



MANUAL



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INTRODUCTION

What is Flippa Ball?

Flippa Ball is the modified (KiwiSport) version of water polo played in a shallow pool by primary school aged players – years 3 to 6 (ages approximately seven to ten).

Flippa Ball was developed in the early 1980's as an introductory measure for younger children to experience the game of water polo. Traditional programmes, because of the depth of the pool, were targeted at the older level of children who were water confident, and wanted variation with their swimming.

Who is this Manual for?

This Manual is aimed at parents, coaches, teachers and KiwiSport facilitator coaches.

It will help introduce the activity for those starting out and it will help those already involved with reinforcement of the basics plus ideas to help in the enjoyment of the game for all involved.

It outlines the basics of the activity and the game along with the essential skills and drills plus suggested coaching plans.

If your children play in one of the leagues, or you intend to play, it sets out the rules of the game and the referee's hand signals,

All of which will aid you and your children's understanding of the game and enjoyment in the activity.



Flippa Ball is FUN for everyone!

FUN opportunities for children:

Activity

Play in the water is **FUN** and Flippa Ball gives the children the option of playing a ball sport in the water. Children of all sizes love it and it is an easy way for children to become active.

Teamwork

Teamwork is **FUN** and Flippa Ball helps children to understand how to play in a team so that different children with different skills can work together to achieve a goal.

Ball skills

Passing and catching and the coordination required to do these things are the basic building block for playing many ball sports. This is a **FUN** way for children to learn and reinforce skill that are **FUN**damental and transferable.

Swimming

Swimming is a core skill. The level of our water competence is dropping (refer to the Water Safety web site - watersafety.org.nz). Flippa Ball gets children into the water having **FUN**. Swimming is part of the activity and the better you swim the better the children can play. This is a **FUN** way to get children into the pool to learn and practice swimming.

Water confidence

“My child was scared of getting into the water in case he was splashed - now he plays Flippa Ball !!!!” We hear stories like this all the time. Flippa Ball is the **FUN** way for children to feel comfortable in the water. Confidence will enable children to proceed on to many other aquatic sports.

Aquatic options

Many **FUN** options for continued activity in the water open up for water confident children: Swimming, Surf Live Saving, Surfing, Water Polo.

FUN FILLED AND UNBEATABLE



FUN for the parents and coaches:

This is your opportunity to help your children:

With winning & losing

It is nice to win but learning to lose is also part of sport. Being able to accept both and learn from them creates a good sportsman. Parents and coaches are where children learn these lessons first.

Be a good example!

Long Term Athletic Development

Long Term Athletic Development (LTAD) is part of the New Zealand Water Polo coaching strategy – and it starts with Flippa Ball. Flippa Ball is the “Active Start” stage of the program which leads on to the “**FUN**damentals” (see below). Learning the basics skills and having them reinforced so that it becomes habit makes the next step (whether to water polo or other ball sports) easier for the players and the coaches.

Having **FUN**

If you – the parents and coaches are having fun then the children will have **FUN**. The league coordinators and referees need positive role models and a positive atmosphere at the venues for the children.

FLIPPA BALL IS FUN FOR EVERYONE!



Active Start and the “FUNdamentals”

New Zealand Water Polo has a structured program for the coaching of Water Polo. It is based on the Long Term Athletic Development (LTAD) model that addresses the ages and age group requirements of players from their “Active Start” in Water Polo (with Flippa Ball) through to high performance and beyond to the ongoing, lifelong involvement in Water Polo as an activity.

The benefits of such a structured program are many:

The setting of expectations of the players and coaches of the deliverables at each developmental level.

The ability to have coaches knowingly specialise in an age group.

The building of an individual’s skills at all levels so that they are able to progress without having to be re taught at each successive level.

The Active Start and FUNdamentals are the basics of the sport:

How to catch and throw the ball.

How to shoot.

Body positions for catching, throwing and shooting.

Essentials of positional play.

An appreciation of fitness.

GET INVOLVED IN FLIPPA BALL NOW !

FUN FILLED AND UNBEATABLE



Information you need to know.

| | Recommendations | Rationale |
|-------------------------------------|---|---|
| Ball Size | Years 3 and 4: size 2 Years 5 & 6: size 3 | For years 3 & 4 to play with a size 2 ball is preferably due to smaller size of hands - size 3 is the standard ball size currently for all ages/years |
| Goal Size | Flippa Ball specific goals measuring approx: 2m wide x 0.7m high | Smaller goal to be in line with arm span of the goalkeeper |
| Size of Field of Play | 15-20m long x 10m wide | These dimension are proportionate; any field of play size can work but a reduction in field player numbers is recommended if playing on a smaller field of play |
| Pool Depth | Any | Players should be able to touch the bottom of the pool. Players of younger years should, where possible, be in a shallower pool and with depth increasing according to the height of players. |
| Team Roster | Minimum of seven (7) Maximum of ten (10) | Players should have even game time. Substitutions must happen accordingly |
| Players in the Field of Play | Six (6) field players One (1) goalkeeper | See Field of Play; space is the key factor: so on smaller fields of play field players need to be reduced by one or more. |
| Player Rotation | Rotate positions (where needed) at least each half, including goalkeeper | Players need to develop both defensive, offensive and goalkeeper skills - the focus is on participation and skill development and FUN |
| Game Time | Two (2) halves of ten (10) minutes running clock with a two (2) minute break to change ends | |
| Timeouts | No Timeouts | |
| Possession / Shot Clock | No Possession / Shot Clock | |

FUN FILLED AND UNBEATABLE



| | Recommendations | Rationale |
|---------------------------|---|---|
| Contact between players | No intentional contact is permitted | Flippa Ball is a no-contact version of water polo to encourage skill development; however the ball (only) can be played by a defender |
| Shot at Goal after a foul | No shots at goal are allowed after a foul has been awarded | This to encourage play |
| Exclusions | Major fouls will result into the referee excluding a player for up to twenty (20) seconds; the excluded player will have to go to the corner closest to his/her team bench. The referee will waive the player back into the game after twenty (20) seconds if no goal has been scored or earlier if the defending team got the ball | |



FOR COACHES AND PARENTS

Coach Development

As a coach you are continually trying to improve the skills and knowledge of your players. We believe that you, the coach, also need to do the same. To help you with this we have created an online, self-paced learning tool.

NZ Water Polo has established the Electronic Learning Environment (ELE) where coaches, and parents, can find many resources to assist them with providing their players and children the best support possible.

Go to flippaball.org.nz and under the “Coaching” tab you will find the link to the ELE. We hope you will look at it and encourage others to do the same.



**ELECTRONIC LEARNING
ENVIRONMENT**
The on line learning
application for coaches

Parent Education

As a coach you will know that a parent’s role in their children’s sporting activities can be either positive or negative. You also know that the better the parents are educated and have buy in to what you are trying to achieve the easier your job will be. We want you, the coach, to direct parents to the ELE to help with their education.

Coaches and parents – in it together!

Positive things parents do to facilitate their children’s involvement in sporting activities include:

- Taking them to practices
- Paying for the activities
- Encouraging them

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Providing unconditional acceptance and support

- Parents can negatively impact their children's sports participation
- Making winning the most important thing,
- Having unrealistic expectations
- Criticizing children

The major outcome from a coach's point of view is the need to educate parents on both the positive and negative behavior as mentioned above. In particular, what effect these behaviors can have on their kids.

As with all coaching activity continual reinforcement of the correct behavior is required. In addition to the face-to-face communication other opportunities to encourage positive behavior are Coach or club newsletters, parent meetings, coach education, and system-wide promoting of the positive parental behavior.

Coaches and parents – in it together!

Go to the ELE and play your part in helping kids to have FUN.



**ELECTRONIC LEARNING
ENVIRONMENT**
The on line learning
application for coaches

CHECK IT OUT ON THE FLIPPA BALL WEBSITE (flippaball.org.nz)



FLIPPA BALL - THE ACTIVITY

In Appendix 1 you will find 10 basic skills each with a drill so that your players can practice.

The extent to which players can master the skills will determine the level of success of the individual and hence the team. They will also gain personal satisfaction by achieving results.

We have tried to put the skills and drills into positive language so that you are able to concentrate on the correct picture. Sometimes this works and other times it might be helpful to know how to spot the wrong way to do things.

The most obvious visible mistake players make is in throwing the ball. It is not enough for the coach to throw the ball to a group of children and tell them to “throw it round”. Bad habits develop early and are exceptionally hard to remedy and may live with the player for their whole career in the sport.

One Helpful Hint:

**Always follow through forwards
when passing or shooting a goal!**

If your players are putting effort into making a ball travel in a certain direction then it helps for the body to be traveling in that same direction. This helps in the ball going further or faster and with better accuracy.

You will notice when the players are not getting it right. They will fall backwards and the ball goes up in the air. Or their bodies will slide sideways while the ball goes in another direction. Neither are good habits.

Always pick up on this one. It is a valuable habit and will help their game at every stage in their development.

**Here is one boy who
has got it right!**





Practice Without a Pool

Some of the 10 basic skills and drills can be practiced even without a pool.

| | |
|----------------------------------|--|
| Skill 1 & Drill 2 | STANDING & PICKING UP THE BALL Practice the correct body positioning and technique. |
| Skill 4 & Drill 4 | PROTECTING THE BALL To make this into a passing drill to practice passing under pressure; separate into groups of four, two attackers and two defenders. |
| Skill 6 & Drill 6 | PASSING TO THE WATER |
| Skill 5 & Drill 5 | PASSING TO THE HAND Passing to the hand only. |
| Skill 10 | FAKING THE BALL Fake the ball two-three times before passing the ball to another person in your group. |
| GAMES | Explained in Games Section, Appendix 2 -Piggy in the Middle -Tag -Hot Potato |

Minimal/No Equipment but Pool Access

Keep in mind that almost any ball can be useful in teaching the fundamental passing skills of Flippa Ball. Relays are also a great way way to keep kids entertained and learn skills useful for Flippa Ball. (See Relay Section for examples). You can use cones/markers as a target instead of a goal or play with a goal/try line to get the ball across.



