

National Academy Standards



General and Fundamental Skills

The following skills should be the focus of (you can then develop players as you feel appropriate) Regional Academies from 8th January until 2nd June 2018
 Players who are not competent across the board by June 2nd should have a clear action plan on gaps in their competency and how to become competent.
 NB: Sessions should cover these skills at some time during this period and MUST include Game play or game play scenarios focussing on maintaining good skills
 Game play should be at least 20 mins per session

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<u>General Body Position (tripod)</u>	Shoulders dry throughout exercise, stable body. Sitting position keeping knees high, knees wide, feet turned out - eggbeater alternating action. Elbows & hands forward of body, hands making short simultaneous sculling movements near surface. Player is able to maintain body in steady upright 'tripod' position -high knees, wide knees, feet turned out. Eggbeater kick
<u>Moving sideways forwards and backwards</u>	Horizontal body positions hips high hands sculling, moving right- right hand and right leg extended to 'pick' up water and pull to meet other hand and leg to push water away, torso and legs in line Player demonstrates effective movement in horizontal plain moving in all directions maintaining high hips
<u>Sliding and tilting in all directions</u>	Horizontal position hips high, arm reaching out glide at 45deg, start eggbeater to explosive br/st kick x2 - using all 3 limbs at same time to kick, pull & reach Players demonstrates effective distance when executing exercise, moving left and then right
<u>Start forward with /without ball</u>	In 'snooker position' +explosive scissor or breaststroke leg kick, lifting ball with hand underneath maintaining high elbow recovery during swimming, keeping ball under control Player demonstrates good technique in starting quickly keeping ball close and under control always
<u>Head Up Water Polo FC</u>	Chin on top of water, head still, slight bend in leg, strong kick to maintain body position, place hands into water shoulder width apart, look forward, look right, look forward, look left. etc. Player can swim effectively maintaining good peripheral vision
<u>Starting & Stopping</u>	Bring knees quickly under stomach, same time spread arms wide against swim direction, present body in 'snooker' position Player effectively demonstrates stopping, starting in different directions, 'start position explosive stop.

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<p><u>Changes of direction</u> <u>90 deg</u> <u>Change direction 180 deg</u></p>	<p>explosive stop, bringing knees under body making small turn, hips 45° look in new direction + start forward with Breaststroke or scissor kick Player demonstrates ability to quickly stop and ‘sets’ body to re-start on command</p>
<p><u>Head Up Water Polo FC +ball</u></p>	<p>as above, + pushing ball with nose, eyes looking over the ball, high elbows high frequency to maintain control</p>
<p><u>Stopping with & picking up ball</u></p>	<p>Use stopping technique as described. Arm outstretched placing non-dominant hand at the side of the ball, fingers spread, little finger and thumb holding ball, scoop ball toward dominant hand with hand underneath the ball – Pick up ball into tripod position</p>
<p>Walk - fast (breaststroke kick) (Long Walking)</p>	<p>Body starts in GBP boxing position, leaning forward holding ball high, elbow above ear, other hand pulls in forward direction, using a breaststroke kick followed by single arm pull to move forward. Player demonstrate a good understanding of technical requirement heading forward towards goal whilst focusing on target</p>
<p>Walk - high (eggbeater kick) (Short Walking)</p>	<p>Body in GBP boxing position holding ball high, elbow above ear and behind head, other hand sculling, eggbeater kick, single arm sculling maintaining height Player demonstrates high body position whilst moving in general direction</p>
<p><u>Catching Ball</u></p>	<p>Player in GBP, one hand sculling to maintain stability, receiving hand, palm facing passer, above head arm outstretched towards ball, fingers spread. cushion the ball on contact bringing the ball back behind head ready to make pass or shot Player demonstrates good technique receiving ball, minimum of 3m apart from left hand and right-hand side, maintaining a stable body position</p>
<p><u>Passing Ball</u></p>	<p>Player can receive and make high ‘flat’ passes a minimum of 3 metres apart consistently for 30 seconds from left/right side showing good technique maintaining high body position.</p>
<p><u>Shooting static</u></p>	<p>Hips under shoulder, driving legs hard, left leg under body, right leg back, (opposite for left hander) non-shooting arm forward sculling hard just under surface. On execution close legs fully. Player consistently executes effective shot from 5m demonstrating good height out of water chest showing</p>
<p>1v0</p>	<p>Player swims with ball 15m away towards goal, looks behind, picks up ball at near post, pulls, kicks across goal mouth moving keeper before shooting to score</p>

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	Player consistently demonstrates ability to score goals v only GK
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NB: Each session should follow the Main Session Aims above and include Game play or game play scenarios focussing on maintaining good skills outlined in each session - Game play should be at least 20 mins per session

