wear a water polo cap. Mouth guards are recommended.
- To start play, players must line up along the goal line. At a signal from the referee, one player swims towards halfway where the referee has thrown the ball. The player that reaches the ball first must pass it to a team mate. The team’s aim is to take the ball forward towards the opponent's goal with the aim of scoring a goal.
- A goal is scored when the ball completely passes over the goal line.
- After a goal has been scored the players return to their halves and a member of the team who did not score the goal takes a throw from halfway. The ball must be passed to another member of their team before a goal can be scored.
- Held ball will be called if a player holds the ball for longer than 5 seconds without passing the ball or playing it on the water.
- A player may move with the ball by pushing it along in front of them (dribbling). The ball may be stolen from a player who is dribbling the ball, provided there is no body contact.
- defending with 2 arms in the air
- throwing the ball out of the pool area
- standing too close to the passer when taking a free throw.

An infringement of the rules results in a free throw, signalled by a whistle from the referee. The referee will signal this by pointing his arm in the direction that the attacking team are travelling.

- A goal may not be scored directly from a free throw; that is, another player must touch the ball first, except from an immediate shot from a free throw awarded outside 5 metres.

**Exclusion Fouls**
May be awarded by the referee for infringements such as:

- deliberate contact
- holding or pulling back and sinking a player swimming with the ball.

The penalty for an Exclusion Foul shall be exclusion from the game until the offending player has touched the corner of the pool nearest their own goal, whereupon the player or substitute may re-enter immediately.

**2-Metre Rule**
No attacking player is allowed to enter the opponent's attacking 2-metre area unless the player has the ball or the ball is in front of the player.

**5-Metre Rule**
A player is permitted to shoot the ball immediately at goal after they have been fouled provided they are outside 5 metres. The shot must be taken without hesitation.

**Ordinary Fouls**
Ordinary fouls may be awarded by the referee for infringements such as:

- swimming over an opponent's legs
- punching the ball
- taking the ball under water
- accidental contact
- splashing
- splashing
- defending with 2 arms in the air
- throwing the ball out of the pool area
- standing too close to the passer when taking a free throw.

**Game Exclusion**
- The penalty for abusive language, disrespect or aggression is exclusion from the game for the remainder of the match with a substitute. (Aggression is defined as deliberately striking or attempting to strike another player.)

**Role of the referee**
In official Flippa Ball™ games, two referees control the game. The main roles of the referee in water polo are to:

- responsibly control and supervise the game
- apply the rules and their interpretations according to the spirit of the game, for the safety of the participants
- attend to the administrative requirements necessary for the success of the game
- promote an atmosphere of enjoyment
- blow the whistle loudly
- use clear and concise hand signals
- keep up with the play and maintain the correct position.
Signals

Referee Signals

In Flippa Ball™, the coach and players need to understand the basic signals of the referee. The main sets of signals are that of the cap numbers and exclusion signals; that is, hold, sink, pull back.

In Figure 2 we see that the first 3 signals from left to right in the top row depict Cap No.1 (the goalkeeper), Cap No. 2 and Cap No. 3. The bottom row (from left to right) depicts Cap No. 10, Cap No. 4 and Cap No. 5.

Exclusion Signals

There are three exclusion signals that the referee may award against a player:

- Sinking the player without the ball (Fig. 3)
- Pulling back the player without the ball (Fig. 4)
- Holding the player without the ball (Fig. 5)

If a cap signal is required from numbers 1–5 then the referee will indicate these with one hand. For 6–13 both hands are used.
Overhead ball
Players form teams of equal numbers in lines, about 1 metre apart. The first person has the ball and, on the blow of the whistle, passes it overhead to the person behind until the last person receives it. The last person then swims/wades to the front of the line. If the ball is dropped, the ball returns to the first person.

Tunnel ball
The same as Overhead Ball, but with the ball passed under water and through the legs.

Poison ball
One student stands at either end of the group, which gathers in the middle. One player throws the ball with one hand through the group to the other player who may catch it with both hands. If the ball hits a player in the middle, they are out.

Beat the ball
Swimmers stand in a circle. One person (the runner) swims around the outside while the people in the circle throw the ball around the circle twice. The ball must be thrown with one hand and caught with two. The runner tries to get around the circle once before the ball gets around twice.
Partner tag
Players stand apart in pairs, both facing in the same direction, arm distance apart. The partner behind has to chase the partner in front doing a specified action; for example, swimming, running, eggbeater kick. If the person in front is caught, they swap over.

Ball tapping race
Teams line up, one behind the other. Player number one must wade or swim across the pool and back, tapping the ball out in front. When they are 2 m from their team, they must stop, pick up the ball and throw it to their next team member (throw with one hand, catch with two). Continue until all team members have had a turn.

All in tag
Everyone tries to tag everyone else! Players who are tagged continue to tag others from a crouch position.

Chariot race
In teams of three, one player floats on their back while the other two pull them along with their hands under the floater’s armpits. Run or do eggbeater to the other side of the pool then swap positions. Change positions so that each member floats once.

Ball passing tag
Tagger may only tag the player holding the ball. The ball may be handed to another player to escape from danger. Introduce a number of balls and taggers to increase the difficulty and pace of the game. Once tagged, join in being a tagger. The ball must be thrown with one hand and caught with two.
<table>
<thead>
<tr>
<th>Lesson Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIMMING TECHNIQUES</td>
</tr>
<tr>
<td>DRIBBLING THE BALL</td>
</tr>
<tr>
<td>PICKING UP AND PASSING THE BALL</td>
</tr>
<tr>
<td>CATCHING AND PASSING</td>
</tr>
<tr>
<td>SHOOTING THE BALL</td>
</tr>
<tr>
<td>THE GOALKEEPER</td>
</tr>
<tr>
<td>ATTACKING AND DEFENDING</td>
</tr>
</tbody>
</table>
### Lesson 1: Swimming Techniques

<table>
<thead>
<tr>
<th><strong>Subject/time allocation</strong></th>
<th><strong>Activities and skills</strong></th>
<th><strong>Job checklist</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aim:</strong></td>
<td>Warm-up:</td>
<td>Equipment:</td>
</tr>
</tbody>
</table>
| To learn freestyle and backstroke techniques appropriate for Flippa Ball™ and Water Polo. | • Beat The Ball  
• Ball Tapping Race |                |
| **Skill Development**      | Refer to Section 2: Warm-Up Activities. |                |

**HEAD UP FREESTYLE**

**Tips:**
- Arch back and flutter kick.
- Keep shoulders out of the water at all times.
- Use high elbow recovery and short chopping strokes.
- Keep head and shoulders square with the water, breathing only to the front.
- Avoid swinging head from left to right.