FLIPPA BALL - PLAYING THE GAME

Introduction

Flippa Ball is a scaled down version of Water Polo

- The object is to score more goals than the opposition
- The skills required by the players are very similar to many other ball sports e.g. Netball & Basketball
- The tactical skills are also similar to these sports (with soccer as well)

THE MOST IMPORTANT THING - HAVE FUN

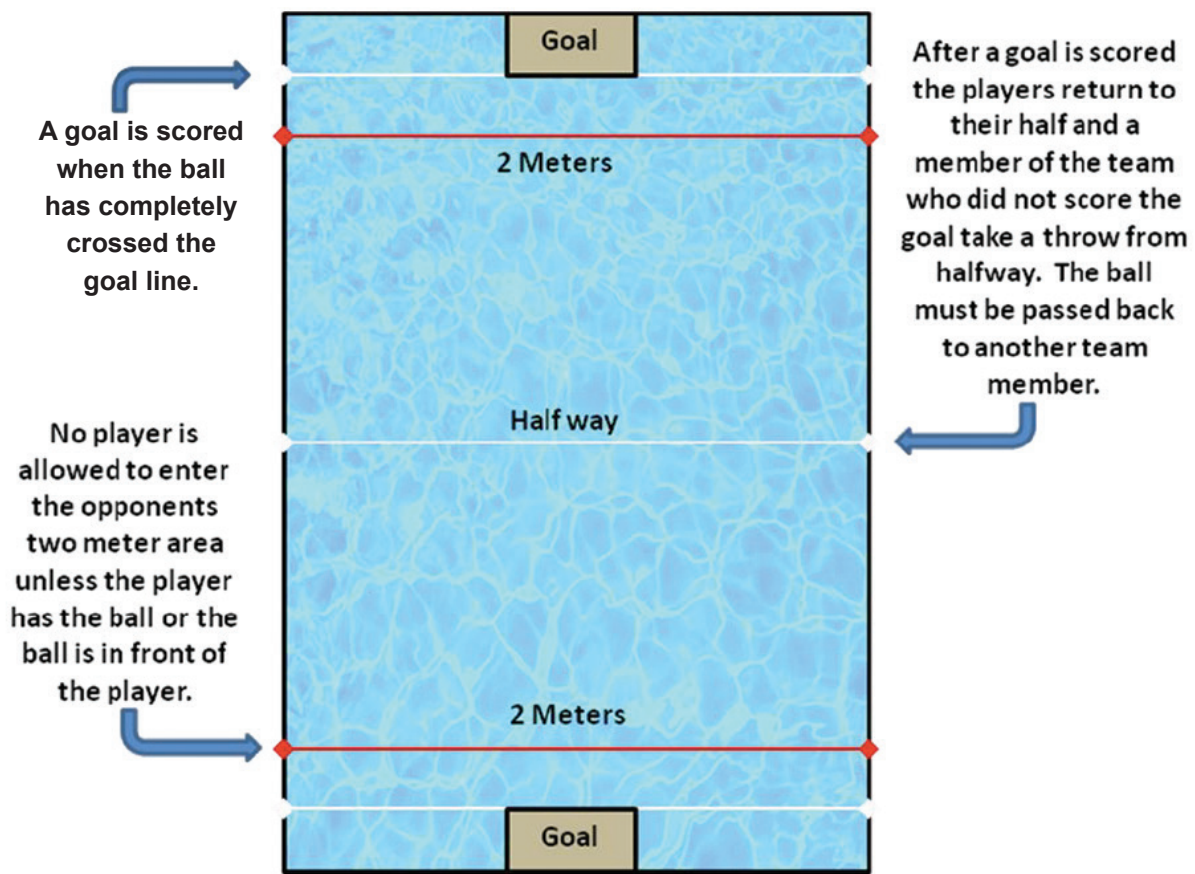
Basic Rules

The full set of rules can be found in appendix 5 however a simple set of rules are:

- Only the goalkeeper can use two hands – everyone else must use one hand to catch and throw the ball
- Players cannot contact another player
- Players cannot take the ball underwater
- Players cannot walk with the ball – they can swim with the ball (dribble)
- Attacking players cannot enter into (or remain in) the two metre area unless they follow the ball



Field of Play



Lesson Plans

Examples of lesson plans are in appendix 3.

Many drills used by other sports can be adapted for use in Flippa Ball. Try them out.

Remember that a lot of variation in drills makes an interesting practice for the kids.



Basic Coaching Tips and Techniques

This section focuses on how to be a prepared and positive coaching influence in Flippa Ball. It includes guidelines for practices, lesson structures, game preparation, team talks, team defensive tips, team attacking tips and ideas on how to be a positive role model.

It is useful for every coach to have a whistle and a well thought out plan. The plan should include what is going to be taught and the skills/drills to aid what is trying to be achieved. It always pays to be prepared, especially when dealing with kids.

Be positive as at the end of the day it is all about the fun and enjoyment of the game for the players. Concentrate on telling them how they can improve on the things they are doing, not on what they are doing wrong.

When correcting a player it is useful to give a negative/constructive remark, followed by a positive statement. For example - 'You need to remember to hold your elbow above your shoulder when you pass, but your body positioning is looking good.'

We encourage teams to only have ten players in them. This makes game substitutions easier and players get more game time.



Team practices

Conducting a Lesson

When conducting a lesson it is important to remember the following points.

- Demonstrate – always demonstrate a skill for the players before asking them to replicate the motion
- Repeat skill instructions - a child’s skill will get better with repetition and when the movements become more familiar to them
- Adjust drills - Be prepared to either simplify if it is too difficult, or increase difficulty. Increasing a drill in difficulty can be as easy as adding a defender.

A basic lesson structure is divided into 3 parts.

- 1. Warm up and ball skills**
- 2. Drills**
- 3. Games**

1. Warm up and ball skills

Warm up should include swimming, but when you have limited water time, you can warm up beforehand on the side of the pool if there is space, or outside by doing jumping jacks, jogging or relays.

Ball skills include holding the ball, picking up the ball, passing and shooting.

These skills should slowly progress session to session.

2. Drills

The drills prepared for a session should follow on from, or directly relate to the skills focused on earlier in the session. To build up drills, increase their difficulty in stages. Add another element, depending on the drill it could be another ball, a defender, or a time limit.

Many shooting drills can also be used to practice skills such as passing, faking, and swimming with the ball. These drills can also be practiced on land.



3. Games

Players learn and improve by playing Flippa Ball games. Put aside time each session to play a game. Don't be afraid to stop the game occasionally to explain, correct or praise the team or individuals.

Practice with a proper Flippa Ball game, or another type of game (see Game section for examples) so your players leave with a smile on their faces.

Lesson Progression

(See Lessons Section for examples)

Lessons should follow on from, build on each other and have overlapping skills and concepts. A good way to integrate your own drills and ideas for training that are specific to your team is by looking at aspects from your latest game(s) that your team could improve on.





Team Defense Tips

Player positioning on defense

There are two main team defense ideas that a Flippa Ball team can have. Goal side defending and ball side defending. Either way, the attacker closest to the goal is the most dangerous. This means that defending players may have to switch their attention and position from one attacker to another during the game. The defending players need to be aware of this.

Defending goal side

Making sure that when a player is on defense, they are between the player they are marking and their own goal.

Defending ball side

Making sure that when a player is on defense, they are between the player they are marking and wherever the ball is in the pool. This way of defending involves the players moving more and being very aware of where the ball is and how to be positioned.

Head up backstroke

When coming back on defense from attack it can be useful for a player to swim head up backstroke with head up looking back over legs towards the rest of the field of play. This stroke is particularly useful at this time because it allows the player to see more of the field when coming back on defense.

Swim straight towards the goal

If a defender is behind the attacker they are marking when coming back on counter defense, they should swim straight towards the goal instead of swimming straight at the player. This way they will meet up with the player closer to the goal and minimise the risk of swimming over their legs and having a major foul called against them.

When the ball is stolen on defense

Passing back to the goalie (if free) is a safe option. It is better if the ball is thrown to one side of the goal and not too close to the goal, to prevent an own goal from occurring.

When blocking a shot

Jump at the same time the attacker is shooting. This means the defender can cover a larger area and it prevents the attacking player from being able to shoot over the defender.



Choosing a Goalie

It is important at this beginner level to encourage all players to try being a goalie. Keep in mind that a good goalie is not just someone who can save goals, but they also need to be able to pass the ball quickly and accurately up the pool once the ball has been blocked.

Team Attacking Tips

- Spread out on attack
- Move when you have the ball and without (see drill below)
- Encourage looking to see if there is a cross pass opportunity before shooting
- Encourage only safe passes to free players
- Encourage passing to a teammate only when you have eye contact
- Encourage hooking
(Hooking is when a player is swimming up the pool and makes a sudden move at a right angle away from their defender and towards the side of the pool to create a clear passing lane to receive the ball easier from the goalie.)

A useful drill to encourage movement when on attack:

Separate players into groups of three with one ball per group. Players are to pass in a triangle for approximately 30 seconds before you blow the whistle. At the whistle, the players are to constantly move, whether they have the ball or not. They can swim/walk/run anywhere in the pool as long as they keep moving (making sure to avoid collisions with other groups). Players are to take three-four strokes head-up freestyle when they have the ball before passing. After 30 seconds blow the whistle and have stationary passing again. Repeat four times.



Team Games

Game Preparation

As a coach, it pays to be prepared with ideas on what your team should focus for their upcoming game.

Prepare no more than three main points for your team to work on/think about during the game. For example - make safe passes; move even when you don't have the ball; and stay spread out on attack. If given too many things to think about, they are likely not to remember any during the game.

To decide on your three points, think about what you have worked on in the latest trainings and how you could encourage your team to use a new skill learned, or think about what you would like to see improved upon from the last game they played.

Pre-Game Team Talk

It is a good idea to have a team talk before the team is in the water. This way there is less distraction and they are more likely to retain what you discuss. Discuss the three points spoken about in the 'Game Preparation' paragraph above.

When the team is in the water and almost ready to start the game, remind them of the three points you spoke about in the team talk, or call upon players to repeat the points to you.

