

Splash Polo

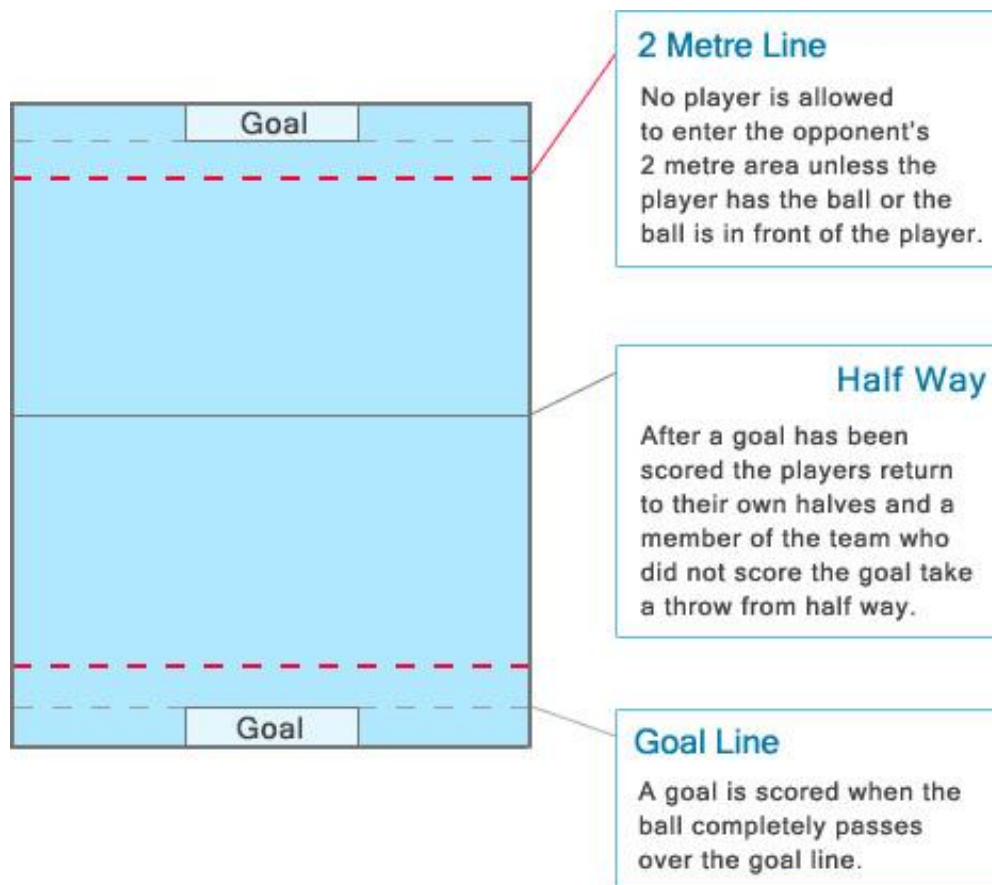
Introduction

- One of the fastest growing sports in the country (Waterpolo)
- Physically demanding
- Fun!
- Entertaining for participants and spectators

Splash Polo is played in a shallow pool. Splash Polo is a modified version of water polo. Water polo is quite demanding physically making it inappropriate for most Primary School Children.

Splash Polo has been developed and designed for Grade 3, 4, 5 and 6 children. It is played in shallow water and there have been adaptations made to the rules to make it more appropriate for children.

Pool Layout



Rules

Two teams, each of which must have a minimum of seven players, play Splash Polo. Each team must have 6 field players and 1 goalie in the pool at one time. 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. If in possession of the ball

With thanks to NZ Waterpolo and their Flippa Ball Program

the player must swim or pass. Players can use **ONE HAND ONLY** to catch, pass or shoot the ball. The exception to this is the goalie, who may use two hands. The game consists of two halves.

Duration of play

A game is made up of 2 x 10 minute halves with teams changing ends at halftime. The break at halftime is 1 minute.

Ball

A Splash Polo ball is a junior size Waterpolo ball.

Number of players

A team consists of 7 players in the water at one time – 1 goalie and 6 field players.

Substitutes

A team can have up to 6 substitutes (but 3 is recommend) who can interchange at any time from their corner of the pool once, **and only when** the player being replaced has reached his/her corner of the pool.

Starting play

To start the game, players line up along the goal line. At the referees whistle, the referee drops the ball in the middle of the pool and players move (swim, run or walk) to the centre line. The first pass must be backwards to a team mate.

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 which conceded a goal. On the referees whistle, the player with the ball must pass backwards to a team mate and then the game will continue.