Drill 1 — Head Up Freestyle Relay

Refer to the Drill Cards for more information.

**HEAD UP BACKSTROKE**

**Tips:**
- Lie flat in the water with head and shoulders out of the water.
- Arm should be straight reaching back with bent elbow recovery.
- Flutter kick as with freestyle.

Drill 2 — Head Up Backstroke Relay

Refer to the Drill Cards for more information.

Drill 3 — Roll Over Relay

**Conclusion**

Repeat this session several times until players master the basics. Please note that these swimming styles are different from the normal type and should be considered different, not variations or alterations of standard swimming strokes.
Drill Card 1: Head Up Freestyle Relay

How to play

- Divide the players into teams of 4–6.
- On the start signal (‘go’ or ‘whistle’), the first player of each team performs the task and passes the ball to the second player, and so on.
- At the end of the relay, teams stay in their lines.

Safety points
To avoid collisions, encourage participants to look ahead over the ball when swimming.

Coaching points

- High elbow recovery
- Strong freestyle flutter kick
- Keep the head up and straight

Equipment
1 ball per team

Variations

- Relays
- Stop and start on the whistle
- Different strokes such as breaststroke or zigzag
Drill Card 2: Head Up Backstroke Relay

How to play
- Divide the players into teams of 4–6.
- On the start signal (‘go’ or ‘whistle’), the first player of each team sprints to the other end of the pool and tags the player on the team to go sprinting to the opposite end.
- At the end of the relay, teams stay in their lines.

Safety points
To avoid collisions, encourage participants to look ahead over the ball when swimming.

Coaching points
- Lie flat in the water with head and shoulders out of the water.
- Arm should be straight reaching back with bent elbow recovery.
- Flutter kick as with freestyle.

Equipment
None

Variations
- Relays
- Stop and start on the whistle
- Use breaststroke legs and backstroke arms
Drill Card 3: Roll Over Relay

How to play

- Divide the players into teams of 4.
- On the start signal (‘go’ or ‘whistle’), the first player of each team swims freestyle as fast as they can to halfway and then roll over to do head up breaststroke to the other end of the pool. At the end of the relay, teams stay in their lines.

Safety points
To avoid collisions, encourage participants to look ahead over the ball when swimming.

Coaching points
- Freestyle—high elbow recovery; strong freestyle flutter kick; keep the head up and straight.
- Backstroke—lie flat in the water with head and shoulders out of the water; arm should be straight reaching back with bent elbow recovery; flutter kick as with freestyle.

Equipment
None
Lesson 2: Dribbling the ball

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<tr>
<th>Subject/time allocation</th>
<th>Activities and skills</th>
<th>Job checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aim:</strong></td>
<td>Warm-up:</td>
<td>Equipment:</td>
</tr>
<tr>
<td>To learn how to confidently swim with a Flippa Ball™ in the water.</td>
<td>• Tunnel Ball</td>
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<td></td>
<td>• Overhead Ball</td>
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<tr>
<td></td>
<td>Refer to Warm-Ups.</td>
<td></td>
</tr>
<tr>
<td><strong>Skill Development</strong></td>
<td>Dribbling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tips:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Swim using basic head up freestyle.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Keep elbows high and the ball in front of the face.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Keep the ball close to the face between the arms.</td>
<td></td>
</tr>
<tr>
<td>Drill 4 — Zigzag Dribble</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drill 5 — Circle Swim</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tips:</td>
<td>Drill 2 — Head Up Backstroke Relay</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lie flat in the water with head and shoulders out of the water.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Arm should be straight reaching back with bent elbow recovery.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Flutter kick as with freestyle.</td>
<td></td>
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<tr>
<td>Drill 3 — Roll Over Relay</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Refer to Drill Cards for more information.</td>
<td></td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stress to players that dribbling is as important as catching, passing and scoring a goal in Flippa Ball™.</td>
<td></td>
</tr>
<tr>
<td><strong>Modified Game</strong></td>
<td>Dribblers &amp; Robbers — Refer to Modified Games</td>
<td></td>
</tr>
</tbody>
</table>
Drill Card 4: Zigzag Dribble

How to play
• Use team members as markers approximately 1.5 m apart.
• On the whistle, the first team member dribbles the ball in a straight line to the furthest marker then back to the team by swimming zigzag around the markers.

Safety points
Encourage participants to look ahead when swimming.

Coaching points
• High elbow recovery
• Strong freestyle flutter kick
• Keep the head up and straight
• The ball is placed in front of the head
• Pick the ball up from underneath

Equipment
1 ball per person
Drill Card 5: Circle Swim

How to play

• Put players in groups of 5–6 in a circle with one ball.
• The first player dribbles the ball towards another player and gives them the ball. They then dribble the ball to the next player.

Safety points
Encourage participants to look ahead when swimming.

