

NZ Water Polo - LTPD Overview



Part 1: General Characteristics

Phase of LTPD	Calendar age	Physical development benchmarks	Biological age v calendar age	CORE TERMS PER PHASE	DESCRIPTION OF THE PHASE	SUMMARY	DEVELOPMENTAL STAGE	WINDOW OF OPTIMAL TRAINABILITY	Calendar age	Phase of LTPD
Learn to PLAY	12U	4-6 cm increase per year	Plus & minus 2 yrs ↑ ↓ Plus & minus 3 yrs ↑ ↓	FUN	<ul style="list-style-type: none"> having FUN playing water polo improving standard swimming strokes teaching water polo specific swimming strokes introduction to the basics of water polo games (Flippa Ball) game like dry land training 	“Fun, safety, basic skills and understanding of the game”	<ul style="list-style-type: none"> Early Childhood Late Childhood 	<ul style="list-style-type: none"> FUNdamental Movement Skills First Speed Window Females: 6-8yrs and Males: 7-9yrs 	10U	FUNDamentals
	11U			Learning to learn	<ul style="list-style-type: none"> Keeping the FUN in water polo perfection of the basic skills introduction of dry land training with own body weight exercises introduction of items such as warming up 				11U	Learn to PLAY
	12U			Preserve FUN	<ul style="list-style-type: none"> personal care mental skills games are a component of training process 				12U	Learn to PLAY

Continued

Part 1: General Characteristics, continued



Phase of LTPD	Calendar age	Physical development benchmarks	Biological age v calendar age	CORE TERMS PER PHASE	DESCRIPTION OF THE PHASE	SUMMARY	DEVELOPMENTAL STAGE	WINDOW OF OPTIMAL TRAINABILITY	Calendar age	Phase of LTPD
Train to TRAIN	13U		↑ ↓ Plus & minus 4 yrs ↑ ↓ Plus & minus 3 yrs ↑ ↓ Plus & minus 2 yrs	show motivation	<ul style="list-style-type: none"> Increase of the number of training hours continue dry land training 	"Safe and enjoyable experience of the 7-a-side game"	<ul style="list-style-type: none"> Late Childhood Early Puberty 	<ul style="list-style-type: none"> FUNDamental Sport Skills Major Motor Learning Window 	13U	Train to TRAIN
	14U	start of increase sprint		develop mentality	<ul style="list-style-type: none"> introduction of strength training develop a warming up routine personal care rehab/rest and mental skills 		"The performance of water polo skills to fulfill the principles of a game"	<ul style="list-style-type: none"> Early Puberty Late Puberty 	<ul style="list-style-type: none"> Build the Engine Endurance with the on-set of PHV Strength with the on-set of menarche for females and 12-18 month after PHV for males Second Speed Window F: 11-13yrs and M: 13-16yrs Skills to fulfill the principles of a game 	
	15U	8-12 cm increase per year		discover ambition	<ul style="list-style-type: none"> develop during games technical, tactical and mental skills, learn to combine sport and study 	15U				
	16U	end of increase sprint		formulate objectives		16U				
Train to COMPETE	17U	increase 2-4 cm per year	↑ ↓ Plus & minus 2 yrs	develop elite sport attitude	<ul style="list-style-type: none"> develop strength through strength training 	"The performance of multi-functional roles under game conditions"	<ul style="list-style-type: none"> Late Puberty Early Adulthood 	Individualise and optimise fitness	17U	Train to COMPETE
	18U	full-grown, however increase in body weight		perfectioning of body construction, develop physical capacities, realising game results	<ul style="list-style-type: none"> maintain dry land training warming up, personal care, rehab/rest and mental skills, develop individual and team strategy during games 				18U	
				making choices	<ul style="list-style-type: none"> learn to peak towards a tournament study adapts to (almost) full-time sport programme 				18U	
Train to WIN	19U	full-grown, however increase in body weight	↑ ↓ Plus & minus 2 yrs	arrange elite sport surroundings	<ul style="list-style-type: none"> Emphasis on specialisation and performances maximise physical, technical, mental and tactical skills, all training components are individualised 	"Improvisation and problem solving under game conditions"	<ul style="list-style-type: none"> Early Adulthood Adulthood 	Individualise and Maximise fitness	19U	Train to WIN
	20U			realise game results, develop an elite sport attitude, find connection to elite sport	<ul style="list-style-type: none"> training sessions are aimed for maximum performances during tournaments choice is made for elite sport as primary focus 				20U	
	20+									

