

# Regional Academy Standards

## General and Fundamental Skills

The following skills should be the focus (you can then develop players as you feel appropriate) of Regional Academies until January. These should simply be about revision and perfecting skills, as players should be competent in these at this stage of their development. Players who are not competent across the board by 1<sup>st</sup> January 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

**NB. Do not nominate players for the National Academy who are not proficient in these skills as they will be de-selected for the second weekend**

<p><u>General Body Position (tripod)</u> O</p>	<p>Shoulders dry throughout exercise, stable body. Sitting position keeping knees high, knees wide, feet turned out - eggbeater alternating action. Elbows &amp; 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</p>
<p><u>Moving sideways forwards and backwards</u> O</p>	<p>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</p>
<p><u>Sliding and tilting in all directions</u> N</p>	<p>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 &amp; reach Players demonstrates effective distance when executing exercise, moving left and then right</p>
<p><u>Start forward with /without ball</u> N</p>	<p>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</p>

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<p><u>Head Up Water Polo FC</u> O N D</p>	<p>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 is able to swim effectively maintaining good peripheral vision</p>
<p><u>Starting &amp; Stopping</u> N</p>	<p>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.</p>
<p><u>Changes of direction 90 deg</u> <u>Change direction 180 deg</u> O</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> O</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 &amp; picking up ball</u> O</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><b>Walk - fast (breaststroke kick)</b> <b>(Long Walking)</b> O</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><b>Walk - high (eggbeater kick)</b> <b>(Short Walking)</b> O</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>

# Regional Academy Standards

<p><u>Catching Ball</u> O</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> O</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> O N D</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 D</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 Player consistently demonstrates ability to score goals v only GK</p>

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

# Regional Academy Standards

**By and during Weekend 2**  
**Shooting and Blocking Focus**

The following skills should be the focus of (you can then develop players as you feel appropriate) Regional Academies from January - June  
 Players who are not competent across the board by 1<sup>st</sup> June 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

**NB. 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**

<b>Shooting from movement after stopping</b>	swimming FC head up, bring knees under body to assume boxing position Player demonstrates ability to have good balance on receiving ball and hits target
<b>Push shot</b>	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 effectively executes push shot targeting different areas of goal.
<b><u>Shooting- Off water / Push shot</u></b> <b><u>Bat Shot 2</u></b>	Head up FC, non-shooting arm flicks ball into air 45cm shooting arm, shooting hand behind ball pushes ball forward past keeper Player demonstrates ability to score using tip shot swimming towards goal
<b><u>Shot faking</u></b>	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 demonstrate good height effecting intention in front of goal, mixing arm movements, gaining the attention of the GK
<b><u>Shot-lob</u></b>	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 and landing the ball inside target

# Regional Academy Standards

<p><u>Shooting- Backhand &amp; Sweep shots</u></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 execute shot towards target using favoured arm</p>
<p><u>Perform fake attacks towards attacker</u></p>	<p>Player shows ability to move defender out of position in different directions</p>
<p><b>Defence - Techniques of individual vs attacker (1:1)</b></p>	<p>3 H's <u>H</u>ands on opponent, <u>H</u>ips high, near to surface, <u>H</u>ead 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 is able to concentrate on technique and demonstrates ability to anticipate moves of attacker</p>
<p><b>GBP's (including mirroring)</b></p>	<p>Mirror attacking players body position, bring knees under body into same direction of attacker Player demonstrates ability to mirror body position and direction,</p>
<p><u>Blocking of a pass and shot</u>  <u>Block II</u></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><b>Blocking part of goal</b></p>	<p>Body in GBP with shoulders 90<sup>0</sup> 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><b>Defend backhand shot</b></p>	<p>Body horizontal, eggbeater leg kick, same arm as shooter: using arm against shooters arm to slope shooters arm downward preventing effective shot) or /and push shooters elbow down preventing effective backhand shot.</p>
<p><u>Jumping in different directions (towards ball)</u></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 proficiency in jumping and recovering from different directions</p>
<p><b>Attacker - releases</b></p>	<p>Techniques for individual vs defender (1:1) Player demonstrate an understanding of keeping a position and holding possession of ball</p>