Coaching points

• High elbow recovery
• Strong freestyle flutter kick
• Keep the head up and straight
• The ball is placed in front of the head
• Pick the ball up from underneath

Equipment
1 ball per group
Lesson 3: Picking up and passing the ball

<table>
<thead>
<tr>
<th>Subject/time allocation</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Aim:</td>
<td>Warm-up:</td>
<td>Equipment:</td>
</tr>
</tbody>
</table>
| To demonstrate and practise the basics of picking up a ball and passing it while controlling the water polo ball. | • Overhead ball  
• Head up Breaststroke |                           |
| Skill Development      | Refer to Warm-Ups.    |               |
|                         | The pick up and hold forms the basis of throwing and shooting. It aids the proper throwing action in later lessons. Beginners should be taught to pick the ball up from underneath. |               |
| Skill Development      | PICKING UP THE BALL WITH ONE HAND UNDERNEATH |               |
|                         | Tips                  |               |
|                         | • Players must be at least 1 m apart.  
• Player places the palm of the hand facing up under the ball.  
• They then raise the ball from the water with the palm and fingers up to the height of their head and drop it back on to the water.  
• This is repeated several times and should be tried with both the left and right hand. |               |
| Drill 6 — Passing in Pairs 1,2,3 | TWO HAND PICK UP |               |
|                         | Tips                  |               |
|                         | • Players must be at least 1 m apart.  
• The player, if right-handed, places their left palm facing up under the ball. They then raise the ball from the water with the palm and fingers and pass the ball from the left hand to the right hand. This should be repeated several times.  
• If left-handed then the reverse will apply. The left-hander puts their right hand under the ball etc. |               |
| Drill 6 — Passing in Pairs 1,2,3 | Conclusion | Repeat this session several times until players master the basics of picking up and passing the ball. |
| Modified Game          | Long Throw — Refer to Modified Games. |               |
How to play

- Passing in Pairs 1 — In pairs 3–4 m apart, pick the ball up (from underneath) and pass the ball onto the water in front of your partner (known as a 'wet pass'). The partner picks it up and returns the pass. Try using the right and left hands to pick up and pass.

- Passing in Pairs 2 — As per above but the ball is to be picked up as per the One Hand Press Roll And Lift procedure (see Lesson 3).

- Passing in Pairs 3 — As per above but the ball is to be picked up as per the Two Hand Pick Up procedure (see Lesson 3).

Coaching points

- Pick up the ball as described in Lesson 3.
- Raise the ball above the head.
- Stand side on with your body to the receiver.
- Have the foot on the opposite side to the throwing arm forward.
- Step onto the front foot as the throw is taken.
- Slap the water with the throwing arm in the follow through.

Equipment

1 ball per pair
Lesson 4: Catching and Passing

<table>
<thead>
<tr>
<th>Subject/time allocation</th>
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<th>Job checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aim:</td>
<td>Warm-up: 10 Min</td>
<td>Equipment:</td>
</tr>
<tr>
<td>To demonstrate and practise the basics of catching, passing and controlling a Flippa Ball™.</td>
<td></td>
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</tr>
<tr>
<td>Skill Development</td>
<td>Ball Passing Tag</td>
<td></td>
</tr>
<tr>
<td>Ball Passing Tag</td>
<td>Overhead ball</td>
<td></td>
</tr>
<tr>
<td>Tunnel ball</td>
<td>Refer to Warm-Ups.</td>
<td></td>
</tr>
<tr>
<td>Skill Development</td>
<td>Tips</td>
<td></td>
</tr>
<tr>
<td>Ball Passing</td>
<td>Pick up the ball as described in Lesson 3.</td>
<td></td>
</tr>
<tr>
<td>Tips</td>
<td>Raise the ball above the head.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stand side on with your body to the receiver. Have the foot on the opposite side to the throwing arm forward.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Step onto the front foot as the throw is taken.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Slap the water with the throwing arm in follow through.</td>
<td></td>
</tr>
<tr>
<td>CATCHING</td>
<td>Tips</td>
<td></td>
</tr>
<tr>
<td>The receiver should have the catching arm extended in the direction the ball is arriving.</td>
<td></td>
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</tr>
<tr>
<td>As the ball arrives, raise the arm to meet the ball.</td>
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<tr>
<td>Draw the ball back behind the head to take the momentum.</td>
<td></td>
<td></td>
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<tr>
<td>The body and ball should then be in the passing position.</td>
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<tr>
<td>Drill 7 — Dribble and Pass</td>
<td></td>
<td></td>
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<tr>
<td>Drill 8 — Ten Passes</td>
<td></td>
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</tr>
<tr>
<td>Drill 9 — Relay Turn and Pass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conclusion</td>
<td>Repeat this session several times until players master the basics of catching and passing.</td>
<td></td>
</tr>
</tbody>
</table>


Drill Card 7: Dribble and Pass

How to play

• Divide players into teams of 4–6.

• Players must be 2 m apart.

• On the blow of the whistle, players must swim head up freestyle, dribbling the ball for 3 strokes.

• At the completion of 3 strokes, they must pick the ball up and pass it to their partner on to the water in front of them.

• Their partner then swims 3 strokes and passes it back to them on the water. This is continued to the end of the pool.

Safety points

Encourage participants to look ahead when swimming.

Coaching points

• High elbow recovery

• Strong freestyle flutter kick

• Keep the head up and straight

• The ball is placed in front of the head

• Pick the ball up from underneath

Equipment

1 ball per group
Drill Card 8: Ten Passes

How to play
• Players to be 2–3 m apart in pairs.
• 10 throws with the right hand then 10 with the left hand. Do not let the ball touch the water. When ten ’dry passes’ (when the ball has not touched the water) are completed move further apart and repeat.
• Catch the ball with two hands.

Coaching points — passing
• Pick up the ball as described in Lesson 3.
• Raise the ball above the head.
• Stand side on with your body to the receiver.
• Have the foot on the opposite side to the throwing arm forward.
• Step onto the front foot as the throw is taken.
• Slap the water with the throwing arm in follow through.

Coaching points — catching
• The receiver should have the catching arm extended in the direction the ball is arriving.
• As the ball arrives, raise the arm to meet the ball.
• Draw the ball back behind the head to take the momentum.
• Body and ball should then be in the passing position.

Equipment
1 ball per pair
Drill Card 9: Relay Turn and Pass

How to play
• Form relay teams of 5.
• The first team member must swim to a marker about 3 m away with the ball.
• They must then turn and throw the ball with one hand to the second team member.
• Having thrown the ball, the first player must swim back to the end of their line.

