

NZ Water Polo – Player Development Overview

Training Content and Approximate Quantities



Phase of PD	Calendar age	Training hrs per week	Training weeks per year	Other sports	Water Polo training hours	Water Polo training sessions	Swimming training hours	Swim training sessions	Swim training meters/hr	Swim training meters p/week	Aerobe swimming	Leg Work	Land/Gym	S&C Girls	S&C Boys	Video Observation	Additional rest p/week (day)	Calendar age	Phase of PD
FUN	10U	1-2 hrs	40	yes	1 hrs	1	45' - 1 hrs	1-2	1000m	1000m - 1500m	-	250m - 400m	1 hrs	Mobility Stability	Mobility Stability	0.5 hrs	-	10U	FUN
Learn to Play	11U	3-4 hrs	40	yes	2-3 hrs	1-2	45' - 1 hrs	1-2	1200m	1200m - 2000m	400m 1 x p/wk	500m	1 hrs	Mobility Stability	Mobility Stability	1 hrs	1.5-2 hrs	11U	Learn to Play
	12U	4-6 hrs	40	yes	2-3 hrs	1-2	1.5 hrs	1-2	1500m	2500m	1000m 1x p/wk	700m	1 hrs			1 hrs	2-3 hrs	12U	
Train to Train	13U	6-8 hrs	42	Yes, WP no.1	2-4 hrs	2-3	2 hrs	2	1800m	3500m	2500m (WOT)	1000m	2 hrs	Mobility Stability S&C - Own Body Weight	Mobility Stability S&C - Own Body Weight	1.5 hrs	3-4 hrs	13U	Train to Train
	14U	8-10 hrs	42	yes, WP no.1	3-5 hrs	2-3	2 hrs	2	2000m	4000m	2500m (WOT)	1200m	2 hrs			1.5 hrs	4-5 hrs	14U	
	15U	10-12 hrs	44	yes, WP no.1	4-6 hrs	2-4	2 hrs	2	2200m	4500m	3000m (WOT)	1500m	3 hrs			1.5 hrs	5-6 hrs	15U	
	16U	12-14 hrs	44	yes, WP no.1	4-6 hrs	2-4	2 hrs	2-3	2400m	5500m	3500m (WOT)	1500m	4 hrs			1.5 hrs	6-7 hrs	16U	
Train to Compete	17U	14-16 hrs	46	no	6-8 hrs	3-5	2-3 hrs	2-3	2500m	6500m	4000m	1800m	4 hrs	Mobility Stability S&C w/ weights (WOT)	Mobility Stability S&C w/ weights (WOT)	2 hrs	7-8 hrs	17U	Train to Compete
	18U	16-18 hrs	46	no	6-8 hrs	3-5	2-3 hrs	2-3	3000m	7500m	5000m	1800m	5 hrs			2 hrs	8-9 hrs	18U	
Train to Win	19U	18-20 hrs	46	no	8-12 hrs	4-8	2-4 hrs	3	3000m	9000m	6000m	2000m	5 hrs	Mobility Stability S&C w/ weights	Mobility Stability S&C w/ weights	2.5 hrs	9-10 hrs	19U	Train to Win
	20U																		
	20+																		

(WOT) = Window Of Trainability

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