Pre-Game Warm Up

A pre-game warm up is useful, not only to get the players physically ready to play but it also helps to get them mentally focused on the game. Before a game there is rarely much time to warm up in the pool, so try and do it on the side of the pool or outside before getting into the pool. For example - jumping jacks, jogging or passing.

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During the Game

Remember to talk to the kids on the bench about what is happening in the pool, what the team is doing well and not so well and what they can do to improve on it. This not only keeps the kids thinking about the game, but also gives them a visual idea of what to do when they get in the pool.

Substitutions

Flippa Ball is about children learning the game, participating and having fun. It is important that all children who attend trainings and are a part of the team play in the games.

There are usually one or two players who are weaker than the rest of the team, whether this is because of their size, swimming ability or age. It is important to remember that if you have two or more weaker players to try and substitute them into the game at different times (to each other). It may also be helpful to put them into the game at several stages and for small amounts of time, rather than once for a longer period. This will prevent the player from tiring as easily.

Try to recognize an individual's efforts when they are substituted out of the game. Give them two comments, one on something positive that they did well followed by what they can improve on.



A Coach's Attitude

Remember to keep a positive attitude not just during practices, but also before, during and after games. This may be hard, as games have different frustrations, including referee decisions you may not agree with or foul play from an opposing team. Try to control your emotions, show respect and self-control at all times. How you respond to the challenges you face will teach your team members how to react in the future when confronted with similar situations. It is important to remember that as a coach/teacher/parent you are an influential role model for the children around you.

For a player, a coach's attitude can make the difference between feeling like you have lost a game and feeling like a failure after a loss, or losing the game but feeling ok about it because you improved on the week before and managed to achieve, for example, the three objectives focused on in the team talk. Look for the good points in a game regardless of the outcome. A short few positive sentences to the team after the game can make all the difference.

It is important to keep in mind that all members of the team need positive feedback, not just the goal scorers or stand out players.

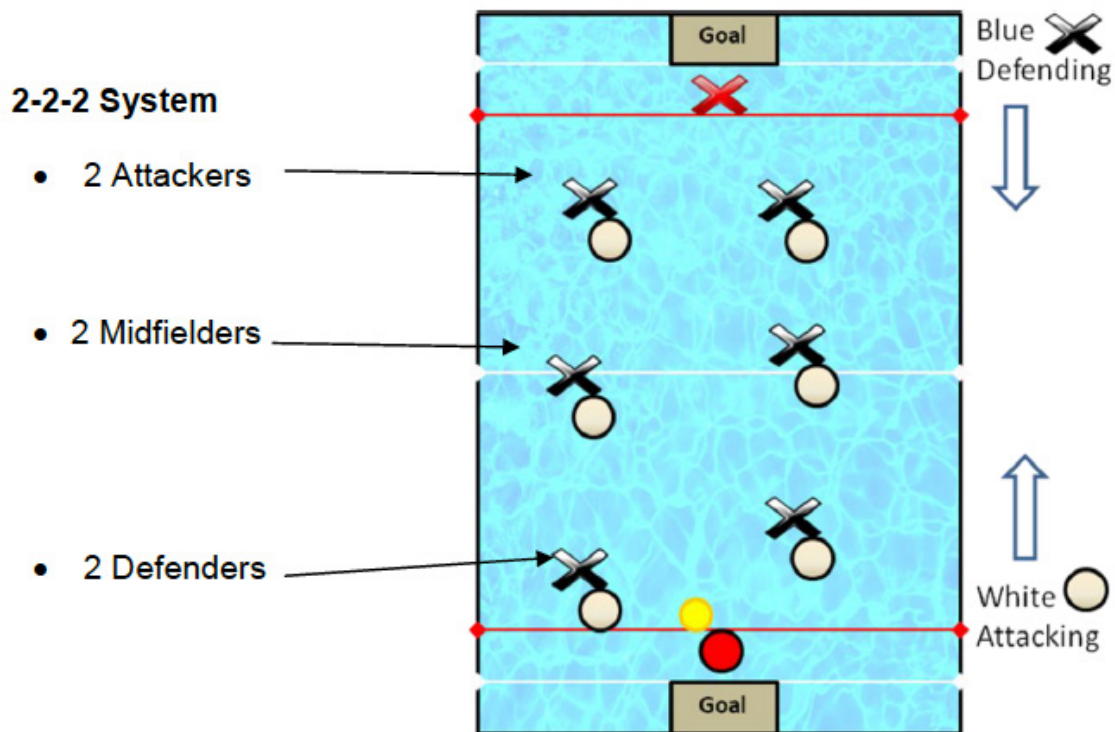




Game Formations

2-2-2 System

A good game formation to have for the young and beginner Flippa Ball levels is the 2-2-2 system.



Position Descriptions

Attackers

-This position involves a constant focus on moving and creating space between them and other players to result in getting the ball closer to the goal, ultimately for a shot or a cross pass for a shot.

Midfielders

-This position needs to focus on contributing both on attack and defense. Fast swimmers are good in this position as they can cover a larger area of the pool easily.



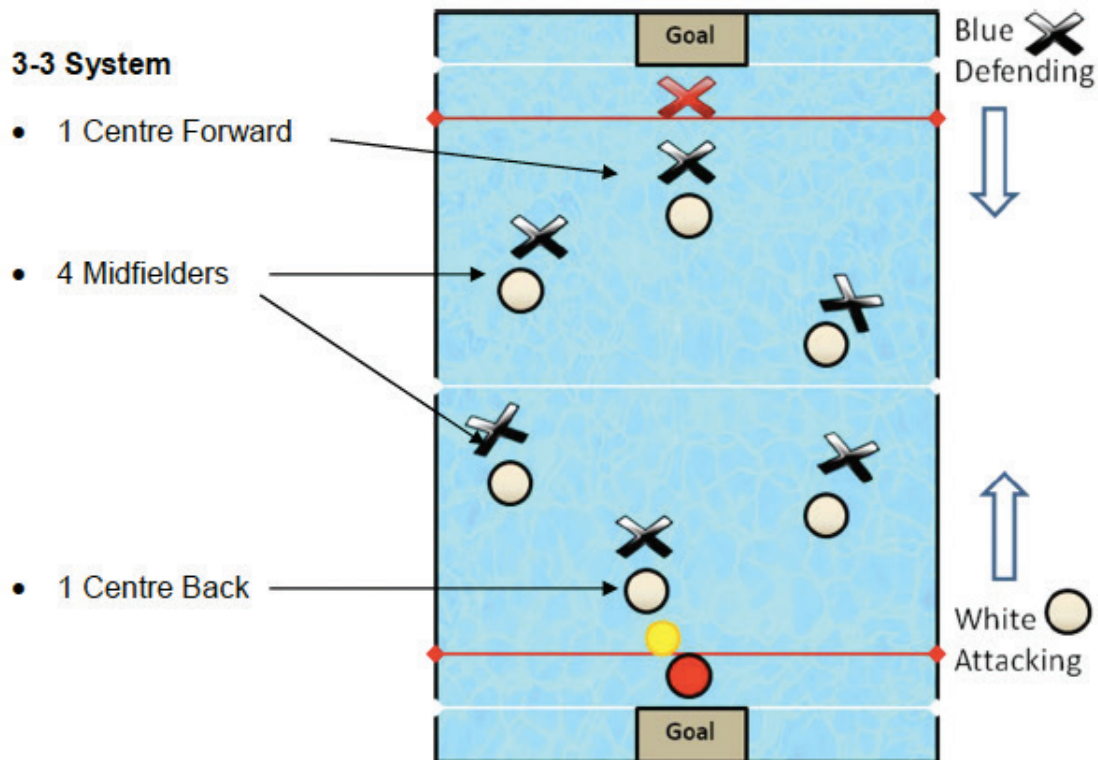
Defenders

-This position involves close contact to opposing teams' players and knowing when to switch their attention to players that are in more dangerous positions (i.e. closer to the goal).

Players need to understand that sometimes they will need to swap positions because of where the flow of the game takes them.

3-3 System

For the older and more experienced Flippa Ball Players the 3-3 system can be used (moving towards the more specific positions that are used in water polo)





Position Descriptions

Centre Forwards

-The players that play this position are usually big and strong. They position themselves approximately three meters from the goal, in the centre and often score many goals because of their close proximity to the goal. The passes they receive from their team are on the water. They are marked by the opposing teams' centre back.

Midfielders

-This position needs to focus on contributing both on attack and defense. Fast swimmers are good in this position as they can cover a larger area of the pool easily. They should be able to shoot and score from at least four meters away from the goal.

Centre Backs

-These players guard the centre forward closely. They need to be physically strong. They try to steal the ball from the centre forward as it is being passed to them. They must be careful to not have a major foul called against them.

Players need to understand that sometimes they will need to swap positions because of where the flow of the game takes them.

The Goalkeeper

The goalkeeper or goalie is allowed to stand on the bottom of the pool at all times and to catch and pass the ball with two hands. However, they are not allowed to go past half way.

The goalie is the last line of defense, but they can also play a large part in the game because they can see the whole field and can therefore communicate well to their team members about the current play. Encourage your goalie to speak up during the game and guide the players, particularly when the team is on defense. In Flippa Ball, you should encourage all players to have a turn at being goalie.



Own Goals

It is easy for a goalie to score an own goal after they have saved a shot on goal; they take the ball behind their body to pass to a field player and hold the ball inside the goal. Encourage your goalie to minimize this risk by taking two steps forward before attempting to pass.

Goalie Technique

Goalies should stand about half a metre to a metre out of the goal. If they are further away from the goal, they risk a lob being shot on them (a soft shot over the goalies head into the goal).

Goalies should have their hands out of, or very shallow in the water at all times. Fingers should be spread wide when they are blocking. They should avoid trying to catch the ball. Unless it is a very soft shot, they should block balls with two hands onto the water in front of them. If the shot is aimed at a corner, then it might be easier for the goalie to reach it with only one hand.

If an attacking player attacks them, they should swim the ball to the side to get out of the goal area.

Drill for Goalies

Separate into pairs. Have one out of the pair jump in any direction with one and two hands. Their partner is to be facing them about a metre away from them and is to copy their every move as fast as they can in a mirroring fashion. Do this for approximately 20 seconds at a time. Swapping roles each time. Repeating three times each.