Coaching points
• High elbow recovery
• Strong freestyle flutter kick
• Keep the head up and straight
• Place the ball in front of the head
• Pick the ball up from underneath
• Pick up the ball as described in Lesson 3
• Raise the ball above the head
• Stand side on with your body to the receiver
• Have the foot on the opposite side to the throwing arm forward
• Step onto the front foot as the throw is taken

Equipment
1 ball per team
### Lesson 5: Shooting the Ball

<table>
<thead>
<tr>
<th>Subject/time allocation</th>
<th>Activities and skills</th>
<th>Job checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aim:</strong></td>
<td><strong>Warm-up:</strong></td>
<td><strong>Equipment:</strong></td>
</tr>
<tr>
<td>To learn how to shoot at goals and score.</td>
<td>Chariot Race</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beat The Ball</td>
<td></td>
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<tr>
<td></td>
<td>Refer to Warm-Ups.</td>
<td></td>
</tr>
<tr>
<td><strong>Skill Development</strong></td>
<td><strong>SHOOTING</strong></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tips:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Start with the ball on the water and then jump up after tucking legs underneath.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Before the shot (if right-handed) the left hip should face the goal.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>During the shot, take the ball back behind the head and then follow through with a high elbow.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rotate the hip forward to gain more power.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Keep the elbow high and follow through, snapping the wrist for more power.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The right hip should end up facing the goal after the shot has been completed.</td>
<td></td>
</tr>
<tr>
<td>Drill 10 — Shooting Pairs</td>
<td>Refer to Drill Cards for more information.</td>
<td></td>
</tr>
<tr>
<td>Drill 11 — Goal Shooting</td>
<td>Refer to Drill Cards for more information.</td>
<td></td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td>Players can never get enough practice at goal shooting; there are many drills that improve shooting at goals.</td>
<td></td>
</tr>
</tbody>
</table>
Drill Card 10: Shooting in Pairs

**How to play**
- In pairs, with a ball, start passing about 1 m apart.
- When successful passes have been completed move further apart.
- Start 2 m then 3 m and when 4 m apart throw the ball harder at partner who may catch it with two hands.

**Coaching points**
- Start with the ball on the water and then jump up after tucking legs underneath.
- Before the shot (if right-handed) the left hip should face their partner.
- During the shot, take the ball back behind the head and then follow through with a high elbow.
- Rotate the hip forward to gain more power.
- Keep the elbow high and follow through, snapping the wrist for more power.
- The right hip should end up facing their partner after the shot has been completed.

**Equipment**
1 ball per pair
Drill Card 11: Goal Shooting

How to play
- Form groups according to the number of goals available.
- Select a player to be goalie (rotate regularly).
- Form a line in front of each goal.
- Each player dribbles the ball to about 4 m, stops, picks up the ball from underneath and shoots.

Coaching points
- Before the shot (if right-handed) the left hip should face their partner.
- During the shot, take the ball back behind the head and then follow through with a high elbow.
- Rotate the hip forward to gain more power.
- Keep the elbow high and follow through, snapping the wrist for more power.
- The right hip should end up facing their partner after the shot has been completed.

Equipment
1 ball per player
# Lesson 6: The Goalkeeper

## Subject/time allocation

<table>
<thead>
<tr>
<th>Aim:</th>
<th>Activities and skills</th>
<th>Job checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td>To learn how to be an effective goalkeeper.</td>
<td>Warm-up:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Ball Passing Tag</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Tunnel Ball</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refer to Warm-Ups.</td>
<td></td>
</tr>
<tr>
<td>Skill Development</td>
<td>GOALKEEPING — BASIC POSITION</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Jump from the bottom in the water.</td>
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<tr>
<td></td>
<td>• Lift both hands out of the water to knock the ball down (if shot is hard). If shot is slow, then catch the ball with two hands.</td>
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<tr>
<td></td>
<td>• Palms should be bent slightly forward with fingers spread wide.</td>
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<td></td>
<td>• Thumbs should be joined.</td>
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<td></td>
<td>• Cover as much of the goal as possible.</td>
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<tr>
<td></td>
<td>• The GK may stand on the bottom at all times.</td>
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<tr>
<td></td>
<td>• Encourage all players to try playing goalkeeper (some always volunteer because they are weak swimmers).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Stress the importance of the goalkeeper in the team.</td>
<td></td>
</tr>
<tr>
<td>Conclusion</td>
<td>The goalkeeper is the most important player in the team. They have a better view of the game in the water than others and should be encouraged to communicate and direct other players.</td>
<td></td>
</tr>
</tbody>
</table>

## Equipment:

- Modified Game Five and One — Refer to Modified Games.
# Lesson 7: Attacking and Defending

<table>
<thead>
<tr>
<th>Subject/time allocation</th>
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</thead>
<tbody>
<tr>
<td><strong>Aim:</strong></td>
<td><strong>Warm-up:</strong></td>
<td><strong>Equipment:</strong></td>
</tr>
<tr>
<td>To learn correct positioning and techniques when attacking and defending</td>
<td>• Overhead Ball</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refer to Warm-Ups.</td>
<td></td>
</tr>
<tr>
<td><strong>Skill Development</strong></td>
<td><strong>DEFENCE</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Player to Player</td>
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<tr>
<td></td>
<td>The defending player must remain between the attacker and the goals. The defending player must be most concerned about marking the attacking players who are closest to the goals. Moving into Space</td>
<td></td>
</tr>
<tr>
<td></td>
<td>If a player is to release the ball, it is necessary for other players to swim to another space. This enables them to have their throwing arm free and gain a little to dispose of the ball.</td>
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<tr>
<td></td>
<td>Drill 12 — 2 on 1 Attack With Shot</td>
<td></td>
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<tr>
<td></td>
<td>Drill 13 — Moving in to Space</td>
<td></td>
</tr>
<tr>
<td><strong>Skill Development</strong></td>
<td><strong>ATTACK</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Set up a semicircle or mushroom format, with the wing players on 2 m.</td>
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<tr>
<td></td>
<td>• The centre forward (CF) sits 2 m out from the opponent's goal.</td>
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<td></td>
<td>• The 2 m area is depicted by a red cone, which is usually located on the pool deck.</td>
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<tr>
<td></td>
<td>• The CF is passed the ball.</td>
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<tr>
<td></td>
<td>• The CF either tries to score, or gives a good pass (after receiving a minor foul) to one of their players in the mushroom for a shot on goal.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• If the CF is being contained by the defender, then the shot must come from someone in the mushroom who gets free by outmanoeuvring their defender.</td>
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</tr>
</tbody>
</table>

**Modified Game** | Half-Court Flippa Ball™ — Refer to Modified Games. |

**Conclusion** | Stress to players the importance of vision in the water and swimming with their head up. Communicate and direct other players. |
Drill Card 12: 2 on 1 Attack with Shot

How to play
- Two attackers swim towards the goal and try to score.
- The defender must prevent the goal from being scored.

