

# 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
<b>FUN</b>	<b>10U</b>	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	-	<b>10U</b>	<b>FUN</b>
<b>Learn to Play</b>	<b>11U</b>	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	<b>11U</b>	<b>Learn to Play</b>
	<b>12U</b>	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	<b>12U</b>	
<b>Train to Train</b>	<b>13U</b>	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	<b>13U</b>	<b>Train to Train</b>
	<b>14U</b>	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	<b>14U</b>	
	<b>15U</b>	10-12hrs	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	<b>15U</b>	
	<b>16U</b>	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	<b>16U</b>	
<b>Train to Compete</b>	<b>17U</b>	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	<b>17U</b>	<b>Train to Compete</b>
	<b>18U</b>	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	<b>18U</b>	
<b>Train to Win</b>	<b>19U</b>	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	<b>19U</b>	<b>Train to Win</b>
	<b>20U</b>																		
	<b>20+</b>																		

(WOT) = Window Of Trainability

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