APPENDIX 1 - 10 BASIC SKILLS & DRILLS

1 - Standing

Skill

Have your feet one in front of the other, shoulder width apart. Keep weight on the front foot when passing or shooting and follow through.



Drill

Use a swimming relay where each player must stand and then jump forward & swim to the end. They must have both feet on the bottom (best with one foot in front of the other). They can stand once, or many times. You can add this to a relay using other skills so that each leg of the relay is different.

2 - Picking up the ball

Skill

Hold the ball in the palm of your hand (not perched on fingers) and grip it with your little finger and thumb. Keep fingers wide.

Always pick the ball up from underneath. If you try to pick it up from the top you may push it under the water.



Drill

Each player is to have a ball. Practice picking the ball up from the water (from underneath), bring it higher than head height and then place it back on the water again and repeat. Make sure to be in proper standing position (Skill 1).



3 - Swimming with the Ball

Skill

Each player is to swim with their head up keeping the ball ahead of them and between their arms.



Drill

Head-up freestyle relay. Separate into groups of three with two players on one side of the pool and the third on the other side. Do this in relay fashion. Repeat four times. Their heads should be kept still when swimming head-up freestyle, not moving from side to side. Short arm strokes and strong freestyle kick to be used at the same time.

4 - Protecting the ball

Skill

Hold the ball in passing position arm out, opposite shoulder forward (ready to pass). Using the width of your body, keep the body and arm between the ball and the defender*.



Drill

Separate into pairs - 1 attacker and 1 defender. Have the defender try and steal the ball from the attacker without causing a minor foul. The attacker is to keep the ball in their hand above the water away from the defender and try not to be pushed backwards through the water by the pressure of the defender.

*Attackers cannot fend away defender with their arm.



5 - Passing To The Hand

Skill

Have the ball in the palm of your hand (see skill 2 and 4), elbow higher than your shoulder. With the weight on your front foot, rotate your shoulders and release ball, finishing with the wrist so that the hand is palm down. Always lean forward.



Drill

Separate into groups of 2-3 players about 2 meters apart. Concentrate on the techniques presented in skills 1, 2 & 4 and pass the ball around in the group. For a bit more fun, once the basic technique has been mastered you can play 'piggy in the middle'. Have two attackers (3-4 meters apart) and one defender between them trying to intercept the passes. Once intercepted the person in the middle switches and becomes an attacker.

6 - Passing To The Water

Skill

Pass ball in front of the receiver into safe water, away from the defender. Practice passing different distances. Sometimes, the receiver may be swimming onto the ball. Always throw to a receiver who knows the ball is coming.



Drill

Separate into groups of 2-3 about 2 meters apart. Make 10 dry passes to the hand and then move one metre away from each other for another 10 passes and repeat until the group can no longer pass for 10 dry passes. Then start passing to the water, 10 passes and then move 1 metre closer together, until back at starting position. *Remember to always pick the ball up from the water from underneath.



7 - Power Shooting

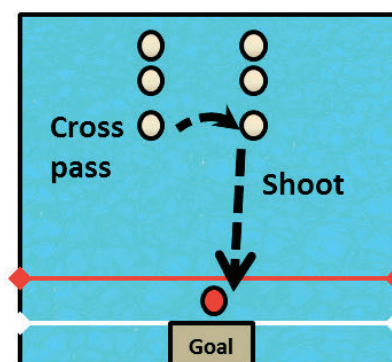
Skill

See Skills 2,4 & 5. Rise out of the water leaning forward, rotate your body and finish with your wrist so that your hand is flat on the water to add speed. Concentrate on accuracy first, then power.



Drill

Have two lines of players, one lined up on each goal post 4 meters from the goal. The person at the front of each line takes turns shooting. Or they can also integrate a pass from the opposite line before the shot (see illustration). Pass to the hand if they are catching strong side (a right hander in the left line, facing the goal, receiving pass from the right line), and on the water if not.



8 - (Goalie) Straight/Angle Shots

Skill

Have your hands fully open and shallow in the water. Face shooter front on and move forward. Keep your eyes on the ball and try to tap it down in front of you. You cannot block with a closed fist and avoid catching the ball. Be careful not to place ball in the goal behind you when picking it up to throw back into play.

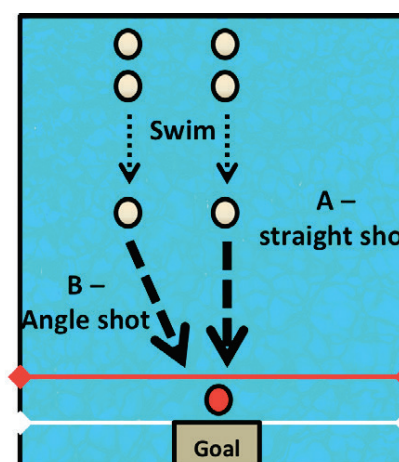


Drill

Have one line of players starting in the middle of the goal (A - straight shot) or 2 meters outside one of the goal posts (B - angle shot) at least 6 meters away from the goal. Swim towards the goal for two meters and shoot.

*Can add faking to this drill.

If you have two goalies, they can pass hard/shoot at each other (3-4 meters apart) to practice blocking the ball down onto the water.





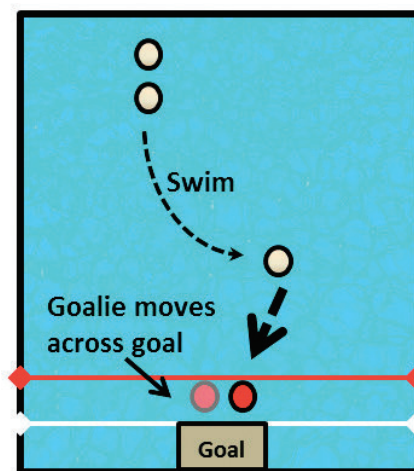
9 - (Goalie) Following the Ball

Skill

Face the ball front on and follow it by sliding sideways along the goal line.

Drill

Have one line of players starting in front of one goal post. The first person in line is to swim (with the ball) on an angle towards the other goal post while also moving closer to the goal. They can only shoot when they are in line with the other goal post. The goalie is to move across the goal following the ball (swimmer).



10 - Faking the Ball

Skill

Trick the goalie when shooting, wave the ball behind your head in shooting action, but hold onto the ball.

Drill

Have one line of players 5 meters from and in the middle of the goal. Fake the ball 2-3 times at the goalie before shooting. They can also practice this without a goalie. In pairs or small groups fake and shoot at each other.





APPENDIX 2 - LESSON PLANS WITHOUT A POOL

Without a Pool Plan 1

30 Min Lesson Plan

| | | |
|----------------|-------------------|---|
| Warm up | 5 minutes | <ul style="list-style-type: none"> - Star jumps for 1 minute - Relay - Separate into groups of six for a running relay. Repeat three or four times through |
| | 5 minutes | <ul style="list-style-type: none"> - Warm up passing in groups of three in a triangle. Three meters apart, one ball per group. - After a couple of minutes change the passing direction. - Then add holding the ball for three seconds before passing (making sure of correct standing technique). - Then add two fakes before each pass. <p>Make sure that their standing position is correct with the left leg forward (if right handed) and that when they are holding the ball, it is in the palm of the hand and the elbow is higher than the shoulder.)</p> |
| Passing | 5 minutes | <ul style="list-style-type: none"> - Staying in the groups of three with one ball, passing. Have them passing in a triangle for approximately 30 seconds before you blow the whistle. At the whistle the players are to constantly move, unless they have the ball, then they are to be faking three times. They can run/jog/walk anywhere in the designated area as long as they keep moving (making sure to avoid collisions with other groups). After 30 seconds blow the whistle and have stationary passing again. Repeat four times. |
| | 5 minutes | <ul style="list-style-type: none"> - Arrange players in groups of five or more, one ball per group. Players are only allowed to pass to any player that is not directly beside them. After they pass to them, they immediately run to that person and try to block their pass. (You can add more difficulty as needed, such as two or three fakes before passing or the passer waiting for the defender to arrive to make a pass under pressure.) |
| Game | 10 minutes | <ul style="list-style-type: none"> - Game - Tag: Start with one or two designated taggers. Players are only in danger of being tagged if they are holding the ball. Players must pass the ball to another player to be out of danger of being tagged. Increase the number of balls and/or number of taggers to increase difficulty. Once you are tagged, you also become a tagger. When you are not passing you can jog/run/walk. (Set out clear boundaries of the area they are to play in with cones or other markers.) |



Without a Pool Plan 2

30 Min Lesson Plan

| | | |
|----------------|-------------------|---|
| Warm up | 5 minutes | <ul style="list-style-type: none"> - Star jumps for 1 minute - Relay - Arrange players in groups of six for a running relay. Repeat three or four times through. |
| | 5 minutes | <ul style="list-style-type: none"> - Warm up passing in groups of three in a triangle. Three meters apart, one ball per group. - After a couple of minutes change the passing direction. - (Make sure that their standing position is correct with the left leg forward (if right handed) and that when they are holding the ball, it is in the palm of the hand and the elbow is higher than the shoulder.) |
| Passing | 5 minutes | <p>In the same groups of three have two attackers and one defender. Attackers are to pass under pressure, without fending off the defender with their arm, to the other attacker who is three-four meters away. The defender then jogs to the other attacker to defend again. Blow the whistle for them to change positions after 20-30 seconds. Repeat six times. (Can add faking to this drill.)</p> |
| | 5 minutes | <ul style="list-style-type: none"> - In the same groups of three, make ten passes (preferably consecutively) to the hand and then move one metre further away from each other. Repeat until the players can no longer do this, then move closer in the same manner (ten dry passes, one metre closer). (Reduce the number of dry passes if ten is too difficult.) |
| Game | 10 minutes | <ul style="list-style-type: none"> - Game - Piggy in the Middle: There are two attackers (three-four meters apart) and one defender between them trying to intercept the (to the hand) passes. Once intercepted, the person in the middle switches and becomes an attacker. (If you want to increase difficulty - when a person drops a ball, they are to switch with a defender. - Start with groups of three, then combine two groups to make a larger group of six with three attackers and three defenders. |



APPENDIX 3 - IN THE POOL 30 MINUTE LESSON PLANS

These lesson examples are for in-pool activities, however prior to any pool session a land warm up can be done if there is time available. This could include jogging, jumping jacks, passing, faking or other ball skill games (i.e. Piggy in the middle).