Coaching points
- Use a strong freestyle flutter kick.
- Keep the head up and straight.
- Pick the ball up from underneath.
- The defender is allowed to stunt at the player with the ball.
- Emphasise that the defender not allow a cross pass from attacker to attacker, as this will result in a goal.
- Encourage the attackers to shoot off the cross pass.

Equipment
1 ball per pair
Drill Card 13: Moving into space

How to play

• Put players into groups of 3.

• One group will attack and one will defend.

• On the whistle, the attacking team must swim or move into a free space away from their defender to receive a pass from their attacking teammate.

• The player who receives the pass looks to find where space is available for them to pass the ball to another player on their team.

• Duration of the drill is 30 seconds. Then teams swap over from attack to defence.

• Repeat several times.

Coaching points

• If a player passes the ball, it is necessary for other players to swim to another space. This enables them to have their throwing arm free.

• Defenders are not permitted any body contact.

Variation

As players improve, the defenders may be allowed to steal the ball.

Equipment

1 ball per group
# Lesson 8: Eggbeater kick

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<tr>
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</thead>
<tbody>
<tr>
<td>Aim:</td>
<td>Warm-up:</td>
<td>Equipment:</td>
</tr>
</tbody>
</table>
| To provide a stable, strong support base in the water while passing and shooting, without using the bottom of the pool for support. | • Ball Passing Tag  
• Tunnel Ball  
Refer to Warm-Ups. |          |
| Skill Development      | Eggbeater Kick        |               |
|                        | The eggbeater kick is one of the most important skills to learn in water polo. Without a strong kick, players may not develop their passing, catching, shooting, attacking and defensive skills. It is the cornerstone of the game. Encourage Flippa Ball™ players to practise this skill without standing on the bottom. Passing and shooting skills should be added as a progression. |
| Skill Development      | Legs                  |               |
|                        | Tips                  |               |
|                        | Position yourself in the water as if sitting on a chair.  
• Start kicking as if riding a bicycle.  
• Turn your knees and feet outwards.  
• Push your heels down and toes to the side. |
| Skill Development      | Hands                 |               |
|                        | Tips                  |               |
|                        | Bend arms at the elbows.  
• Move flat hands out with thumb down and in with thumbs up.  
• Start with treading water and picking up the ball.  
• Extend to bringing the ball behind the head.  
• Finally, pick up and throw a wet pass.  
Drill 14 — Eggbeater Race and Push of War |
| Conclusion             | Repeat this session several times until players master the basics of the Eggbeater Kick. |
Drill Card 14: Eggbeater race and Push of War

**Eggbeater race**

Players line up on one side of the pool.
- On the whistle, players do eggbeater across the pool, walking front on; that is, chest facing the other side of the pool.
- Repeat this exercise with the players racing side on and backwards.

**Push of War**

Players form pairs.
- On the whistle, players hold each other’s arms in a horizontal position doing eggbeater kick. They try to force their partner backwards for 15 seconds.
- Repeat several times.

**Coaching points**
- Position yourself in the water as if sitting on a chair.
- Start kicking as if riding a bicycle.
- Turn your knees and feet outwards.
- Push your heels down and toes to the side.

**Equipment**
None
DRIBBLERS AND ROBBERS

LONG THROW

5 AND 1

HALF-COURT FLIPPA BALL™
Players (dribblers) with a ball move around the pool dribbling.

One or two players are robbers and they attempt to intercept dribblers’ balls without making body contact. (Play with one robber per four dribblers, for example).

Dribbling rule – Allow a combination of running and dribbling e.g. dribble every third or fourth step. Be prepared for some liberal interpretations of the rule!

What you need

- About six balls (Flippa Balls) for a group of eight players
- A pool suitable for dribbling and free of obstructions
- Sufficient space between games

What to do

**Dribblers**

Maintain possession. Dribblers must dribble the ball as they move around the court.

**Robbers**

Win possession of the ball. Dribblers who lose possession become robbers and try to gain possession of another dribbler’s ball, but not the ball they have just lost.

**End-To-End**

All dribblers start at one end and have to get to the other end while avoiding robbers.

Ask the players

**Dribblers**

- How can you make sure you keep the ball?
- Can you move from one side to the other without being intercepted?
- How long can you keep possession?

**Robbers**

- When is a good time to steal the ball?
- How quickly can you steal a ball?
Long Throw

A cooperative game for one or more pairs in which two players throw a ball to each other. If the ball reaches the catcher on the full, both the catcher and the thrower step back. If it is dropped, both take a step forward. The winning pair is the one that has retreated the furthest.

**What you need**
- One ball per pair
- Two markers

**What to do**
- Distribute one ball per pair
- Use two markers to establish a ‘gate’ that the ball has to pass through
- Make sure players are equal distance from a marker (use a marker on the side of the pool as shown).

**Scoring**
The winner is the pair who is the greatest distance from the markers when the stop signal is given.

**Vary it**
Vary the type of throw, left or right hand, vary the ball.

**Ask the players**

*Throwers*
- How can you get more passes?

*Catchers*
- How can you help your partner?
A cooperative game in which a ball is passed and dribbled between five attackers. The ball is only to be passed three times before the shot is taken. The GK must try to jump and block the shot as in Lesson No 6.

