

YEAR/SEASON

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PRESENTED BY:  
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# CORCHES WORKOUT NOTEBOOK



# USA WATER POLO

# Workout Form

sample

Date 09 / 11 / 07

Time 2:00 pm

Workout # 16

Season Pre-Season

Video: (USA vs. RUS) Watch counter Attack, 1<sup>st</sup> 2 quarters

**Pre Training Comments:** *Emphasize counter attack*

**Absent Players:**

*Explain release reads and Breaking the line.*

1 *Smith (sick)*

*Finish up with 6 on 5*

2 *Jonas (dentist)*

3

**AM Swim, Weights or Other:** (Time 1:00 )

Emphasis *Legs*

*Weights - Circuit work Decrease Reps from 8 to 6*

*Swimming - 8x200 @ 3:00    6x100 @ 1:30 (70%)    200 soft legs*

**Dry-land/Stretching:**

(Time 15 min. )

Emphasis *Abdominals, Impact ball*

*5 min. Basic stretching*

*3x10 tosses impact ball ( over head, Concentrate on tight stomach)*

*5x45 sit ups @ 15 sec. rest*

**Swimming & Conditioning:** (Time 20 min.)

Emphasis *Warm up*

*8x75 (free, breast, vertical fly) @ 10 sec rest ( Goalies do this part of swim set)*

*4x50 (70%, 80%) Free @ 15 sec rest*

*4x50 (80%, 90%) Free @ 10 sec rest*

*12x25 Odd 90%, even 100% @ last 5 meter Head up*

**Passing & Shooting:**

(Time 25 min )

Emphasis *Counter Passing*

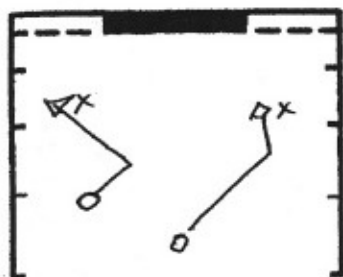
*Movement Passing: 1,2,3,; 10 meter pass and move = 6 min.*

*1# - Swim and Shoot (Hard change of direction)*

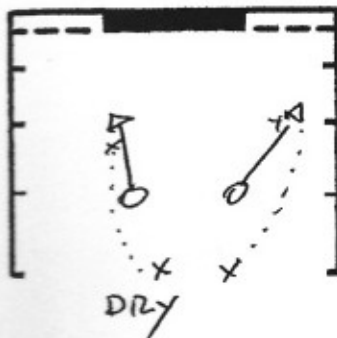
*2# - Off the pass (from behind 7 meters)*

*3# - Inside water (bad angle)*

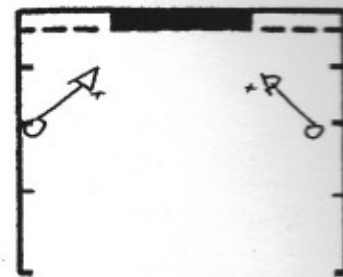
#1



#2



#3



**Physical Drills:** (Time 15 min ) Emphasis Legs

Bands = 5x stretch to 70% (4 big jumps at the ends) Hold for 30 sec. @ 30 sec. rest

5x stretch to 90% (4 shots) Hold for 20 sec. @ 40 sec. rest

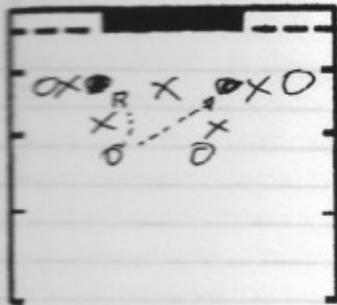
\* Specific workouts (5 min.)