If you do not have enough players to play a full game at the end of practices, you can play 3 on 3 or 4 on 4 (not including the goalies).

If you have limited space, you can play a half court game. When possession changes or a goal is scored, the attacking team is to sprint back to half way before restarting the game.

If two goals are available, you can use two goals at the same time with the same drill, or if you have varying levels of skill in the group, one goal can be doing a more advanced drill.

Each group of players is different and it will vary at how fast they progress through them dependent on age, past experience and skill level. The skills presented in lessons 1-4 may need to be repeated to ensure player understanding before progressing to the more advanced lessons.

Don't be afraid to modify activities if players seem bored, the drill may be too hard or easy for them.



In Pool Lesson Plan 1

Focus on Correct Standing/Swimming/Passing Techniques

| | |
|-------------------|--|
| Warm up | <ul style="list-style-type: none"> - Four laps easy freestyle. - Relay - Separate into relay groups of three with two players on one side of the pool and the third on the other side. Swim head-up freestyle in relay fashion. Repeat four times. |
| 5 minutes | <p>Head should be kept still when swimming head-up freestyle, not moving from side to side. Short arm strokes and strong freestyle kick to be used at the same time.</p> |
| Passing | <ul style="list-style-type: none"> - Separate into groups of three and pass in a triangle with one ball. Players are to be two-three meters apart. Have the player who is about to receive the ball put their hand up to the ball as it arrives and then bring it back with their hand/arm as they catch. There should not be a slapping sound as they catch the ball. - After a couple of minutes get the players to hold the ball for three second before passing, concentrating on holding the ball correctly and their stance in the water. Remember that the ball should be in the palm of their hand, with their elbow higher than their shoulder when passing and holding the ball. |
| 5 minutes | <ul style="list-style-type: none"> - In the same groups of three, make ten dry passes (preferably consecutively) to the hand and then move one metre further away from each other. Repeat until the players can no longer make ten dry passes and then move closer in the same manner, ten dry passes, one metre closer. Reduce the number of dry passes if ten is too difficult. |
| 5 minutes | <ul style="list-style-type: none"> - Separate into two lines in line with the goal posts, four meters away from the goal. Alternate shooting from the two lines, picking the ball up from the water from underneath. |
| Game | <ul style="list-style-type: none"> - Depending on the number of players you have, you can have two to four teams. Having more than two teams makes it easier to keep track of equal game time because you are rotating teams and not players. Rotate teams after four or five minutes. - Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied. |
| 10 minutes | |



In Pool Lesson Plan 2

Passing to the Hand and Introduction of Faking

Warm up - Four laps easy freestyle
 - Relay - Separate into groups of three with two players on one side of the pool and the third on the other side. Swim half a lap of head-up freestyle and half a lap of backstroke. Do this in relay fashion. Repeat four times.
5 minutes

Head should be kept still when swimming head-up freestyle, not moving from side to side. Short arm strokes and strong freestyle kick to be used at the same time.

Passing - Separate players into groups of at least five (positioned in a circle), one ball per group. Players are to pass to someone who is not directly beside them. Immediately after passing, the player is to sprint at the person they have just passed to. Drill continues as players pass and swim.
5 minutes

- After a few minutes, introduce two-three fakes before each pass. Focus on having elbow higher than the shoulder when passing and having the ball in the palm of the hand, not held in their fingertips.)

5 minutes

- Piggy in the Middle (use the same groups of three players). There are two attackers passing the ball (three-four meters apart) and one defender between them trying to intercept the passes. Once intercepted the person in the middle switches and becomes an attacker. Encourage attackers to practice their faking and try to trick the defender as to when/where they are going to pass. Discourage very high lob passing. Encourage defenders to anticipate and jump as the attacker passes the ball.

Shooting Separate players into two lines in line with the goal posts, five meters away from the goal. If looking at the goal, only the right line is to have balls, this line will only be passing. The passer is to fake the ball two or three times and pass to the hand to a player in the other line who shoots. Both players then go to the back of the opposite line to which they were in.
5 minutes

Game **10 minutes** Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied.



In Pool Lesson Plan 3

Passing to the Water

| | |
|--|---|
| <p>Warm up</p> <p>5 minutes</p> | <p>- Relay - Head-up backstroke - backstroke with head up looking back over body. (In relay groups of three with two players on one side of the pool and the third on the other side. Swim in relay fashion. Repeat four times.)</p> <p>- Relay - Head-up freestyle with the ball. Same structure as above. Repeat four times.</p> <p>Ball should be positioned directly in front of the player's nose and controlled using their forearms. Head is to remain still, short arm strokes and strong freestyle kick should be used.</p> |
| <p>Passing</p> <p>5 minutes</p> | <p>- Separate players into groups of three with one ball per group. Players are to pass in a triangle for approximately 30 seconds before you blow the whistle. At the whistle, the players are to constantly move, whether they have the ball or not. They can swim/walk/run anywhere in the pool as long as they keep moving (making sure to avoid collisions with other groups). Players are to take three-four strokes head-up freestyle when they have the ball before passing. After 30 seconds blow the whistle and have stationary passing again. Repeat four times.</p> <p>Specifications can be changed for this drill such as passing from standing position, passing from a swimming position, passing to the water, passing to the hand, or swimming head-up backstroke when they don't have the ball.</p> |
| <p>Shooting</p> <p>5 minutes</p> | <p>- Separate players into two lines starting at half way, three metres apart. One ball per pair. The pair start at the same time, one swimming with the ball. After four strokes the person with the ball is to stop, pick the ball up from the water (from underneath) and pass to their partner (who is still swimming) on the water. The player with the ball now is to continue swimming to the goal, pick the ball up from underneath and shoot. Players then switch lines.</p> |
| <p>5 minutes</p> | <p>- Have the players now pass the ball from the water whilst swimming. They can either flick the ball with their wrist or do a shot put like motion that would be used to do a water shot. Add more difficulty by increasing the distance of the pass, starting further away from the goal or increasing the number of passes before the shot or adding a defender.</p> |
| <p>Game</p> <p>10 minutes</p> | <p>- Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied.</p> |



In Pool Lesson Plan 4

Basic Shooting

Prior to getting into the pool, discuss with team where they should aim when shooting. Good places to aim are away from the goalie or at the corners of the goal. They may also want to lob the ball when the goalie is far out of the goal.

| | | |
|-----------------|-------------------|--|
| Warm up | 5 minutes | <ul style="list-style-type: none"> - Relay – Head-up freestyle with the ball to halfway. Pick up the ball (from underneath), do three fakes then continue swimming. (Relay groups of three with two players on one side of the pool and the third on the other side. Swim in relay fashion. Repeat four times.) Ball should be positioned directly in front of the players’ nose and controlled using their forearms. Head is to remain still, short arm strokes and strong freestyle kick should be used. |
| Passing | 5 minutes | <ul style="list-style-type: none"> - Passing in groups of three in a triangle with one ball. Have the passers aim the pass at the catcher’s outstretched hand waiting for the ball. Encourage the players to really concentrate on making as accurate a pass as possible. Make sure body positioning is correct with left foot forward (if right handed) and elbow is higher than shoulder. |
| Shooting | 10 minutes | <ul style="list-style-type: none"> - Have one line at halfway, two meters outside the left goal post. Players are to swim with the ball towards the goal, pick up the ball when they are approximately three meters from the goal and shoot aiming for a corner. - Repeat this drill with a line in the middle of the goal. - Repeat this drill with a line two meters outside the right goal post. This drill is to get the players used to aiming at the corners of the goal and away from the goalie from a variety of places in the pool. Can add faking to the drill. |
| Game | 10 minutes | <ul style="list-style-type: none"> - Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied. |



In Pool Lesson Plan 5

Fake to Shoot

| | | |
|-----------------|-------------------|---|
| Warm up | 5 minutes | <ul style="list-style-type: none"> - Four laps easy freestyle - Relay – Head-up freestyle with ball, every four-five strokes pick the up ball from underneath and do three fakes, then continue swimming. (Relay groups of three with two players on one side of the pool and the third on the other side. Swim in relay fashion. Repeat four times.) <p>When swimming the ball should be positioned directly in front of the player’s nose and controlled using their forearms. Head is to remain still, short arm strokes and strong freestyle kick should be used. When faking the ball, it is to sit in the palm of the hand, not on the tips of the fingers.</p> |
| Passing | 5 minutes | <ul style="list-style-type: none"> - Separate into groups of three, passing in a triangle with one ball. Do three fakes before passing to your partner. - Add three defenders between the passers and create a six-person piggy in the middle situation. Players can now pass without faking. <p>Make sure that when they are faking their elbow is higher than their shoulder.</p> |
| Shooting | 5 minutes | <ul style="list-style-type: none"> - Separate into two lines at half way. Both lines have balls. One player from one line starts swimming with the ball until they are approximately five meters from the goal. They are then to pick up the ball (from underneath), fake three times, then shoot. The next player from the opposite line now starts. |
| | 5 minutes | <ul style="list-style-type: none"> - Add a blocker to the above drill. After a player shoots, he or she then becomes the blocker (positioned three or four meters away from the goal). <p>Make sure that the shooters are still aiming for the corners of the goal. Encourage blockers to move their arm with the attacking player and to jump when the attacker shoots.</p> |
| Game | 10 minutes | <ul style="list-style-type: none"> - Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied. |



In Pool Lesson Plan 6

Cross Passing to the Water

Warm up

**5
minutes**

Separate into pairs, two-three meters apart. One ball per pair. Have half of the pairs at one end of the pool and half at the other. The two start swimming together, one with the ball. After four strokes, the player with the ball is to flick the ball onto the water in front of where their partner is swimming. They are to pass it back and forth until they reach the other side of the pool. Do this in relay fashion. Repeat four times. Make sure players are swimming head-up freestyle without stopping keeping their head still and the ball in front of their nose with short arm strokes and strong freestyle kicking.