**What you need**
- One ball
- 4 markers
- 1 set of caps

**What to do**
- Form teams of 5 players and 1 goalkeeper.
- Starting from halfway, the attacking team swims towards the goals.
- The ball must be passed three times before a goal can be scored.
- When a goal is scored the team must restart from the halfway line.
- Players are not allowed inside the 2 m area.

**Scoring**
Once the team has had five attacks, another team can try attacking.

**Vary it**
Introduce a defending team once the attacking team has learnt to set up and shoot at goals.

**Ask the players**
Where is the best place to shoot the ball?
What can you do to help your team mates?
Half Court Flippa Ball™

A cooperative game in which a ball is passed and dribbled between two teams where the attacking team must score. If possession changes the attacking team needs to re-start at the halfway mark. There is no body contact.

**What you need**
- 1 ball
- 10 markers
- 2 goals
- 2 set of caps

**What to do**
- Two teams playing a proper Flippa Ball™ game.
- Once possession changes the attacking team needs to start at the halfway mark again.
- Defenders must stand 1 m from attackers with no body contact.

**Scoring**
The winner is the pair who is the greatest distance from the markers when the stop signal is given.

**Vary it**
Introduce 30 seconds possession time in which a shot must be taken as per Flippa Ball™ rules.

**Ask the players**

**Attackers**
How can you work as a group to make it harder for your opponents to defend?

**Defenders**
How can you work together to make scoring difficult?

Is it better to play one-on-one or to cover zones or various spaces in the pool?
Competition format

Planning

There are several factors to think about when planning a competition. Consider the types of tournaments that are most suited to water polo and the size of your class or squad. The most common competition format in water polo is the round robin. The main factors to consider when planning a competition are:

- purpose of the season (inclusivity, equity, participations, etc.)
- time available (length of season and game duration)
- number of teams and how many times they will play each other
- availability of equipment and facilities
- number of teachers
- supervision and safety of all students and players
- ability of participants (sport skill, etc.)
- type of format to be used if a pre-season competition is to be part of your season (for example, for selecting teams)
- whether different formats might be used for the different phases of the season
- students’ previous experiences with various formats.

Tournament structures

Round Robin

The round robin format is probably the most popular competition structure used in water polo competitions. In this format:

- each team plays all other teams once or sometimes more than once during the season.
- teams have equal numbers of games (regardless of ability).
- all participants are involved for the whole tournament.

Organisation

Teams are randomly assigned a number. Round one fixtures are drawn up by pairing of teams:

Round 1
1 v. 7
2 v. 6
3 v. 5
4 Bye or Duty Team

For subsequent rounds, all teams rotate one spot anticlockwise:

Round 2
7 v. 2
6 v. 3
5 v. 4
1 Bye or Duty Team

Round 3
2 v. 3
6 v. 5
1 v. 4
7 Bye or Duty Team
The total number of rounds played by each team will be one less than the number of teams. If you have an even number of teams, there will be two duty teams for each round (this may be necessary in the case of combined classes).

**Recording Round Robin Results**
- After each round, teams are awarded points (for example, 3 points for a win, 2 for a draw and 1 for a loss).
- At the completion of all rounds, final standings may be determined by totalling the points.
- If two or more teams share an equal number of points, they may be separated using percentages.

**Tabloid**
A tabloid tournament is a good way of organising a sport that contains a variety of events or skills. In tabloids, teams or individuals are not necessarily competing against other individuals. They may be working against the clock, throwing for distance or building a personal or team ‘best score’.

**Organisational Procedures**
The number of activities should at least equal the number of competing teams/individuals. The method of recording scores, criteria and scoring system for each activity should be decided before the competition and scorecards prepared. This may include self-scoring or having a recorder from the duty team at each station.

Determine the number of trials for each activity. Each activity should take approximately the same length of time. Choose a method for rotation (if more than one activity is to be performed in a session).

**Scoring**
The points scored against the criterion for each activity are totalled and placed on a scoreboard. These are summed once each team has completed all activities. The team with the highest overall score is the winner of the tournament.

For example, in the 100-metre dash in athletics, a student may get three attempts. Each sprint time is referred to a point’s sheet, which might appear as below:
- 13 s (or under) = 10 points
- 13.1 s – 14 s = 8 points
- 14.1 s – 15 s = 6 points
- 15 s = 4 points
- More than 16 s = 2 points

Example: How to Set Up and Score a Tabloid Session
Points have been allocated on total scores for each activity:
- 1st = 5 points
- 2nd = 4 points
- 3rd = 3 points
- 4th = 2 points
- 5th = 1 point

In the case of equal placing, points are shared for the 2 places.
### Completed Flippa Ball™ Skills Tabloid

<table>
<thead>
<tr>
<th>Team Activity</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
<th>Team 4</th>
<th>Team 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Up Swim Relay</td>
<td>Time 53 s Place 2nd 4 points</td>
<td>Time 57 s Place 4th 2 points</td>
<td>Time 63 s Place 5th 1 point</td>
<td>Time 52 s Place 1st 5 points</td>
<td>Time 56 s Place 3rd 3 points</td>
</tr>
<tr>
<td>Head Up backstroke Relay</td>
<td>Time 61 s Place 1st 5 points</td>
<td>Time 49 s Place 2nd 4 points</td>
<td>Time 39 s Place 3rd 3 points</td>
<td>Time 20 s Place 5th 1 point</td>
<td>Time 33 s Place 4th 2 points</td>
</tr>
<tr>
<td>Ten Passes</td>
<td>Score 56 Place 4th 2 points</td>
<td>Score 60 Place 3rd 3 points</td>
<td>Score 64 Place 2nd 4 points</td>
<td>Score 50 Place 5th 1 points</td>
<td>Score 66 Place 1st 5 points</td>
</tr>
<tr>
<td>Ball Dribble Relay</td>
<td>Time 53 s Equal 2nd 3.5 points</td>
<td>Time 63 s Place 5th 1 point</td>
<td>Time 53 s Equal 2nd 3.5 points</td>
<td>Time 52 s Place 1st 5 points</td>
<td>Time 57 s Place 4th 2 points</td>
</tr>
<tr>
<td>Goal Shooting</td>
<td>Score 49 Place 5th 1 Point</td>
<td>Score 53 Place 4th 2 points</td>
<td>Score 69 Place 2nd 4 points</td>
<td>Score 61 Place 3rd 3 points</td>
<td>Score 72 Place 1st 5 points</td>
</tr>
<tr>
<td>TOTAL POINTS</td>
<td>15.5</td>
<td>12</td>
<td>15.5</td>
<td>15</td>
<td>17</td>
</tr>
<tr>
<td>OVERALL POSITION</td>
<td>Equal 2nd</td>
<td>5th</td>
<td>Equal 2nd</td>
<td>4th</td>
<td>1st</td>
</tr>
</tbody>
</table>