# Regional Academy Standards

<a href="#">Bump &amp; Step</a>	
<a href="#">Learning to step out/away from 2metre defender</a>	C/F player demonstrates principles of stepping out/away from defender on 2m
<b>Move, receive shoot</b>	Player demonstrates ability whilst moving to receive ball then execute a shot
<a href="#">Centre fwd shots – Backhand, (1m40s) sweep, (36sec); layout, (3m40sec)</a>	Play demonstrates a good understanding and can execute passes onto water to receiver
<a href="#">Jumping in different directions (towards ball)</a>	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
<b>Passing - Lob</b>	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
<b>Releases</b>	Player demonstrates number of releases when been held, hand, arm, trunks/costume, flesh
<b>Release Pass</b>	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 Players demonstrates ability to cleanly obtain distance from defender and execute safe pass
<b>Defend release and release jump</b>	Player keeps attacker close, using Breaststroke leg kick and holding arm to maintain closeness Showing good reaction anticipating step backs and movements to side blocking ball

# Regional Academy Standards



<p><b>2v1</b> As above + both attackers &gt; than 3m apart with defender in between.</p>	<p>Player demonstrates ability to score goals with additional attacker and one defender + GK</p>
<p><b>1v2</b> As above, defender slows attack by faking towards attacker with ball</p>	<p>Player demonstrates a good understanding defending vs 2 attackers swimming towards + GK</p>

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

<p><b>Skill</b> <b>By and during August week</b> Tactics and Game play</p>	
<p>The following skills should be the focus of (you can then develop players as you feel appropriate) Regional Academies from June - August                  Players who are not competent across the board by 1<sup>st</sup> June 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>	
<p><b>3 / 6 / LH</b></p>	<p>players demonstrate an understanding of roles and skills required for different positions</p>
<p><b>Learn positions numbers and lettering</b> <b>6v6</b> <b>Man Up</b> <b>Man down Letter s 'a' to 'e'</b></p>	<p>To know positions <b>(needs splitting down)</b></p>

# Regional Academy Standards



<b>Play with a player less in defence</b>	Players shows ability and agility to make movements towards attacker
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# Regional Academy Standards



<h2>Goalkeepers</h2>	
<a href="#"><u>Blocking shots from arc</u></a>	GK demonstrates good positioning for each positional shot, demonstrating ability to save shot, under control and quick recovery
<b>Changing Position relative to shooters on arc</b>	GK is able to position body and hands correctly for each positional shot, demonstrating good technique moving from position 1,2,3,4,5,4,3,2,1, & 1-5, 5-1 maintaining shoulders clear of water
<b>Changing positions relative to the C/F</b> GK recognises hand position of C/F on ball moving accordingly	GK recognises different possible shots demonstrating good technique, closing down CF - sweep/backhand shot
<b>Defend Lob shot</b> 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 when moving across goal mouth
<b>Defend when C/F jumps away and turns for shot</b>	GK demonstrates ability to recognise and anticipate shot showing good technique throughout
<a href="#"><u>General Body Position</u></a> 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

# Regional Academy Standards



<b>Instructing Defence</b>	GK is able to demonstrate good understanding of ball press & goal press defence , showing good communication with CB
<b>Jump in different directions</b> 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 breastroke kick, face dry, recover	GK demonstrates effective movements in reaching within 30cm top and bottom corners of the goals recovering to the centre each time
<b>Jump with the C/F</b>	
<b>Passing in front of player -swimming</b> GBP, ball & elbow behind head , treading water, sculling one handed, br/st kick on delivery	GK demonstrates ability to pass ball <half way line in front of and on the water without player deviating direction to recover ball
<b>Passing to player swimming on back</b>	GK demonstrates ability to pass ball <half way line into the vicinity, without player deviating direction to recover ball
<b>Passing to player swimming on back- to hand</b>	GK demonstrates ability to pass ball <half way line onto the hand without player deviating direction to recover ball
<b>Passing to static player</b>	Demonstrates ability to make a dry pass to a player up-to the half way line
<b>Starting positions</b> 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
<b>Stopping ball two hands (around the head)</b>	GK demonstrates ability to control and stop shots from differing positons on arc
<b>Stopping ball, one arm/hand (away from the body)</b>	GK demonstrates ability to absorb the power of the ball and able to recover ball away from attacker

# Regional Academy Standards



**Take different positions for C/B.**  
front/side/behind

GK recognises and demonstrates good technique, ability to take different positions of C/B  
front/side/behind