Passing

**5
minutes**

Separate players into groups of three, two meters apart. One ball per group. Have them passing in a triangle for approximately 30 seconds before you blow the whistle. At the whistle the players are to move constantly whether they have the ball or not, they can only swim (head-up freestyle or head-up backstroke) anywhere in the pool as long as they keep moving. The person with the ball is to do four strokes head-up freestyle with the ball before passing to the water (they can either pass from the water or stop and pass from a standing position). After 30 seconds blow the whistle and have stationary passing again. Repeat approximately four times. Encourage the players to pass straight from the water if making a close pass, but if they are making a longer pass, to stop and use correct passing technique.



FUN FILLED AND UNBEATABLE



Shooting

**5
minutes**

Separate half of the players into a line on the right side of the pool at half way and the other half on the left side. Have all the balls in the left line (if facing the goal). One player from each line starts swimming towards the goal at the same time, the player in the left line swims with the ball. When they are approximately three meters away from the goal, the player with the ball passes from the water, to the water in front of their partner. This player then shoots.

Encourage shooters to do a water shot like a push shot-put motion, or to try and flick the ball into the goal from the water. The shot does not need to be hard. Because of the cross pass, they should be shooting into an empty space in the goal as the goalie will struggle to jump from one side of the goal to the other in time.

**5
minutes**

Same as above drill, but start balls in the right line and have the passer stop with the ball and do two fakes to draw the attention of the goalie, before passing to their partner on the water.

Can add a defender to increase difficulty. A defender can be added in the middle by creating a third line in the middle of the goal, or a chaser can be added to the passer and/or shooter.

Game

**10
minutes**

Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied.





In Pool Lesson Plan 7

Cross Passing to the Hand

| | |
|--|---|
| <p>Warm up</p> <p>5 minutes</p> | <p>- Separate the players into pairs. Have half of the pairs at one end of the pool and half at the other. One ball per pair, two-three meters apart. One player swims while the other one fakes the ball (facing forward as if facing a goal, not facing the player). After four strokes, the swimming player is to stop and receive the ball on the hand and fake it until their partner has done four strokes. Repeat this until they reach the end of the pool. Do this in relay fashion. Repeat four times.</p> <p>Make sure players are swimming head-up freestyle with their head still. When a player is faking their elbow is to be higher than their shoulder and they are to have the correct standing position with the ball in the palm of their hand.)</p> |
| <p>Passing</p> <p>5 minutes</p> | <p>- Passing in groups of three in a triangle, two-three meters apart, with one ball. Players are to do three fakes before each pass. Make sure players are standing correctly with the left leg forward if right handed, that they have the elbow higher than the shoulder and the ball in the palm of the hand, not held in their fingertips.</p> |
| <p>Shooting</p> <p>5 minutes</p> | <p>- Separate into two lines, five meters away from the goal and positioned slightly outside the goal posts. Have the balls in the right line (if looking at goal). Pass to the hand from the right line to left line for the shot.</p> <p>- Repeat drill with the ball starting in left line. This time have the passer sprint to the back of the line after passing and have the shooter sprint to retrieve the ball after they have shot. This sprinting is preparing them for the reactions needed for counter attack and defense situations in a game.</p> <p>Encourage players to shoot the ball with more power, make sure they are rotating their body and shifting their weight from their back foot to their front foot as they shoot. Their shooting hand should slap flat onto the water after they release the ball.</p> |
| <p>5 minutes</p> | <p>- Repeat both drills with two-three fakes before passing for the shot. Encourage players to shoot off of the hand. This means not faking at all before shooting. Have them concentrate on trying to beat the goalie across the goal.</p> |
| <p>Game</p> <p>10 minutes</p> | <p>- Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied.</p> |



In Pool Lesson Plan 8

Counter Attack

Warm up **5**
 minutes - Game - Octopus (see games section for rules)

5
minutes - Have players find their own space in pool. When you blow the whistle, they are to swim in the direction you point to with your hand. When you point behind them, they are to swim head-up backstroke. Do this for 20-30 seconds at a time, then rest.
Repeat approximately 4 times.
Make sure they are changing directions as fast as they can by either pushing off the bottom of the pool, or by doing a big breaststroke kick. This is preparing them for counter attack/defense situations in a game.

Passing - Separate into groups of two or three, two meters apart. Get players to practice flicking the ball to each other from the water to the hand.
5
minutes - In the same groups, practice water shots. Spread out to four meters apart. Players are to swim towards another person in the group, after four strokes, they are to do a shot put like shot towards their partner.
When doing this water shot, make sure their thumb is pointed down to the bottom of the pool when holding and releasing the ball and that their elbow is higher than their hand.



FUN FILLED AND UNBEATABLE



Shooting

5
minutes

- Have one line in the middle of the goal at half way. The first person in the line leaves without a ball, after a few strokes, they turn on their back to receive the ball from the next person in line and go to the goal to shoot. A defender follows close behind. Once the shot has been taken, the defender swims back to half way, tags the next person in line and becomes the attacker.

Need the whole pool for this drill with a goalie in each goal

5 - 10
minutes

- Separate players into two lines on either goal post at half way. The ball begins with the player in right line (attacker). Both players swim toward the goal together. The player on the right picks the ball up from underneath and cross passes to their partner (defender), who shoots at the goal. Immediately after passing, the attacker is to swim head-up freestyle towards the goal at the other end. Immediately after shooting, the defender is to follow attacker as counter defense. The attacker rolls onto their back to receive the ball from the goalie and swims to the goal at the other end to shoot.

Encourage players who are on a counter attack and have a defender close behind them to do a water shot. If their defender is far behind them, they should pick up the ball and fake before shooting.

- Goalie - Encourage the goalie not to stand in the goal and to always remember to take a few steps out before passing as to not cause an own goal. When they get attacked, it is helpful to swim the ball to the side to get out of the goal area.

Game

10
minutes

- Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied.



In Pool Lesson Plan 9

Counter Defence

| | |
|--|--|
| <p>Warm up</p> <p>5 minutes</p> | <p>- Relay – Head-up backstroke to half way, head-up freestyle zig-zag to the end. Swim in relay fashion. Repeat four times.</p> <p>- Relay – Separate into groups of three, one ball per group. The player in middle is the defender. Have the two attackers about three meters apart. The attacking players are to pass the ball between them as the defender tries to attack the players and intercept the ball as they swim the length of the pool. Half of the groups are to be at one end of the pool and half at the other. Do this in relay fashion. Repeat four times.</p> |
| <p>Passing</p> <p>5 minutes</p> | <p>- Separate into groups of three with one ball. Two are attackers two-three meters apart with one defender in between. The two passers are to pass between each other (to the hand), while the defender swims between them. The passers are to wait until the defender has reached them, so that they have to make a pass under pressure.</p> <p>- After a few minutes have them pass to the water. Make sure that attackers are using correct body positioning to protect the ball and are not fending defender away with their arm.</p> |
| <p>Shooting</p> <p>5 minutes</p> | <p>Have three lines lined up near half way. The two lines outside the posts are attackers, the middle line are defenders. The defender is to start two meters in front of the attackers. The attackers are to pass the ball between them as the defender zig-zags and chases them trying to steal/intercept the ball.</p> <p>Remind the defenders that the most dangerous person in the pool is the person who is closest to the goal. It is also not a good idea for a defender to allow a cross pass close to the goal. So once the attackers are closer to the goal the defender should chose one person to defend and trust that the goalie can block the shot from the other.</p> |
| <p>5 minutes</p> | <p>Add one more attacker and defender to the drill above. Three attackers passing and moving towards the goal on a counter attack situation with two defenders between them.</p> |
| <p>Game</p> <p>10 minutes</p> | <p>Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied.</p> |



In Pool Lesson Plan 10

Triangle Shooting

| | | |
|-----------------|-----------------------|--|
| Warm up | 5 minutes | <ul style="list-style-type: none"> - Four lengths swimming. Two lengths head-up freestyle and two lengths zig-zag freestyle. - Separate players into pairs with one ball per pair. Have half of the pairs at one end of the pool and half at the opposite end. One person in front and one, two meters behind, facing each other. The player in front begins swimming head-up backstroke. The player behind swims head-up freestyle with ball, flicking ball to partner in front. The player in front catches ball, then places in front of their partner to swim onto. Group functions in relay fashion. Partners swap roles after each length. Repeat four times. |
| Passing | 5 minutes | <ul style="list-style-type: none"> - Passing in groups of three in a triangle, with one ball, three-four metres apart. - Add swimming four strokes with the ball and stopping before passing (without faking). - Add two fakes before passing the ball. <p>Make sure players are standing correctly with the left leg forward (if right handed), that they have the elbow higher than the shoulder and the ball in the palm of the hand, not held in their fingertips.</p> |
| Shooting | 10 minutes | <ul style="list-style-type: none"> - Organise players into a triangle. Two players on either post on the two-meter line and one player in the middle (facing the goal), ten meters from the goal. Remaining players line up behind the middle player. - The player on ten meters swims with the ball to the top of the triangle at five meters, picks the ball up from underneath, and passes to the post player to their left, who passes to the post player on the right who passes it back to the shooter (at the top of the triangle), who shoots. Once the post players have passed, they stand in blocking position. All players rotate to the shooter's left. - Add a defender. Post player on the right, after passing the ball, swims towards the shooter attempting to block their shot. - Repeat drill in opposite direction. Rotate in opposite direction as well. Encourage blockers to jump when attackers shoot. Can also add faking to this drill. If you have an advanced group of players, you can suggest faking at one corner and shooting to another. |
| Game | 10 minutes | Practice Flippa Ball games in which your players participate in, let the game flow, but ensure that the basic rules are applied. |



APPENDIX 4 - GAMES

Some of these games do not focus on technique but are ways to improve useful skills in a fun way. These games can be used to warm players up, end a training session, as a reward for good behavior, or a good practice.