NZ Water Polo - LTPD Overview



Part 2a: Technical Offence / Techniques in Attack

Phase of LTPD	Calendar age	Techniques in the counter-attack	Techniques in 6:6 attack	Techniques in 6:5 attack	Techniques on behalf of the offensive specialisation	Calendar age	Phase of LTPD	
FUNDamentals	10U	<p>Teaching techniques</p> <p>To learn and improve:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To learn</p> <ul style="list-style-type: none"> to start forward without ball to stop without ball to start forward with ball water polo freestyle with ball 	<p>Teaching techniques</p> <p>To learn and improve</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To learn</p> <ul style="list-style-type: none"> to stop with picking up of the ball from underneath to walk fast (breaststroke kick) to walk high up (eggbeater kick) to shoot stationary to shoot from the movement after stopping the lob shot 	<p>Teaching techniques</p> <p>To learn and improve</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To learn</p> <ul style="list-style-type: none"> basic body positioning to start in several directions without ball stopping to change direction (incl. to turn) to start forward with ball water polo freestyle with ball jump 1/2 turns 	<p>Teaching techniques</p> <p>To learn and improve</p> <ul style="list-style-type: none"> eggbeater kick <p>To learn</p> <ul style="list-style-type: none"> General Body Position sideward moving passing to stop the ball (preparation to catch) to walk high up shoot stationary the lob shot 	<p>No specialisation, the athlete should whenever possible been offered general movement skills.</p> <p>These skills do not develop only in water, but also on land</p>	10U	FUNDamentals
	Learn to PLAY	<p>11U</p> <p>Improving techniques</p> <p>To learn</p> <ul style="list-style-type: none"> the tip and push shot <p>To learn and improve</p> <ul style="list-style-type: none"> catching from several angles <p>To improve and perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To improve</p> <ul style="list-style-type: none"> to start forward without ball stopping to start forward with ball water polo freestyle with ball 	<p>Improving techniques</p> <p>To learn and improve</p> <ul style="list-style-type: none"> contra jump <p>To improve</p> <ul style="list-style-type: none"> sideward moving stopping and pick up the ball with several methods passing the ball jump 1/2 turns to walk fast (breaststroke kick) to walk high up (eggbeater kick) shooting stationary shooting from the movement after stopping lob shot 	<p>Improving techniques</p> <p>To learn and improve</p> <ul style="list-style-type: none"> catching the ball the techniques of the individual attacker against an opponent (1:1). <p>To learn</p> <ul style="list-style-type: none"> shot faking sweep shot and back hand shot <p>To improve and perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick basic body position <p>To improve</p> <ul style="list-style-type: none"> starts in several directions without ball stopping 	<p>Improving techniques</p> <p>To improve</p> <ul style="list-style-type: none"> the change of direction (incl. turn) start forward with ball water polo freestyle with ball jump 1/2 turns stopping and picking up the ball passing walking fast (breaststroke kick) walking high up shooting stationary shot from movement after stopping lob shot 	<p>Improving techniques</p> <p>To learn</p> <ul style="list-style-type: none"> fake a shot sweep and backhand shot to move in the General Body Position shooting from the movement <p>To improve and perfect</p> <ul style="list-style-type: none"> eggbeater kick General Body Position <p>To improve</p> <ul style="list-style-type: none"> sideward moving passing to walk high up (eggbeater kick) shooting stationary <p>To learn and improve</p> <ul style="list-style-type: none"> catching of the ball 	<p>No specialisation, the athlete should whenever possible been offered general movement skills, especially, in the water.</p> <p>These skills develop not only in the water, but also on land. The development is much more focused on their own capabilities and possibilities; NOT focused the quality of the opponent</p>	11U
	12U					12U	Learn to PLAY	