### Round Robin Draw — Instructions

For up to 8 teams

**Step 1**

Place half the team entries down the page:

1
2
3
4

**Step 2**

Place the other half of the teams up the page

1 – 8
2 – 7
3 – 6
4 – 5

<table>
<thead>
<tr>
<th>Round 1</th>
<th>Round 2</th>
<th>Round 3</th>
<th>Round 4</th>
<th>Round 5</th>
<th>Round 6</th>
<th>Round 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 8</td>
<td>1 – 7</td>
<td>1 – 6</td>
<td>1 – 5</td>
<td>1 – 4</td>
<td>1 – 3</td>
<td>1 – 2</td>
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<tr>
<td>2 – 7</td>
<td>8 – 6</td>
<td>7 – 5</td>
<td>6 – 4</td>
<td>5 – 3</td>
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<td>3 – 8</td>
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<td>3 – 6</td>
<td>2 – 5</td>
<td>8 – 4</td>
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<td>5 – 8</td>
<td>4 – 7</td>
</tr>
<tr>
<td>4 – 5</td>
<td>3 – 4</td>
<td>2 – 3</td>
<td>8 – 2</td>
<td>7 – 8</td>
<td>6 – 7</td>
<td>5 – 6</td>
</tr>
</tbody>
</table>
Round Robin Fixture Table — Template

This fixture table allows teams to be added once teams are given a number between one and five.

WEEK 1: _____________  
Bye or Duty Team

| Pool A  | 1_______________ | v. | 3_______________ | 5_____________ |
| Pool B  | 2_______________ | v. | 4_______________ |

WEEK 2: _____________  
Bye or Duty Team

| Pool A  | 2_______________ | v. | 3_______________ | 4___________ |
| Pool B  | 1_______________ | v. | 5_______________ |

WEEK 3: _____________  
Bye or Duty Team

| Pool A  | 1_______________ | v. | 2_______________ | 3___________ |
| Pool B  | 4_______________ | v. | 5_______________ |

WEEK 4: _____________  
Bye or Duty Team

| Pool A  | 1_______________ | v. | 4_______________ | 2___________ |
| Pool B  | 5_______________ | v. | 3_______________ |

WEEK 5: _____________  
Bye or Duty Team

| Pool A  | 2_______________ | v. | 5_______________ | 1___________ |
| Pool B  | 4_______________ | v. | 3_______________ |

PRELIMINARY FINALS

WEEK 6: _____________  
Duty Team

| Pool A  | 2nd_______________ | v. | 3rd_______________ | 1st____________ |
| Pool B  | 4th_______________ | v. | 5th_______________ |

GRAND FINALS

WEEK 7: _____________  
Duty Team

| Pool A  | _________________ | v. | _________________ | 1st____________ |
| Pool B  | _________________ | v. | _________________ |
Assessment

Ongoing assessment of a player’s progress may be recorded during the program. Players should be assessed at least twice during the program to measure their advancement. At the end of the program, players will be awarded a certificate of achievement under the Australian Water Polo Flippa Ball™ Skills Award Scheme (Gold, Silver and Bronze). Further information regarding the program may be found later in this section. Because Flippa Ball™ is an inclusive sport, all players will receive a participation certificate.
The following assessment tool has been provided. Please use a tick or a cross.

Student: ____________________________________________________________

Class: ___________________ Teacher: ____________________________________

<table>
<thead>
<tr>
<th>TEST 1</th>
<th>TEST 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KNOWLEDGE OF THE RULES</strong></td>
<td></td>
</tr>
<tr>
<td>Has a good understanding of the basic rules</td>
<td></td>
</tr>
<tr>
<td>Understands the ordinary fouls of the game</td>
<td></td>
</tr>
<tr>
<td>Understands the exclusion fouls of the game</td>
<td></td>
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<tr>
<td><strong>BASIC SKILLS</strong></td>
<td></td>
</tr>
<tr>
<td>Demonstrates fundamental movement skills</td>
<td></td>
</tr>
<tr>
<td>Links movement to form a sequence</td>
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<tr>
<td>Performs skills with control without pressure</td>
<td></td>
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<tr>
<td>Performs skills with consistency and control in a modified game</td>
<td></td>
</tr>
<tr>
<td>Performs and modifies skills in a game</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TEST 1</th>
<th>TEST 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATTACK AND DEFENCE</strong></td>
<td></td>
</tr>
<tr>
<td>Demonstrates awareness of space using whole body movements</td>
<td></td>
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<tr>
<td>Demonstrates basic concepts of defence and attack in simple games</td>
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<tr>
<td>Demonstrates basic attack and defence strategies in minor games</td>
<td></td>
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<tr>
<td>Displays a range of strategies in a modified game</td>
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<tr>
<td><strong>PERSONAL AND SOCIAL SKILLS</strong></td>
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<tr>
<td>Demonstrates and recognises the benefits of sharing and cooperation</td>
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<tr>
<td>Demonstrates and explains the value of fairness and consideration for others</td>
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<tr>
<td>Demonstrates responsibility towards self and others</td>
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<tr>
<td>Values and exhibits good sporting behaviour and etiquette</td>
<td></td>
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<tr>
<td>Displays effective personal skills in group-oriented activities</td>
<td></td>
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</tbody>
</table>
Australian water polo Flippa Ball™ awards program

The Australian Water Polo Flippa Ball™ Awards Program (FBAP) provides encouragement, recognition and an incentive for our Flippa Ball™ players as they improve their individual skills.