Passing

All players (except the goalie) must use **1 hand only** in the game of Splash Polo. This applies to catching, passing and shooting. This rule could be adapted for Year 1 & 2 players (Grade 3 and 4) to catching with 2 hands and passing and shooting with 1 hand.

Free throw infringements

All of the infringements below will result in a free throw being awarded by the referee. The free throw must be taken from the 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.

- A player cannot contact the ball with 2 hands (exception being the goalie – and unless provision has been made for players in Grade 3 and 4)
- A player cannot take the ball under the surface of the water
- A player cannot walk or run with the ball
- 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

Major foul infringements

All of the infringements below 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.

- Sinking, holding or pulling back that prohibits the attacking player from moving freely either with or without the ball
- Intentional splashing of an opponent

Exclusion infringements

Aggressive play and use of abusive language are prohibited from the game of Splash Polo 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 – NB not only punching!)

Offside

An attacker will be deemed offside (inside the 2m area) if the attacker enters the attacking 2 metre zone without the ball. If however, the ball carrier enters the 2 metre zone, an attacker is then allowed to enter as long as they remain behind the line of the ball carrier.

Corner throw

A corner throw (on the 2 metre cone) will be awarded if the ball is knocked out of play by a defending player.

Goal

A goal is scored when the whole ball crosses the line of the front 2 posts of the net. (does not need to touch back of net) The ball carrier can only shoot once in the attacking half of the court. It is not permissible to shoot from one's own half.

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 and goal that his/her team is defending.

SPLASH POLO LESSON 1 – ‘Familiarisation and Passing’

Outline of Rules (basic) – 5 minutes (these should be repeated at the start of every lesson to help the players learn and understand the rules)

- One may catch the ball with two hands (Grade 3 and 4's) but use one hand to pass or shoot.
- One can move up and down the pool by walking, running, or swimming. If in possession of the ball the only way of progressing the ball is by passing forward, or swimming with it doing freestyle.
- The ball must stay above the water at all times.
- To defend a player with the ball, one may not contact the attacker. The defensive player may only knock the ball out of the attacking player's hand. (Similar to basketball)

Equipment:

Splash Polo balls (8)

Four cones or chairs

Warm up (outside of pool) – 5 minutes

Pass in groups of three in a triangle. (Children stand about two metres apart.) Focus on children having elbow higher than shoulder when passing. (Remember, can catch with two hands, but must pass with one hand)

Warm up (inside of pool) – 10 minutes

(Children still in groups of three)

Organise children into relay groups with two children on one side of pool and third child on other side of pool. In relay fashion swim freestyle (repeating four times) alternating between freestyle and head-up freestyle.

Passing (inside pool) – 5 minutes

Pass in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, can catch with two hands, but must pass with one hand)

Game – 20 minutes

(Four teams of 6 or 7 depending on class or group size)

Game begins with 1 goalie and 5/6 field players. Both teams line up against wall. Referee begins game by blowing whistle and dropping ball in middle of pool. Teams swim to ball, trying to score a goal in opposition's goal. Let game flow ensuring that the basic rules are applied. Rotate after 5 minutes allowing all four teams to play each other.

SPLASH POLO LESSON 2 – ‘Passing with fake’

Outline of Rules (basic) – 5 minutes

Equipment:

Splash Polo Balls (8)

Four cones or chairs

Warm up (outside of pool) – 5 minutes

Pass with fake in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, can catch with two hands, but must pass with one hand)

Warm up (inside of pool) – 10 minutes

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(Children still in groups of three)

Organise children into relay groups with two children on one side of pool and third child on other side of pool. In relay fashion swim half lap freestyle and half lap backstroke (repeating four times)

Add a ball. Child swims with ball to partner (repeating four times)

Passing (Inside pool) – 5 minutes

Passing with fake in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, catch with two hands, pass with one hand)

Game – 20 minutes

(Four teams of 6 or 7)

Game begins with 1 goalie and 5/6 field players. Both teams line up against wall. Referee begins game by blowing whistle and dropping ball in middle of pool. Teams swim to ball, trying to score a goal in opposition's goal. Let game flow ensuring that the basic rules are applied. Rotate after 5 minutes allowing all four teams to play each other.

SPLASH POLO LESSON 3 – 'Basic Shooting'

Outline of Rules (basic)

Equipment:

Balls (8)

Four cones or chairs

Warm up – 10 minutes

(Children in groups of three)

Organise children into relay groups with two children on one side of pool and third child on other side of pool. Add a ball. Child swims to halfway, pick ball up and fake, place ball back on water and swim to partner.