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Skill <u>By and during Weekend 2</u> <u>Shooting and Blocking Focus</u>	
<p>The following skills should be the focus of (you can then develop players as you feel appropriate) Regional Academies from 4th June until 1st August 2018 2001 Players who are not competent across the board by June 2nd should have a clear action plan on gaps in their competency and how to become competent. NB: Sessions should cover these skills at some time during this period and MUST include Game play or game play scenarios focussing on maintaining good skills Game play should be at least 20 mins per session Do not nominate players for the National Academy who are not proficient in these skills as they will not be selected for the Summer National Academy</p>	
Shooting from movement after stopping	swimming FC head up, bring knees under body to assume boxing position Player consistently demonstrates ability to have good balance on receiving ball from different angles hitting target
Push shot	body horizontal, snooker position, left hand sculling, right hand pressing down on ball, as ball rises place hand behind ball, thumb pointing towards bottom, elbow pointing outward, push ball forward Player consistently executes push shot targeting different areas of goal with strong arm and demonstrates effective shot
<u>Shooting- Off water / Push shot</u> <u>Bat Shot 2</u>	Head up FC, non-shooting arm flicks ball into air 45cm shooting arm, shooting hand behind ball pushes ball forward past keeper Player consistently demonstrates ability to score using tip shot swimming towards goal
Shot faking	ball held high in 'boxing' position, finger tips point behind, movement of shoulder, slight movement of ball, keeping it behind head to 'threaten, goal, strong legs up high, vary rhythm, effective if GK has your attention Player maintains high body position which can be held demonstrating effecting intention in front of goal, mixing arm movements, varying the leg kick, consistently gaining the attention of the GK to react Faking moving left/right Faking moving up/down
<u>Shot-lob</u>	Driving legs forward, holding ball high, threaten hard shot, maintain high body position, jump & release ball and lob. Player demonstrates good technique in executing shot from left and right-hand sides of goal scoring with a GK.

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<p>Shooting- Backhand & Sweep shots</p>	<p>Holding top of ball between spread fingers and forearm, roll ball out until thumb is pointing down, arm slightly bent, elbow high, use arm and body for shot Player can consistently execute shot towards target using favoured arm and able to demonstrate shot from weaker arm</p>
<p>Perform fake attacks towards attacker</p>	<p>Player effectively changes defenders body position by consistently and dynamically making intentional moves in different directions</p>
<p>Defence - Techniques of individual vs attacker (1:1)</p>	<p>3 H's Hands on opponent, Hips high, near to surface, Head on a pivot, this will enable defender to watch game whilst knowing where attacker is at all time, reacting quickly to changes in their body position Player consistently demonstrates quick reaction, good technique and movement to anticipate moves of attacker</p>
<p>GBP's (including mirroring)</p>	<p>mirror attacking players body position, bring knees under body into same direction of attacker Player demonstrates agility to effectively mirror body position and direction of opponent</p>
<p>Blocking of a pass and shot Block II</p>	<p>body horizontal, long as possible top leg on surface, body comes over hips, stepping over hips, lead arm forward, eggbeater legs driving hard high as possible, fingers spread elbow slightly bent, 'soft' arm follow shooter Player demonstrates ability to move forward onto attacker and then recover</p>
<p>Blocking part of goal</p>	<p>Body in GBP with shoulders 90 deg to shooter, arm block using opposite arm/hand, unless GK says opposite. Arm/ hand angled slightly down. Hand visible in corner of vision Player understands and demonstrates fundamental techniques when blocking a part of goal</p>
<p>Defend backhand shot</p>	<p>"body horizontal, eggbeater leg kick, same arm as shooter to: -ii) using arm against shooters arm to slope shooters arm downward preventing effective shot) push shooters elbow down preventing effective backhand shot."</p>
<p>Jumping in different directions (towards ball)</p>	<p>Eggbeater, knees under stomach fall over with a big breaststroke kick, close legs fully and stretch towards ball, nearest arm to ball reaching, other pulling water Player shows effective height and proficient in jumping and quick recovery from different directions</p>
<p>Attacker - releases Bump & Step</p>	<p>Techniques for individual vs defender (1:1) Players can consistently demonstrate receiving and passing ball around arc whilst keeping defender from ball</p>