Games with a Ball

| Game | Outline |
|----------------------------|--|
| Steal the Ball | <p>Players swim around with balls, defenders swim around trying to steal the balls without causing a foul. Start with fewer defenders and later increase numbers for more difficulty. This game encourages players to keep moving when they have the ball and makes them practice protecting the ball.</p> |
| Piggy in the Middle | <p>There are two attackers (3-4 meters apart) and one defender between them trying to intercept the (to the hand) passes. Once intercepted, the person in the middle switches and becomes an attacker.</p> <p>You can also extend the game to include more people. You can have three attackers in a triangle and three defenders between the attackers trying to intercept passes.</p> <p>If you want to increase difficulty- when a person drops a ball, they are to switch with a defender.</p> |
| Tag | <p>Clearly set out the boundaries/field of play. Start with one designated tagger and a few balls. Players are only in danger of being tagged if they are holding the ball. Players must pass the ball to be out of danger of being tagged. Increase the number of balls and/or number of taggers to increase difficulty.</p> <p>Once you are tagged, you also become a tagger.</p> |
| Tag with a Ball | <p>Separate into two teams, a tagging team and a non-tagging team. The tagging team should not have as many players as the non-tagging team. The ball is the only thing that can tag people. The tagging team pass the ball around trying to tag the non-tagging team with the ball. To increase difficulty, add more balls. Once tagged, you become a tagger.</p> |
| Hot Potato | <p>Separate the players into groups of no more than 6 passing one ball around in any order. Blow the whistle to start the game. Have a set time of about 20 seconds and then blow the whistle again. Whoever is holding the ball at that stage is 'out'. Can add more balls to increase difficulty. You can also increase difficulty by making players do two fakes before passing.</p> <p>Have the 'out' players pass together, not just sit on the side.</p> |



Games in the Pool Without a Ball

| Game | Outline |
|-------------------------------|--|
| Octopus | <p>Line up all players on one wall of the pool, one person is 'it' and is standing alone in the middle of the pool. On the whistle, the players lined up on the wall need to get across to the other side of the pool (by walking/running/swimming) without being tagged. You may need to narrow or modify the field of play.</p> <p>If they reach the other side un-tagged, they are safe. If a player is tagged he/she must stop where they are tagged and not move from that spot, they then become taggers as well, but stationary ones (only moving their arms, like octopuses).</p> <p>The players that made it to the wall or to 'safety', now (on the whistle) have to get back across the pool avoiding both the original tagger (who can move around) and the other players who were tagged but cannot move their feet. The last person left still trying to cross the pool is the winner.</p> |
| Tag | <p>Start with one tagger. Every time they tag someone else that person becomes the new tagger. If you have lots of players, nominate 2-3 taggers.</p> |
| Stop and Go | <p>Players find own space in the pool and have them running or swimming in any direction and stopping/starting on the whistle. Do this for about 20-30 seconds at a time.</p> |
| Jumping on the Whistle | <p>Players find own space in the pool and jump on the whistle in the direction you point in. Do this for 20-30 seconds at a time. This is a good drill for goalies to practice.</p> |





Relays

Relays can be done with many different strokes, balls and obstacles. Relays can be made up of teams of three or more people. It is often fun to make the relays a race for the kids to get competitive about. As a reward for a winning team, the players could think of a different/new relay to do for the next practice session.

| Relay | Outline/Focus |
|---------------------------|---|
| Freestyle | Focus on kicking hard. |
| Head up Freestyle | Focus on keeping head still, swimming with short strokes and kicking hard. |
| Head up Backstroke | Backstroke with head-up, looking back over legs towards the rest of the field of play. This stroke is particularly useful when coming back on defense because it allows player to see more of the field. |
| Running | Can vary between running and sideways movement. |
| Jumping | Have players jump across the pool. This will help them to be able to make a quick start or change of direction in a game. |
| Zig-Zag Swimming | The Players can be their own obstacles. Separate into groups of 5 line up at one end of the pool about a meter apart. The person at the back of the line is to zig zag swim around their team members and stop at the front, then the last person leaves the back and weaves their way to the front. They are to make their way across the pool like this. A ball can be added to increase difficulty. |
| Passing Relays | <p>Line up teams of 5 or 6 in a straight line across the pool approximately two meters apart. Starting the Ball at one end pass the ball along the line through each person. Once it reaches the last person, pass it back down the line. Have them do this three times. You can also add faking into this drill.</p> <p>To make it into a competition, the winner could be the team to complete the task first without dropping the ball. If the ball is dropped they have to start again.</p> |

Making relays more interesting can be as easy as adding tagging or a high-five when it is the next person's turn to go. You can also get players to change strokes half way through the pool, add a jump at half way or add a ball.



APPENDIX 5 - FLIPPA BALL RULES

| Rule | Description |
|-------------------------|--|
| 1. Seven Players | A team consists of 7 players in the water at one time - 1 goalie and 6 field players. A team can have up to 6 substitutes (but we recommend 3) who can either be interchanged after a goal has been scored and before play has started again OR at any time from their corner of the pool, but only when the player being replaced has reached his/her corner of the pool, so as to ensure there are only 6 field players in play per team at all times. |
| 2. Game Duration | A game is made up of 2 halves of up to 10 minutes each with teams switching ends at halftime. The break at halftime is approximately 2 minute. |
| 3. Starting Play | To start the game, players line up along their respective goal lines. At the referees whistle, the referee drops the ball in the middle of the pool and players move to the center line. Position is granted to the team who reaches the ball first. The first pass must be backwards to a team mate. (Refer to Officials Hand Signal - Fig. 1). |
| 4. Goal | A goal is scored when the whole ball crosses the line of the front 2 posts (the ball does not need to touch back of net). The ball carrier can only shoot when they are in the attacking half of the court. It is not permissible to shoot from one's own half. (Refer to Officials Hand Signal - Fig. 7). |
| 5. After a Goal | To start play after a goal is scored, players from each team must return to their own half. The ball starts at halfway with a player from the team who did not score the goal. On the referees whistle, the player with the ball must pass backwards to a team mate and then the game will continue. (Refer to Officials Hand Signal - Fig. 1). |
| 6. Corner Throw | A corner throw (taken from beside the red 2 metre cone) will be awarded if the ball is knocked out of play by a defending player or goalie. |



| Rule | Description |
|------------------------------------|---|
| 7. Free Throw Infringements | <p>Minor foul or infringements below will result in a free throw being awarded by the referee. The free throw must be taken from where the foul occurred or an area not closer to the attacking goal of the team awarded the foul. The player taking the free throw cannot shoot at goal after receiving a foul and defenders cannot interfere with the taking of the free throw. (Refer to Officials Hand Signal - Fig. 2)</p> <p>All of the infringements below will result in a free throw being awarded by the referee to the opposing team:</p> <ul style="list-style-type: none"> - A player cannot contact the ball with 2 hands (exception being the goalie) - A player cannot take the ball under the surface of the water - A player cannot walk or run with the ball - A player cannot hit ball with a closed fist - A player cannot swim on or over an opponent's legs - A defensive player cannot contact an attacking player - An offensive player cannot fend away a defensive player - Offside play |
| 8. Major Foul Infringements | <p>Major foul infringements will result in a free throw awarded to the attacking team by the referee and the defending player excluded to his/her team's corner of the pool for a period of either 20 seconds or when the referee signals the player back into the court of play. (Refer to Officials Hand Signal - Fig. 4-5, 8-13).</p> |
| 9. Exclusion Infringements | <p>Aggressive play and use of abusive language are prohibited in the game of Flippa Ball and the penalty will be exclusion for the remainder of the game WITH a substitute entering play on signal from referee (aggression is defined as deliberately striking or attempting to strike a fellow player). (Refer to Officials Hand Signal - Fig. 4-5, 8-13).</p> |

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| Rule | Description |
|---|--|
| 10. Team | Players not in game are to sit on team bench or designated bench area. Players are not to wear items such as jewellery, goggles, glasses or anything that could cause harm or injury to another player or yourself. |
| 11. Coaches | During the game coaches must be situated in the corner of the pool where their team is located and can only move between that corner of pool (up to the 2m cone) and the goal that his/her team is defending. |
| 11. One Hand Only | Players can use one hand only to catch, pass, shoot or defend the ball. The exception to this is the goalie, who may use both hands. (Refer to Officials Hand Signal - Fig. 16). |
| 13. No Ball = Walk Ball = Swim or Pass | The pool is shallow, (approximately 1 metre) allowing players to stand on the bottom of the pool. Players are permitted to walk along the bottom if they do not have the ball. However, If in possession of the ball the player must swim or pass. (Refer to Officials Hand Signal - Fig. 6). |
| 14. Ball Under | A player cannot take the ball under the surface of the water. Note that the player whose hand is closest to the ball will be the player deemed to have taken the ball under. (Refer to Officials Hand Signal - Fig. 14). |
| 15. No Contact | A player cannot swim on or over an opponent's legs, a defensive player cannot contact an attacking player, an offensive player cannot fend away a defensive player - if this occurs, a minor foul/free throw is awarded. NO splashing, sinking, holding or pulling back - or a major foul/exclusion for 20 seconds will be enforced. NO aggressive play (striking or attempting to strike another player) or use of abusive language - this results in exclusion for the remainder of the game with a substitute at the referees signal. (Refer to Officials Hand Signal - Fig. 2, 4-5, 8-13). |

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| Rule | Description |
|--|---|
| 16. Off-Side | An attacker will be deemed offside if the attacker enters the attacking 2 metre zone if they are not holding or following the ball. If the ball carrier enters the 2 metre zone, other attackers are then allowed to enter as long as they remain behind the line of the ball carrier. A Goalie is deemed off-side if they enter their attacking half. (Refer to Officials Hand Signal - Fig. 15). |
| 16. Neutral Throw | When 2 players simultaneously gain possession of the ball, the referee will signal a neutral throw. The 2 players involved face the referee, close to the side of the pool, same side as their goalie; the referee then blows the whistle and throws the ball high in the middle of the 2 players, who attempt to gain possession by jumping and tapping the ball to a player on their team. (Refer to Officials Hand Signal - Fig. 3). |
| 18. Holding the Ball Under the Elbow When Tackled | Holding the ball under the elbow (or in the crook of the arm) when tackled by a defender, is a foul with possession being awarded to the opposing team. (Refer to Officials Hand Signal - Fig. 17). |
| 19. Spectator or Coach Behavior | The league coordinator will have the right to warn coaches or spectators about abusive behavior and, if the behavior continues, request the person to leave the pool facility. |