Passing – 5 minutes

Pass with fake in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, catch with two hands, pass with one hand)

Shooting – 10 minutes

(Ensure that elbow remains higher than shoulder throughout shooting motion) Children in single line at halfway. Swim with ball to 4/5m from goal, pick ball up underneath, and then shoot to corner of goal. (repeat 4 times). Children in single line at halfway. Swim with ball to 4/5m from goal, pick ball up underneath, fake, and then shoot to corner of goal. (repeat 4 times)

Game – 20 minutes

(Four teams of 6/7)

SPLASH POLO LESSON 4 – 'Fake to Shot'

Outline of Rules (basic)

Equipment:

Balls (8)

Four cones or chairs

Warm up – 10 minutes

(Children in groups of three)

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Organise children into relay groups with two children on one side of pool and third child on other side of pool. Add a ball. Child swims to halfway, pick ball up and fake, place ball back on water and swim to partner. Using above drill, child swims in zigzags across the pool faking every time child changes direction.

Passing – 5 minutes

Pass in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, catch with two hands, pass with one hand)

Shooting – 10 minutes

(Ensure that elbow remains higher than shoulder throughout shooting motion). Children in single line on right side at halfway. Swim with ball to 4/5m from goal, pick ball up underneath, fake, and then shoot at far corner of goal. (repeat 4 times). Children in single line on left side at halfway. Swim with ball to 4/5m from goal, pick ball up underneath, fake, and then shoot at far corner of goal. (repeat 4 times)

Game – 20 minutes

(Four teams of 6/7)

SPLASH POLO LESSON 5 – ‘Swimming and Passing’

Outline of Rules (MODIFIED)

ONE MUST NOW ONLY USE 1 HAND TO PASS AND CATCH.

(This will be dependent upon progress of group. Will be beneficial to remain with basic rules for younger groups, Gr 3 and 4)

Equipment:

Balls (8)

Four cones or chairs

Warm up (outside of pool) – 5 minutes

Pass in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, must pass and catch with 1 hand only)

Warm up (inside of pool) – 10 minutes

Organise children in pairs with half at 1 end of pool and the other half at opposite end of pool. Pairs to be 2-3m apart. 1 ball between pair. Child on right (of pair) begins with ball. Pair swim flicking ball (with right hand) in front of each other whilst swimming to other end of pool. Group functions in relay fashion repeating 4 times.

Shooting – 10 minutes

(Ensure that elbow remains higher than shoulder throughout shooting motion). Half of children in single line on right side at halfway (attacker). Other half on left side at goal line (defender). Attacker swims with ball towards goal, pick ball up underneath, fake, and then shoot at far corner of goal. Defender swims towards attacker trying to block shot. (repeat 4 times). Half of children in single line on left side at halfway. (attacker) Other half on right side at goal line. (defender) Attacker swims with ball towards goal, pick ball up underneath, fake, and then shoot at far corner of goal. Defender swims towards attacker trying to block shot. (repeat 4 times)

Game (1 hand only) – 20 minutes

(Four teams of 6/7)

SPLASH POLO LESSON 6 – ‘Cross-pass shooting’

Outline of Rules (MODIFIED)

Equipment:

Balls (8)

Four cones or chairs

Warm up (outside of pool) – 5 minutes

Pass in groups of three in a triangle. Children to be about two metres apart. Focus on children having elbow higher than shoulder when passing. (Remember, must pass and catch with 1 hand only)

Warm up (inside of pool) – 10 minutes

Organise children in pairs with half at 1 end of pool and the other half at opposite end of pool. Pairs to be 2-3m apart. 1 ball between pair. Child on right (of pair) begins with ball. Pair swim flicking ball (**with left hand**) in front of each other whilst swimming to other end of pool. Group functions in relay fashion repeating 4 times.

Shooting – 10 minutes

(In pairs at halfway lined up on either post of goal)

Ball starts with child on right. Swim toward goal with ball, pick up underneath with 1 hand only, cross-pass to partner who shoots at goal. Repeat drill with ball beginning on left.

Repeat both drills with fakes. Swim toward goal with ball, pick up underneath with 1 hand only, fake at goalie, cross-pass to partner whom shoots at goal.