Continued

Part 2a: Technical Offence / Techniques in Attack, continued

		Perfecting techniques		Perfecting techniques		Perfecting techniques			
Train to TRAIN	13U	To learn <ul style="list-style-type: none"> picks in 1:1 and in 2:2 to shoot from jump sideward (1:0 with very small advantage) back hand 	To perfect <ul style="list-style-type: none"> sideward moving stopping with several methods to pick up the ball from water passing jump 1/2 turns and contra jump to walk fast (breaststroke kick) to walk high up (eggbeater kick) shooting stationary shot from the movement after stopping the lob shot 	To learn <ul style="list-style-type: none"> picks To learn to move with and without ball in General Body Position 	To perfect <ul style="list-style-type: none"> the change of direction (incl. turns) start forward with ball water polo freestyle with ball jump 1/2 turn stopping with picking up of the ball passing walking fast walking high up shooting stationary shooting from movement after stopping lob shot 	To learn <ul style="list-style-type: none"> to pass from split vision (look left, pass right) 	No specialisation, or focus on, specific preference or aptitude of the children. The centre forward is the exception and gets specific attention. If a player has the physical ability to become a centre forward: Learning to step out/away from 2meter defender Learning backhand Learning sweep shot Learning +jump away - shot Learning + turning - shot	13U	Train to TRAIN
	14U	To improve <ul style="list-style-type: none"> the tip and push shot 	To improve <ul style="list-style-type: none"> shot faking To improve the sweep and back hand shot 	To improve <ul style="list-style-type: none"> shot threat in front and backward shooting moving in GBP shot from movement 	To perfect <ul style="list-style-type: none"> eggbeater sideward moving passing catching of the ball to walk high stationary shot lob shot 	14U			
	15U	To learn and improve <ul style="list-style-type: none"> to catch from several directions 	To perfect and improve <ul style="list-style-type: none"> catching from several directions 	To perfect <ul style="list-style-type: none"> catching of the ball the techniques of the individual attacker against defender (1:1) water polo swimming techniques without ball eggbeater kick General Body Position(ing) to start n several directions without ball stopping 	To perfect <ul style="list-style-type: none"> eggbeater sideward moving passing catching of the ball to walk high stationary shot lob shot 	15U			
	16U	To perfect <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick starting forward without ball stopping starting forward with ball water polo freestyle with ball 				16U			
Train to COMPETE	17U	Apply techniques in more complex situations		Apply techniques in more complex situations		Apply techniques in more complex situations		17U	Train to COMPETE
	18U	Techniques as above, further to perfect in complex situations		Techniques as above, further to perfect in complex situations		Techniques as above, further to perfect in complex situations		18U	
Train to WIN	19U	Apply techniques in very complex situations and in the game		Apply techniques in very complex situations and in the game		Apply techniques in very complex situation and game		19U	Train to WIN
	20U	Techniques as above, further to perfect in very complex situations		Techniques as above, further to perfect in very complex situations		Techniques as above, further to perfect in very complex situations		20U	
	20+	Techniques as above, further to perfect in very complex situations		Techniques as above, further to perfect in very complex situations		Techniques as above, further to perfect in very complex situations		20+	

NZ Water Polo - LTPD Overview



Part 2b: Technical Defence / Techniques in Defence

Phase of LTPD		Techniques in the counter-defence	Techniques in 6:6 defence	Techniques in 5:6 defence	Techniques on behalf of the defensive specialisation	Calendar age	Phase of LTPD
Fundamentals	10U	<p>Teaching techniques</p> <p>To learn and improve:</p> <ul style="list-style-type: none"> all water polo and ordinary swimming strokes eggbeater kick <p>To learn:</p> <ul style="list-style-type: none"> starting forwards stopping 	<p>Teaching techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> general body positions (including "mirroring") to start in different directions without ball to stop and change direction (including turning) <p>To learn and improve:</p> <ul style="list-style-type: none"> swimming techniques without ball eggbeater kick 	<p>Teaching techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> to move sideways to jump in different directions (towards ball) to defend the jump 1/2 turn blocking a pass and shot Learn to slide and tilt 	<p>No specialisation, the player should wherever possible be offered general movement skills. These skills do not develop only in the water, but also on land.</p>	10U	Fundamentals
	Learn to PLAY	11U	<p>Improving techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> to perform fake attacks towards attacker, <p>To learn and improve</p> <ul style="list-style-type: none"> tilting in all directions, <p>To improve:</p> <ul style="list-style-type: none"> change of direction (including turning), starting in different directions without ball, stopping, moving sideways jumping different directions (towards ball), defending the jump 1/2 turn defending and contra jump blocking a pass and shot 	<p>Improving techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> the techniques of individual defence against an attacker (1:1), to perform fake attacks towards attacker, to defend a backhand shot, to defend the sweep shot, <p>To learn and improve:</p> <ul style="list-style-type: none"> sliding and tilting in all directions, <p>To improve:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball, eggbeater kick, GBP (including "mirroring"), start in different directions without ball, stopping improve change of direction (including turning), moving sideways, techniques sliding and tilting in all directions, jumping in different directions (towards ball), defending the jump 1/2 turn and contra jump, blocking a pass and shot 	<p>Improving techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> the fake attack towards shooter blocking a part of the goal <p>To improve:</p> <ul style="list-style-type: none"> eggbeater kick GBP moving sideways blocking a shot (static and active) jumping in different directions (towards ball) sliding and tilting 	<p>No specialisation, the player should be offered, as much as possible, general movement skills (especially) in the water. Those general skills development not only in the water, but also on land. The development is much more focused on their own capabilities and possibilities; NOT focused the quality of the opponent. All children learn the basics of the goalkeeper.</p>	11U
12U		<p>To improve and perfect:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball, eggbeater 			<p>To learn:</p> <ul style="list-style-type: none"> the GBP for the goalkeeper standing of the goalkeeper high-and keeping high-up -technique to jump in different directions stopping the ball with two hands (around the head) stopping the ball with one arm / hand (away from the body) stopping the bounce and lob shot, learning the intervention techniques 	12U	