APPENDIX 6 - HAND SIGNALS FOR REFEREES & OFFICIALS









- Fig. 1**  The referee lowers the arm from a vertical position to signal
- The start of the period
 - To restart after a goal
 - The taking of a penalty throw.
-
- Fig. 2**  To point with one arm in the direction of the attack and to use the other arm to indicate the place where the ball is to be put into play at a free throw, goal throw or corner throw.
-
- Fig. 3**  To signal a neutral throw. The referee points to the place where the neutral throw has been awarded, points both thumbs up and calls for the ball.
-
- Fig. 4**  To signal the exclusion of a player. The referee points to the player and then moves the arm quickly towards the boundary of the field of play. The referee then signals the excluded player's cap number so that it is visible to the field of play and the table.
-
- Fig. 5**  To signal the simultaneous exclusion of two players. The referee points with both hands to the two players, signals their exclusion in accordance with Fig. D, and then immediately signals the players' cap numbers.
-
- Fig. 6**  To indicate the ordinary foul of standing on the bottom of the pool. The referee raises and lowers one foot.
-
- Fig. 7**  To signal that a goal has been scored. The referee signals by whistle and by immediately pointing to the center of the field of play.
-
- Fig. 8**  To indicate the exclusion foul of holding an opponent. The referee makes a motion holding the wrist of one hand with the other hand.




Fig. 9  To indicate the exclusion foul of sinking an opponent. The referee makes a downward motion with both hands starting from a horizontal position.


Fig. 10  To indicate the exclusion foul of pulling back an opponent. The referee makes a pulling motion with both hands vertically extended and pulling towards his body.

Fig. 11  To indicate the exclusion foul of kicking an opponent. The referee makes a kicking movement.


Fig. 12  To indicate the exclusion foul of striking an opponent. The referee makes a striking motion with a closed fist starting from a horizontal position.


Fig. 13  To indicate the ordinary foul of pushing or pushing off from an opponent. The referee makes a pushing motion away from the body starting from a horizontal position.


Fig. 14  To indicate the ordinary foul of taking the ball under the water. The referee makes a downward motion with a hand starting from a horizontal position.


Fig. 15  To indicate a violation of the two-metre Rule. The referee indicates the number 2 by raising the fore and middle fingers in the air with the arm vertically extended.



Fig. 16  To indicate the ordinary foul of holding the ball with both hands. The referee holds two hands as though they are holding a ball.

Fig. 17  **NEW RULE**
To indicate holding the ball in the crook, or under the arm, when tackled the referee will bend one arm at the elbow and swing it forward & back.



APPENDIX 7 - CODES OF CONDUCT

Code of Conduct for Players

As a Player

I will:

- Always play by the rules
- Never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- Control my temper. I understand that verbal abuse of officials and other players or deliberately distracting or provoking an opponent is not acceptable or permitted behaviour in any sport
- Work equally hard for myself and my team
- Be a good sport and applaud all good plays whether they are made by my team or the opposition
- Treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor
- Cooperate with my coach, team mates and opponents
- Display modesty in victory and graciousness in defeat
- Participate for my own enjoyment and benefit, not just to please parents and coaches
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Thank the opposition and officials at the end of the game



Code of Conduct for Parents

As a Parent

I will:

- Encourage my child to play within the rules and respect officials' and coaches' decisions
- Teach my child to respect the efforts of their opponents
- Remember that children learn best by example so I will applaud good plays/performances by both my child's team and their opponents
- Give positive comments that motivate and encourage continued effort
- Support my child's efforts and performance
- Thank the coaches, officials and other volunteers who give their time to conduct the event for my child
- Help when asked by a coach or official
- Respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background

I will not:

- Pressure my child in any way - I know that this is their game not mine
- I will not arrive at the venue intoxicated or drink alcohol at junior matches
- Use bad language, nor will I harass players, coaches, officials or other spectators
- Criticise or ridicule my child's performance after the game



APPENDIX 8 - TRANSITION TO WATER POLO

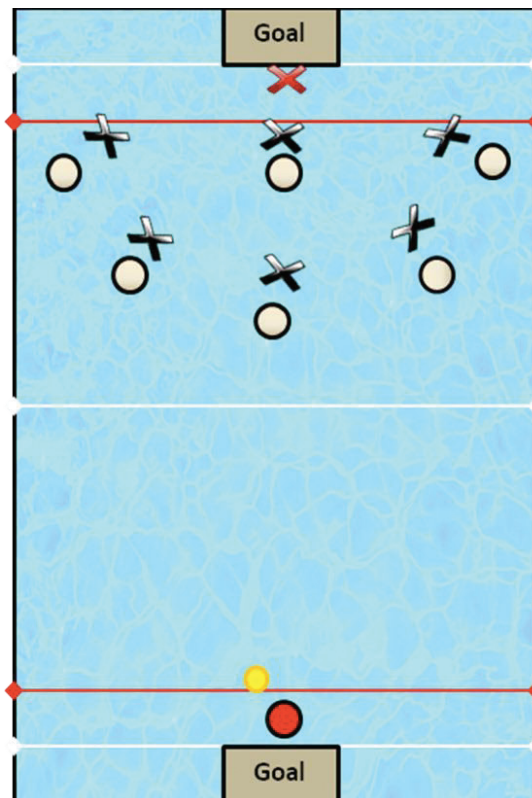
This section is aimed at older, more experienced Flippa Ball players, looking to make the transition from Flippa Ball to water polo. It explains the change in rules, the skills needed to succeed in water polo and some useful tips.

What to Expect From Water Polo

Water polo becomes rougher, with more physical contact between players. This means players need to be at a higher skill level. A water polo pool is also deeper than a Flippa Ball pool. Players need to be confident swimmers and learn to use eggbeater kick (explained below) to stay afloat.

More player positions evolve such as center forwards, drivers and center backs. There is also a greater emphasis on the attacking and defensive structure.

Teams set up in what is called the 'mushroom' formation (shown here).





Basic Changes in Rules

| Game | Outline |
|------------------------|---|
| Pool Depth | A water polo pool is deeper than a Flippa Ball pool, usually around 2m deep. This means that the players cannot stand or run along the bottom of the pool; therefore players need to be confident swimmers and also need to learn egg beater kick (this is the kick used to keep afloat when you are not swimming). |
| Pool Size | A water polo pool when played at a young level is usually around 25meters by 20 meters. |
| Game Length | Water polo games are played in four quarters. |
| Possession Time | Water polo games have a 30 second possession time. This is reset whenever there is a shot taken, exclusion called or a change of possession. |
| Ball Size | A water polo ball is larger than a Flippa Ball ball. Therefore, it is even more important to remember to pick up the ball from underneath. |
| Exclusions | You are only allowed to have three major fouls per person, per game. Once you have received your third foul, you may not re enter the pool until the next game. |
| Contact | The game becomes more physical. Defenders are allowed to knock a player's arm and put physical pressure on them if they are holding the ball in their hand. |
| Blockers | Field players can only block with one hand/arm. |



The Importance of Swimming

Swimming is a fundamental requirement for Water Polo. The better a player can swim the better they will be able to play Water Polo.

This cannot be emphasized enough!

Often it is good for a player to have regular swimming sessions – preferably in a squad so that they are training as a group.

Swim squads sometimes do not like to coach Water Polo players nor do they like “their” swimmers to play Water Polo. NZWP believe that they complement each other. If a player wants to become the best Water Polo player they can be they must persist with swimming.

The Importance of Eggbeater and Breaststroke Kick

Eggbeater kick is one of the most important skills necessary to play water polo. It is used to stay afloat and therefore necessary to pass, shoot, attack and defend.

Because you can't touch the bottom of the pool in water polo, breaststroke kick also becomes very important. This is what players use to change directions. When players are about to shoot, they use a big breaststroke kick to get up high in the water, just before releasing the ball. Blockers and goalies also use breaststroke kick to jump high and block the ball.

How To Do Eggbeater Kick

It can sometimes be easier to teach eggbeater while the players are sitting on the side of the pool with only their legs in the water. This way they can look at their technique and you can easily correct it if they are doing it incorrectly.

To do eggbeater kick correctly, the players position themselves in a sitting position in the water, as if sitting on a chair. The knees are to be bent and thighs are to be parallel to the water's surface. The left foot moves in a clockwise circular motion and the right foot moves in a counterclockwise circular motion, just like an eggbeater. The feet arrive at the inner most point of the motion at alternate times so that they never meet in the middle. Use hands to skull and help stay afloat.



Player Positions in Water Polo

As players continue playing water polo after Flippa Ball, specific positions become increasingly important. Below are outlines of the basic water polo positions.

Centre Forwards or Hole Sets

Centre forwards are offensive players who are usually the biggest and strongest players in the team. The center forwards position themselves approximately three meters from the goal, in the center and are usually players that score quite a few goals for the team. They are marked by the center back of the opposing team.

Centre Backs or Hole Defenders

These players guard the center forward closely. Centre backs need to be physically strong. Having long arms is an added bonus, because it makes it easier to steal the ball from the center forward. Centre backs must also be careful not to have a major foul called against them.

Being a center forward or center back is very physically demanding as these two players are very close in the water and often 'wrestle' and push down on each other to gain better position. Strong eggbeater kick is a necessity to play either position.

Drivers

Drivers are players who create movement in the pool. They are usually the smaller, quicker members of the team. They work hard to beat their defending player at swimming, earn ejections and take shots from the out side positions the mushroom set-up.

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Utility Players

Utility players are versatile and can play more than just one position.

Utility players can often play center forward or center back when needed and usually have a good outside shot.

Goalkeeper

The goalkeeper (or goalie) in water polo is unable to touch the ground because of the depth of the pool. This means that good eggbeater kick and a strong breaststroke kick are essential. It is also helpful if the goalie is tall with long arms. They should have quick reactions and the ability to pass accurately.

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