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<u>Learning to step out/away from 2metre defender</u>	C/F layer demonstrates a good understanding and variety of methods stepping out /away from defender
Move, receive shoot	Player consistently demonstrates ability whilst moving to receive ball then execute an accurate shot, maintaining high body position
<u>Centre fwd shots – Backhand, (1m40s) sweep, (36sec); layout, (3m40sec)</u>	
Pass using peripheral vision- (look left, pass right)	Player demonstrates a good understanding and can consistently execute passes to hand or onto water to receiver
Passing - Lob	GBP, ball held behind head, hand underneath ball lowering of elbow, pushing the ball upwards, using br/st kick into an arc projectory Player is able to make effective short pass <3m, and long pass>5m to hand of player under pressure from defender
Releases	Player demonstrates number of releases when been held, maintaining concentration on game
Release Pass	Left forearm is placed along rib cage or chest of opponent, ball held in extended right arm, left leg vertical under body to maintain height, right leg out under ball to ‘step’ back to the side to get distance & enable clear passing lane around defender, br/st kick to keep distance from defender until pass is complete. Player consistently demonstrates ability to cleanly obtain distance from defender and execute safe pass around defender from left and right-hand side
Defend release and release jump	Player keeps attacker close, using Breaststroke leg kick and holding arm to maintain closeness Consistently shows good reaction anticipating step backs and movements to side blocking ball
2v1 As above + both attackers > than 3m apart with defender in between	Player demonstrates awareness with speed to consistently score or pass using additional attacker and one defender + GK

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<p>1v2 As above, defender slows attack by faking towards attacker with ball</p>	<p>Player effectively demonstrates a good knowledge & understanding defending vs 2 attackers swimming towards + GK</p>

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By and during August week

Tactics and Game play

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2001 Players who are not competent across the board by June 2nd should have a clear action plan on gaps in their competency and how to become competent.

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<p>3 / 6 / LH</p>	<p>player has a deeper understanding and knowledge of specialised positions and able to apply in game play</p>
<p>Learn positions numbers and lettering 6v6 Man Up Man down Letter s 'a' to 'e'</p>	<p>To know positions</p>
<p>Play with a player less in defence</p>	<p>Players shows ability and agility to make movements towards attacker and decision making when marking non-marking opponent</p>

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Goalkeepers

Blocking shots from arc	GK demonstrates good awareness & positioning for each positional shot, maintaining height & demonstrating ability save shot under control and recovery quickly
Changing Position relative to shooters on arc	GK demonstrates good speed maintaining body position and hands correctly for each positional shot, demonstrating good height & technique moving from position 1,2,3,4,5,4,3,2,1, & 1-5, 5-1 maintaining shoulders clear of water
Changing positions relative to the C/F GK recognises hand position of C/F on ball moving accordingly	GK anticipates, demonstrating good technique, when describing the likely shot from C/F maintaining good height throughout, demonstrating ability to close down covering sweep/backhand shot
Defend Lob shot GBP both hands clear, near post elbow resting just above water preventing near post shot, other arm extended towards far post. Near post hand traces ball trajectory, other hand sculling supporting body as egg beater legs power across goal posts with final br/st kick to reach far post	GK demonstrating good technique, positional sense using correct hand for sculling with good progress moving across goal mouth

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Defend when C/F jumps away and turns for shot	
General Body Position Sitting position high knees wide knees feet turned out. Elbows & hands forward of body, hands on surface making short shallow movements. Elbows & hands sculling near surface in front of vertical torso	GK demonstrates good technique maintaining body position throughout
Instructing Defence	GK is able to demonstrate good understanding of ball press & goal press defence, showing good communication with CB
Jump in different directions starting win GBP , eggbeater kick, non-reaching hand across body to pulling across body as outreached arm clear of water, watching leading hand. explosive legs close together with a breaststroke kick, face dry, recover	GK demonstrates effective dynamic movements in reaching within 20cm top and bottom corners of the goals recovering to the centre each time
Jump with the C/F	
Passing in front of player -swimming GBP, ball & elbow behind head , treading water, sculling one handed, br/st kick on delivery	GK consistently demonstrates ability to pass ball upto opposition 5m line in front of and on the water without player deviating direction to recover ball
Passing to player swimming on back	GK consistently demonstrates ability to pass ball up to opposition 5m line into the vicinity without player deviating direction to recover ball
Passing to player swimming on back- to hand	GK consistently demonstrates ability to pass ball up to opposition 5m line onto the hand without player deviating direction to recover ball
Passing to static player	Demonstrates ability to make a dry pass to a player upto the opposition 5m line

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Starting positions Back straight, sitting position, knees high and wide. Hands sculling shallow insider shoulder width, elbows fwd of torso	GK demonstrates ability to maintain shoulder height
Stopping ball two hands (around the head)	
Stopping ball, one arm/hand (away from the body)	
Take different positions for C/B. front/side/behind	GK recognises, anticipates & demonstrates good technique, quickly taking different maintain good body positions of C/B- front/side/behind