Continued

Part 2b: Technical Defence / Techniques in Defence, continued

Phase of LTPD	Calendar age	Techniques in the counter-defence	Techniques in 6:6 defence	Techniques in 5:6 defence	Techniques on behalf of the defensive specialisation	Calendar age	Phase of LTPD
Train to TRAIN	13U	<p>Perfecting techniques</p> <p>To learn to:</p> <ul style="list-style-type: none"> defend blockades in 1:1 and 2:2 duel <p>To improve:</p> <ul style="list-style-type: none"> the performance of fake attacks towards attacker <p>To perfect:</p> <ul style="list-style-type: none"> change of direction (including turning) start in different directions without the ball and perfect water polo swimming techniques without the ball eggbeater kick stopping moving sideways jumping different directions (towards ball) sliding and tilting in all directions defending of the jump 1/2 turn and contra jump blocking of a pass and shot 	<p>Perfecting techniques</p> <p>To learn to:</p> <ul style="list-style-type: none"> defend blockades, <p>To improve:</p> <ul style="list-style-type: none"> the defense of a backhand shot and sweep shot, the techniques of individual defense against an attacker (1:1), the performance of fake attacks towards attacker <p>To perfect:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball, eggbeater kick , GBP`s (including mirroring"), starting in different directions without ball, stopping, change of direction (including turning), sliding and tilting in all directions, moving sideways, jumping in different directions (towards ball), defending the jump 1/2 turn and contra jump, blocking of a perfect pass and shot 	<p>Perfecting techniques</p> <p>To improve:</p> <ul style="list-style-type: none"> fake attacks to attacker blocking a part of the goal <p>To perfect:</p> <ul style="list-style-type: none"> eggbeater kick starting positions moving sideways blocking a shot (static and active) jumping in different directions (towards ball) techniques for sliding and tilting 	<p>No specialisation training is done, only focus on specific preference or build of the athletes. The goalkeeper is the exception and gets specific attention (in particular the specific techniques of the goalie)</p> <p>Techniques for the keeper:</p> <p>To improve:</p> <ul style="list-style-type: none"> the starting positions for the goalkeeper, improve the standing of the goalkeeper, improve jumping in different directions improve stopping the ball with two hands (around the head), improve stopping the ball with one arm/hand (away from the body), improve stopping the bounce and lob shot, improving the intervention techniques If a player has the physical ability to become a centre forward, specific techniques for the 2 meter defender: <p>To learn to:</p> <ul style="list-style-type: none"> taking different positions in regard to the center forward (in front/besides/behind, etc.), learning changing positions relative to the center forward, teaching techniques of blocking shots from outside, learning to jump with the centre forward, learning to defend the backhand shot, learning to defend the sweep shot, learning to defend the centre forward when he/she jumps away and turns for a shot 	13U	Train to TRAIN
	14U					14U	
	15U					15U	
	16U					16U	