There are four awards in the program.

**Participation Award**

The Participation Certificate is awarded to any player that participates in a Flippa Ball™ program, regardless of whether they complete all levels of the scheme.

**Bronze Award**

The Bronze Certificate is awarded to players that can competently complete the basics of head up swimming, head up backstroke, dribbling, eggbeater kick, picking up the ball, and basic rules. Players are assessed by sports teachers and club coaches.

**Silver Award**

The Silver Certificate is awarded to players who can competently complete the skills of shooting, catching, passing, and ordinary fouls. Players are assessed by sports teachers and club coaches.

**Gold Award**

The Gold Certificate is awarded to players who can competently complete the skills of creating space by moving clear of a defender, moving to intercept a pass, defend against an opponent, basic mushroom set-up and can explain the role of the referee. Players are assessed by sports teachers and club coaches.

**FBAP Certificates**

These maybe downloaded from the Australian Water Polo Inc. web site <http://www.australianwaterpolo.com.au/>.
Bronze award
Tick the box if successful, cross (X) if unsuccessful

Name of Student: __________________________________________

Year: ____________________________________________________

Swimming head up
Must arch back and do flutter kick [ ]
Keeps shoulders out of the water [ ]
Uses high elbow recovery and shot choppy strokes [ ]

Head up backstroke
Able to lie flat with head and shoulders out of the water [ ]
Arms straight reaching back with bent elbow recovery [ ]

Dribbling
Able to keep elbows high and ball in front of the face [ ]
Uses high elbow recovery and shot choppy strokes [ ]

Eggbeater kick
Positioned in the water as if sitting on a chair [ ]
Kicks alternatively as if riding a bicycle with knees and feet outwards [ ]
High and wide knees, high hips [ ]
Heels push down and toes push to the side [ ]

Picking up the ball
Places the palm of the hand facing up under the ball [ ]
Lifts ball from the water with the palm and fingers [ ]
One hand press roll and lift [ ]
Two hand pick up [ ]

Basic rules
Describe how many players are in a team [ ]
Can name two basic rules [ ]
**Bronze certificate**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Swimming head up</th>
<th>Head up back-stroke</th>
<th>Dribbling</th>
<th>Eggbeater kick</th>
<th>Picking up the ball</th>
<th>Basic rules</th>
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</tbody>
</table>

Teacher: ______________________________________

Signature: ______________________________________
Silver award
Tick the box if successful, cross (X) if unsuccessful

Name of Student: __________________________________________

Year: ____________________________________________________

Catching
Catching arm extended in the direction the ball is arriving [ ]
As the ball arrives, student raises the arm to meet the ball [ ]
Draws the ball back behind the head to take the momentum [ ]

Passing
Raises the ball above the head [ ]
Stands side on with body to the receiver [ ]
Has the foot on the opposite side to the throwing arm forward [ ]
Steps onto front foot as the throw is taken [ ]
Slaps the water with throwing arm during follow through [ ]

Shooting
Starts with the ball on the water and then jumps up [ ]
Tucks legs underneath with explosive eggbeater [ ]
If right-handed, the left hip should be facing the goal [ ]
Takes the ball back behind the head and follows through with high elbow [ ]
Rotates the hip forward to gain more power [ ]
Elbow remains high [ ]
Follows through, snapping the wrist for additional power [ ]
Right hip ends up facing the goal after the shot has been completed [ ]

Ordinary fouls
Can name 3 Ordinary Fouls [ ]
Silver certificate

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Catching</th>
<th>Passing</th>
<th>Shooting</th>
<th>Ordinary fouls</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Teacher: ________________________________

Signature: ________________________________
Gold award
Tick the box if successful, cross (X) if unsuccessful

Name of Student: __________________________________________

Year: ____________________________________________________

Moving clear of a defender
Releases for the ball [   ]
Moves into free space [   ]

Attempts to defend an opponent
Remains between the attacker and the goals [   ]
Defends in a semi-horizontal position [   ]

Moves to intercept a pass
Positioned in the passing lanes [   ]
Uses breaststroke or sidestroke to intercept pass [   ]

Mushroom
Understands positions in the mushroom [   ]
Knows where the CF is positioned [   ]
May explain the role of the CF [   ]
May describe the requirements of the 2 m and 5 m rule in attack [   ]

The role of the referee
Describe the roles of the referee during a game [   ]
### Gold certificate

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Moving clear of a defender</th>
<th>Attempts to defend an opponent</th>
<th>Moves to intercept a pass</th>
<th>Mushroom</th>
<th>The role of the referee</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

Teacher: ________________________________

Signature: ________________________________
If you wish to know more about water polo in your area contact:

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PO Box 60
Lindisfarne TAS 7015
Ph: 03 6216 8999
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Contact:

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Ph: 0417 355 149
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Fax: 07 3369 8644
Email: info@waterpoloqld.com.au
Web site: www.waterpoloqld.com.au

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Web site: www.sportingpulse.com

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Prospect East SA 5082
Res: 08 81653777
Email: administration@sawaterpolo.asn.au
Web site: www.sawaterpolo.asn.au
**7 v. 7**
A game with 7 players per team.

**Eggbeater**
A refined and efficient method of treading water, named because of the circular movement of the legs.

**Mushroom**
A set up in front of goal where players form the shape of a mushroom (arc, umbrella) with the centre forward as the stalk (or handle).

**Centre forward (CF)**
The ‘stalk’ of the mushroom, generally positioned on the 2 m line to allow quick shots from close range.

**Driver**
An attacking player making forward movements towards the goal in set play.

**Goalkeeper (GK)**
The player whose job is to protect the goals and stop the opposition team scoring.

**Wet Pass**
A pass that lands on the water or when the ball touches the water.

**Dry Pass**
A pass that lands in the hand or when the ball does not touch the water.

**Hold**
Holding your opponent to prevent them moving.

**Sink**
Dunking your opponent.

**Pull Back**
Pulling your opponent back to prevent them maintaining their advantage.

**Press Defence**
Players defending man on man.