Game (1 hand only) – 20 minutes

(Four teams of 6/7)

SPLASH POLO LESSON 7 – ‘Counter Attack’

Outline of Rules (MODIFIED)

Equipment:

Balls (8)

Four cones or chairs

Warm up – 10 minutes

Organise children in pairs with half at one end of pool and the other half at opposite end of pool. One person in front, one behind facing each other 2m apart. One ball between pair. Child in front (of pair) begins by swimming backstroke. Child behind swims forwards with ball flicking to partner in front. Partner in front catches ball and then places in front of partner to swim on to. (**Use right hand only**). Group functions in relay fashion repeating 4 times.

Shooting – 10 minutes

Organise children into 2 lines on either post of goal at halfway. Ball begins with child on right (attacker).

Swim toward goal with ball, picks up underneath with 1 hand only, cross-pass to partner (defender) whom shoots at goal.

Child on right that passed ball now becomes attacker. Child who was shooter is defender.

Once passed the ball to partner, player swims head-up freestyle towards goal at far end of pool. Receives pass from goalie. Attacker swims to score goal.

Player who shot ball originally now is defender, chasing attacker to the far end of the pool.

Game (1 hand only) – 20 minutes

(Four teams of 6/7)

Game begins with 1 goalie and 5 field players. Both teams line up against wall. Referee begins game by blowing whistle and dropping ball in middle of pool. Teams swim to ball, trying to score a goal in opposition's goal. Let game flow ensuring that the basic rules are applied. Rotate after 5 minutes allowing all four teams to play each other.

SPLASH POLO LESSON 8 – Triangle Shooting'

Outline of Rules (MODIFIED)

Equipment:

Balls (8)

Four cones or chairs

Warm up – 10 minutes

Organise children in pairs with half at one end of pool and the other half at opposite end of pool. One person in front, one behind facing each other 2m apart. One ball between pair. Child in front (of pair) begins by swimming backstroke. Child behind swims forwards with ball flicking to partner in front. Partner in front catches ball and then places in front of partner to swim on to. (**Use left hand only**). Group functions in relay fashion repeating 4 times.

Shooting – 10 minutes

Organise children into triangle, 2 children on either post of the goal 2 metres from goal and 1 child in middle of goal 10 metres from goal. Remaining children line up in single line behind middle child. Swim with ball to 5 metres, pick up ball underneath and pass to person on post, which passes to other post player, who passes back to shooter to shoot. Post players become defense once they have passed ball by raising arm in blocking position. All players rotate to shooters left. Repeat drill passing in opposite direction.

Game (1 hand only) – 20 minutes

(Four teams of 6/7)

SPLASH POLO LESSON 9 – 'Triangle shooting with defender'

Outline of Rules (MODIFIED)

Equipment:

Balls (8)

Four cones or chairs

Passing (inside of pool) - 10 minutes

Piggy in the middle passing. (groups of 3/4/5 – in the groups of 5, 2 players will be 'in the middle') (Ensure that children do not fend when shielding the ball from defender) Focus on children having elbow higher than shoulder when passing. (Remember, must pass and catch with 1 hand only)

Shooting – 15 minutes

Organise children into triangle shooting drill (see previous lesson plan). Shooter swims with ball to 5 metres, pick up ball underneath, and pass to post player on left, who passes to post player on right who passes to shooter who fakes and shoots. Post player on right stands in blocking position. Post player on left, once passed the ball, swims towards shooter attempting to block shot. All players rotate to shooters right. Repeat drill in opposite direction.

Game (1 hand only) - 25 minutes

(Four teams of 6/7)

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SPLASH POLO LESSON 10 – ‘Game formations’

Game (1 hand only) – 40 minutes

(Three teams of 8/9)

Game begins with one goalie and six field players. (Substitute to be changed after a goal is scored)

Outline of Tactics

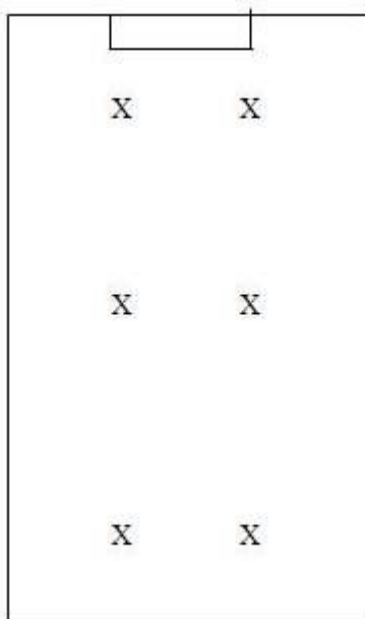
The following are two attacking and defending systems that can be applied to the game of Splash Polo.

2-2-2 System

2 Attackers

2 Midfielders

2 Defenders



3 - 3 System

1 Centre Forward

4 Midfielders

1 Defender