Continued

Part 2b: Technical Defence / Techniques in Defence, continued

Phase of LTPD	Calendar age	Techniques in the counter-defence	Techniques in 6:6 defence	Techniques in 5:6 defence	Techniques on behalf of the defensive specialisation	Calendar age	Phase of LTPD
Train to COMPETE	17U	Apply techniques in more complex situations	Apply techniques in more complex situations	Apply techniques in more complex situations		17U	Train to COMPETE
	18U	Techniques as above, further to perfect in complex situations	Techniques as above, further to perfect in complex situations	Techniques as above, further to perfect in complex situations	<p>Techniques for the goalkeeper: Perfect</p> <ul style="list-style-type: none"> 🌀 the starting positions for the keeper 🌀 perfect the standing of the goalkeeper 🌀 perfect jumping in different directions 🌀 perfect stopping the ball with two hands (around the head) 🌀 perfection stopping the ball with one arm/hand (away from the body) 🌀 perfect stopping the bounce and lob shots 🌀 perfect the intervention techniques <p>Centre Back Specialisation: To improve:</p> <ul style="list-style-type: none"> 🌀 taking different positions relative to the center front (a front / beside / behind, etc.) 🌀 changing positions 🌀 techniques front marking, 🌀 the technique of blocking from center defense position 🌀 the defense while offender is 'stepping away' 🌀 defending backhand and sweep shot 🌀 defending while the attacker jumps away for a shot 🌀 the defensive turn away 	18U	
Train to WIN	19U	Apply technique in very complex situation and in the game	Apply technique in very complex situation and in the game	Apply techniques in very complex situation and game		19U	Train to WIN
	20U	Techniques as above, further to perfect in very complex situations	Techniques as above, further to perfect in very complex situations	Techniques as above, further to perfect in very complex situations	Training of specialisation is done every session	20U	
	20+					20+	

NZ Water Polo - LTPD Overview



Part 3a: Tactical Offence / Tactics in Attack

Phase of LTPD	Calendar age	Tactical situation: counter-attack	Tactical situation: 6:6 attack	Tactical situation: 6:5	Specialisation on behalf of the offensive tactics	Calendar age	Phase of LTPD
FUNDAMENTALS	10U	Learn 1:0	3 v 3 4 v 4 (no structure)	Intro men up without goal 4:3 (move ball, find free player) Transfer into attack context, no fixed elaboration. In this age group that 3:2 or 4:3	Simplify tactics, very little structure, no specialisation (including the position of the goalkeeper), basic game concepts; ALL ON ATTACK, find free player, move ball, create & use space, LET THE CHILDREN PLAY	10U	FUNDAMENTALS
	11U	Improve 1:0 Learn 2:1	Learn 4 v 4 (structure - 1 centre)	Learn set of positions (numbering 1-6) and basic lines in attack 6 on 5 according to one tactical elaboration (for example 4:2 or 3:3)	No specialisation: children must learn basic techniques on all positions, including the position of the keeper	11U	Learn to PLAY
Learn to PLAY	12U	Learn 3:2 situation	Practice attack 4 v 4 (structure - 1 centre) Introduce drive + outside shot Introduce 6 v 6 (mushroom)	Learn of set positions (numbering 1-6) and basic lines in attack 6 on 5 according to one tactical elaboration (for example 4:2)		12U	
Train to TRAIN	13U	Perfect 1:0 Improve 2:1 Improve 3:2 Learn 4:3	Improve 6 v 6 (structure - 1 centre) Learn a second system 6 v 6 (ie the attack with 2nd CF) Introduce post/up, Intro Picks / Screens, CF Rotation	Improve of the attack 6 on 5 according to one tactical elaboration (for example 4:2) Learn of the attack 6 on 5 according to second tactical elaboration (for example 3:3)	No specialisation; however, attention to specific preference or construction of the children. The goalkeeper is an exception and get specifically attention (for example using the long pass for counter-attack)	13U	Train to TRAIN
	14U		Perfect 1:0 Perfect 2:1 Perfect 3:2 Improve 4:3 Learn 5:4 Learn 6:5	Perfect 6 v 6 (structure) Improve second system 6 v 6 Improve post/up, Intro Picks / Screens, CF Rotation		Perfect of the attack 6 on 5 according to one tactical elaboration Improve of the attack 6 on 5 according to second tactical elaboration	
	15U	15U					
	16U						