**Tactical Drills:** (Time 35 min.) Emphasis Counter and 6 on 5

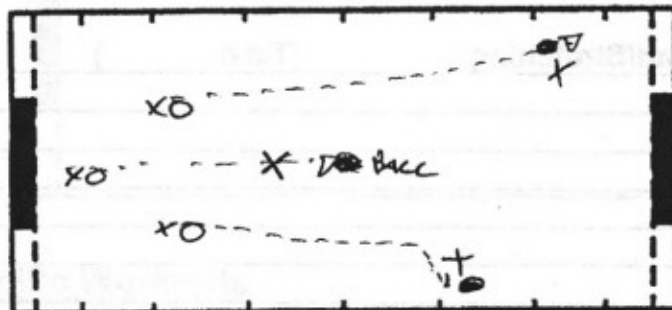
6 on 5 - 15 min. - Drill and work on passing to post

3 on 3 - Ball coming to two meter guard, Read defense, dry pass, stay aggressive

#4

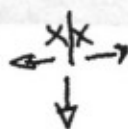


#5



### Specific Workouts

Goalkeeper	Two Meter	Other
200 easy lateral walking	Back to Back = 15 sec.	
12x25 Dutch	Forward wrestle = 15	
7 min. Pull downs	Back to Front - 15 sec.	
3x10 High corners		
5 min. long passing	5x Sprint 5 strokes	
	rest	



**Workout Comments:** \* went well, must spend more time on position skills.

\* Meet with two meter guards about counter read.

\* Cover post on 6 on 5 on tomorrow's lecture





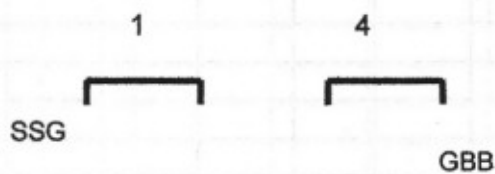
## Shooting Test Rules and Translation

### Rules:

- A. 3 Shots from each position
- B. Goalie stay in position (Do Not move Laterally)
- C. Keep Record of the following:

- a. Saves if knocked out of bounds
  - b. Goals
  - c. Bar or Post
  - d. Air Balls
- } S  
G  
B  
A

Example:



### Translate the Results in 3 ways

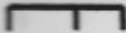




1. Add S, G, B, A Total and Percent (60 Shots)
  2. Total and Percent by Position (3 Shots)
  3. Total and percent by type of shot (15 Shots)
- This will give you an idea of what kind of shooter you have and what areas to work on.
- It will also give you each players hot and cold zones.

## Shooting Test Form

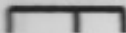




Name \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

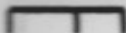




1. 15 Shots – Pick up and Shot (No Fakes or Lobs)

1	2	3	4	5
				

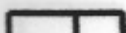




2. 15 Shots – Off The Pass (No Fakes or Lobs)

1	2	3	4	5
				

3. 15 Shots – Swim and Shoot (No Fakes or Lobs)