Continued

Part 3a: Tactical Offence / Tactics in Attack, continued

Phase of LTPD	Calendar age	Tactical situation: counter-attack	Tactical situation: 6:6 attack	Tactical situation: 6:5	Specialisation on behalf of the offensive tactics	Calendar age	Phase of LTPD
Train to COMPETE	17U	Perfect 1:0 Perfect 2:1 Perfect 3:2 Perfect 4:3 Improve 5:4 Improve 6:5	Perfect 6 v 6 (structure) Perfect second system 6 v 6 Perfect post/up, Intro Picks / Screens, CF Rotation Learn specific set moves	Perfect of the attack 6 on 5 according to one tactical elaboration Perfect of the attack 6 on 5 according to second tactical elaboration To learn and improving a passage of tactical elaborations	General development of all positions and improving skills in preference/specialist positions. Learning of skills in a second preference position (with exception of the goalkeeper)	17U	Train to COMPETE
	18U					18U	
Train to WIN	19U	To perfect all man up situations, also as a component of complex game situations (e.g. 1:0 situation originating from 6:6 attack)	Perfect 6 v 6 (structure) Perfect second system 6 v 6 Perfect post/up, Intro Picks / Screens, CF Rotation Perfect specific set moves and add more specific moves	Perfect of the attack 6 on 5 according to one tactical elaboration Perfect of the attack 6 on 5 according to second tactical elaboration Perfect of several passages of tactical elaborations	Perfecting of skills in one preference position. To improve and perfect skills in a second preference position (with exception of the goalkeeper)	19U	Train to WIN
	20U					20U	
	20+					20+	

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Part 3b: Tactical Defence / Tactics in Defence

Phase of LTPD	Calendar age	Tactical situation: to defend the counter-attack	Tactical situation: 6:6 defence	Tactical situation: 5:6	Specialisation on behalf of the defensive tactics	Calendar age	Phase of LTPD
FUNDAMENTALS	10U	Learn 0:1	Learn 3 v 3 attack - i.e. man on man and/or inside water Learn 4 v 4 attack - i.e. man on man and/or inside water	Learn playing a defence w a player less (give solutions; no fixed elaboration). In this age group that will be 2:3 or 3:4	No specialisation: children must learn basic techniques on all positions, including the position of the goalkeeper	10U	FUNDAMENTALS
	11U	Improve 0:1 Learn 1:2	Learn 4 v 4 (i.e. defence v 1 centre)	Learn playing defence w a player less (give solutions; no fixed elaboration). In this age group that will be 3:4	No specialisation: children must learn basic techniques on all positions, including the position of the goalkeeper - positioning in the pool relative to markings (eg. In relation to goal or 2m line)	11U	Learn to PLAY
12U	Learn 2:3	Learn 4 v 4 defense (i.e. defense against 1 centre w front marking)	Learn the basic positions and basic lines of the defense 5:6 Learn one 5:6 defense system Learn position numbering 'a' till 'e'	12U			
Train to TRAIN	13U	Perfect 0:1 Improve 1:2 Improve 2:3 Learn 3:4	Improve defense 6 v 6 (eg. pressing) Learn second defence system 6 v 6 (eg. defence w extra tasks on top of pressing - drop/zone defense)	Improve 5:6 defence in one tactical system (for example 3:2 maintaining) Learn a second 5:6 tactical system (for example 4:1 defense)	Basic positioning for all players on all positions (wing, top and centre defender) Specific learning of the basic skills of the goalkeeper - maintain balance (as a concept)	13U	Train to TRAIN
	14U					Perfect 0:1 Perfect 1:2 Perfect 2:3 Improve 3:4 Learn 4:5 Learn 5:6	
	15U	15U					
	16U	16U					