1	2	3	4	5
				

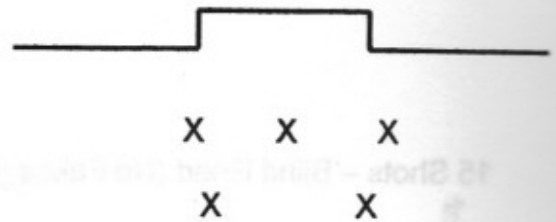
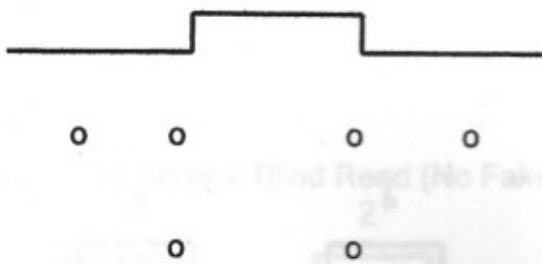
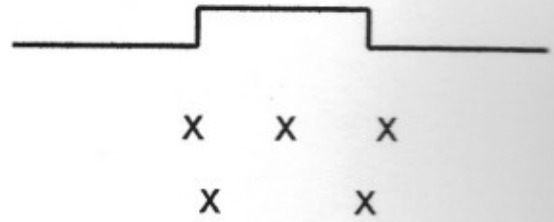
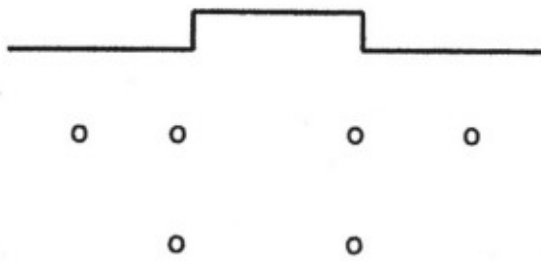
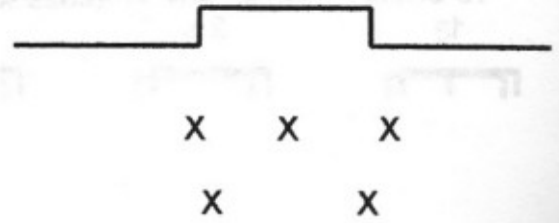
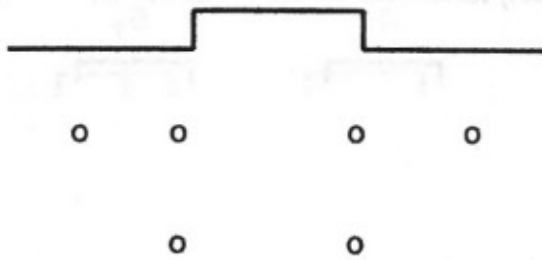
4. 15 Shots – Blind Read (No Fakes or Lobs)

1	2	3	4	5
				

# Man Advantage Work Sheet

6 on 5

5 on 6



# Scouting Form

Date \_\_\_ / \_\_\_ / \_\_\_

Team \_\_\_\_\_ vs. Opponent \_\_\_\_\_ Game Type \_\_\_\_\_  
(Playoffs, League, other)

## Offence

★ Two Meter Game \_\_\_\_\_

★ Drivers (L/R) \_\_\_\_\_

★ Style (Movement, Stationary, etc.) \_\_\_\_\_

## Defense

★ Two Meter Game \_\_\_\_\_

★ Perimeter Game \_\_\_\_\_

★ Front Court (Drop, Zone, Press) \_\_\_\_\_

## Counter Attack

★ \_\_\_\_\_

## Key Players

★ Goalie, \_\_\_\_\_ # \_\_\_\_\_

# \_\_\_\_\_ # \_\_\_\_\_

# \_\_\_\_\_ # \_\_\_\_\_

## Depth and Substitution Patterns

### 6 on 5

★ Position #'s \_\_\_\_\_

★ Rotations \_\_\_\_\_

★ Priority Play's \_\_\_\_\_

### 5 on 6

★ Rotations \_\_\_\_\_

★ Priority Play's \_\_\_\_\_



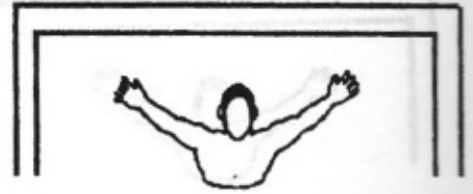
# Scoring & Blocking – Work Sheet

## 1<sup>st</sup> Quarter

**Saves**



**Scores**



**2<sup>nd</sup> Quarter**

**Saves**

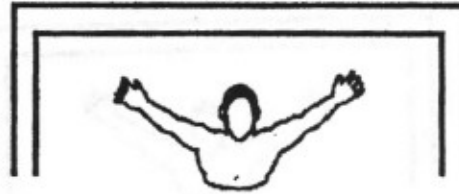


**Scores**



**3<sup>rd</sup> Quarter**

**Saves**



**Scores**



**4<sup>th</sup> Quarter**

**Saves**



**Scores**



Mark Saves and Scores as follows:

**P** = Perimeter

**X** = 6 on 5

**H** = Two Meters