Continued

Part 3b: Tactical Defence / Tactics in Defense , continued

Phase of LTPD	Calendar age	Tactical situation: to defend the counter-attack	Tactical situation: 6:6 defence	Tactical situation: 5:6	Specialisation on behalf of the defensive tactics	Calendar age	Phase of LTPD
Train to COMPETE	17U	Perfect 0:1 Perfect 1:2 Perfect 2:3 Perfect 3:4 Improve 4:5 Improve 5:6	Perfect first 6 v 6 defence system (i.e. pressing) Perfect second 6 v 6 defence system (ie extra tasks on top of pressing - part drop/zone) Improve third 6 v 6 defence system (i.e. full zone defence) Improve fourth 6 v 6 defence system (i.e. a second zone defence)	Perfect 5:6 defence in one tactical system (for example 3:2 defence) Perfect a second 5 on 6 tactical system (for example 4:1 defence) Learn and improve defending passages within tactical systems, as well as 4:6 defence - develop	General development on all positions Emphasis on perfecting one position (from the player's role most logical position) Emphasis on improving a second (related) position (for example left-handed defender on position 1 with post up) Perfecting the specific skills to the goalkeeper (incl. instructing defence)	17U	Train to COMPETE
	18U					18U	
Train to WIN	19U	To perfect all man down situations, also as component of complex game situations (e.g. 0:1 situation originating from 6:6)	Perfect first 6 v 6 defence system (i.e. pressing) Perfect second 6 v 6 defence system (i.e. defence w extra tasks on top of pressing) Perfect third 6 v 6 defence system (i.e. full zone defence) Perfect fourth 6 v 6 defence system (i.e. a second zone defence) To Learn, improves and perfecting combined (several) maintaining tactics	Perfect 5:6 defence in one tactical system (for example 3:2 defence) Perfect a second 5 on 6 tactical system (for example 4:1 defence) Learn and improve defending passages within tactical systems, as well as 4:6 defence - perfect	Perfect specialist position Perfect second (related) position Perfecting the specific skills of the goalkeeper	19U	Train to WIN
	20U					20U	
	20+					20+	

NZ Water Polo - LTPD Overview

Part 4: Physical, Mental and Lifestyle

Phase of LTPD	Calendar age	Physical	Mental	Lifestyle	Calendar age	Phase of LTPD
FUNDAMENTALS	10U	<ul style="list-style-type: none"> Arms Legs & Combo of movement Co-ordination & Balance Flexibility Speed and Locomotion Warm-up / Cool Down 	<ul style="list-style-type: none"> Self-confidence Self-esteem Positive attitude to sport Tolerance Accepting new persons 	<ul style="list-style-type: none"> Social skills Fairness Self-control Creative thinking 	10U	FUNDAMENTALS
	Learn to PLAY	11U	<ul style="list-style-type: none"> Agility Flexibility Co-ordination & Balance Balance – static and dynamic 	<ul style="list-style-type: none"> Goal setting- short term Patience Control Concentration 	<ul style="list-style-type: none"> Personal responsibility Interpersonal skills Ambition to improve 	
12U		12U				
Train to TRAIN	13U	<ul style="list-style-type: none"> Strength Power Speed and Acceleration Pre-habilitation Sports specific multi-activity endurance Individual specific flexibility 	<ul style="list-style-type: none"> Motivation Goal setting medium term Determination Coping Peer pressure 	<ul style="list-style-type: none"> Independent thinking Ambition – career options Self-identity Role model role Giving back to the sport 	13U	Train to TRAIN
	14U				14U	
	15U				15U	
	16U				16U	

Continued

Part 4: Physical, Mental and Lifestyle, continued

Phase of LTPD	Calendar age	Physical	Mental	Lifestyle	Calendar age	Phase of LTPD
Train to COMPETE	17U	<ul style="list-style-type: none"> Multi-sprint Endurance Strength and Power Speed, Agility & Quickness Position specific conditioning Periodised training Recovery routines 	<ul style="list-style-type: none"> Pre-match preparation Controlled breathing Coping with Anticipation Excitement and Anxiety Goal setting – long term Coping with peer pressure 	<ul style="list-style-type: none"> Principle-centred values Life management Self-reliance Coping with failure Giving back to the sport 	17U	Train to COMPETE
	18U				18U	
Train to WIN	19U	<ul style="list-style-type: none"> Multi-sprint Endurance Strength and Power Speed, Agility & Quickness Position specific conditioning Periodised training Recovery routines Individualised programs 	<ul style="list-style-type: none"> Mental relaxation Visualisation Coping strategies Coping Peer pressure Self-Awareness Profiling 	<ul style="list-style-type: none"> Self-reliance Patience to achieve long-term goals Positive use of Power / Influence Life management Giving back to the sport 	19U	Train to WIN
	20U				20U	
	20+				20+	