

## Basic Survival Skills

### Survival float

Treading - communication, orientation, breathing

Hands - sculling

Kicks - scissor, egg beater, whip

Basic Water Games - sharks and minnows, marco polo, freeze tag

## Competitive Swimming

### The Pool

#### Distance

- 25 or 50 yards (US) - Oxford is 25 yards
- 25 or 50 meters (International)

5-10 lanes, 6-7 feet wide

78-82 degrees fahrenheit

Hashed pool lanes

Backstroke flags

- 5 yards/meters from wall

Call back rope

#### Equipment:

Blocks

Lane lines

Clock

Pull buoy

Kick board

Paddles goggles

Cap

Drag equipment

Fins

#### Strokes:

Front crawl

Backstroke

Breast stroke

Butterfly

#### Practicing

Sprints vs. Distance

Front crawl vs. Stroke

Single vs. Medley

Full workout vs. Muscle groups

Workouts:

Amount x Distance x Time

Ex. 10x50x1 = 10 50-yard laps, each 1 minute

## Competitive Diving

Events:

1 meter springboard (9ft depth)

3 meter springboard (13ft depth)

10 meter platform (15ft depth)

Equipment:

Boards/platforms

Trampoline

Cables/belts

Dives:

5 Categories:

- Front
- Back
- Reverse (gainer)
- Inward
- Twist

Rotations and somersaults

Numbering system

4 Positions:

- Tuck
- Pike
- Straight
- Free

Scoring:

Scale form 0 to 10

Increments of .5

Based on approach, hurdle, execution, and entry

Judges range from 3-7, sometimes 9

Only keep three middle scores

$(J1 + J2 + J3) \times DD = \text{Score}$

## Water Polo

Origins: played in water festivals in England in the 1860s

Two stories:

1. Players sat on wooden barrels with heads and tails like horses, used wooden poles to strike ball. Then removed barrels and poles.
2. A rugby-like game where teams carry a ball to opposite sides of a river

1870 - first set of rules written by London Swim Club

1880 - introduced to USA

1900 - first team sport in the olympics

Today, water polo is...

Intricate, aggressive, demanding

Popular in many parts of the world

All levels of athletics

It involves...

Basketball

Soccer

Ice Hockey

Swimming

Running

Equipment:

Played in a pool 20-30m long, 10-20m wide

Depth preferred to be 6+ feet but can play in shallow water

Goals commonly 3 feet above water, 10 feet wide

- In shallow water, goal must be 8 feet from the bottom of the pool

Polo balls - bright color, easy to locate, textured grip

Caps - numbered, ear protection and color created for teams (goalie cap = red)

Whistle for referee

Time pieces, scoreboard, books, etc.

Marked lines

Pool Markings:

Midline - white, identifies middle of field

7 meter - green, 2 points for shot, identifies 7m to end of field

4 meter - yellow, penalty shot area, identifies 4m to end of field

2 meter - red, called "goal crease," identifies 2m to end of field

Goal line - white, identifies goal area to end of playing field

The game:

4 periods

7 minutes per period

2 minutes of rest between periods

2 time outs, no additional in OT

13 players per team, 7 on the field

- Point
- Hole
- Wing (x2)
- Flat (x2)
- Goalie

Rules:

Wall usage prohibited

Submerging ball prohibited

Standing prohibited (except goalie)

Players can't touch ball with two hands (except goalie)

Striking ball with closed fist prohibited

Scoring:

1 point - within 7m line

2 point - at/beyond 7m line

Penalty shot taken in front of goal at 4m, worth 1 point

Fouls:

Very frequent

Referee will blow whistle, point to infraction point, point in direction of ball

Offended team gets free throw (pass with no interference) from point of foul

Types of fouls

Infractions:

Holding, elbowing, pushing, or sinking of players not holding ball

Butting, throwing ball out of play

Touching sides or bottom of pool

Touching ball with both hands

Taking ball underwater

Major foul:

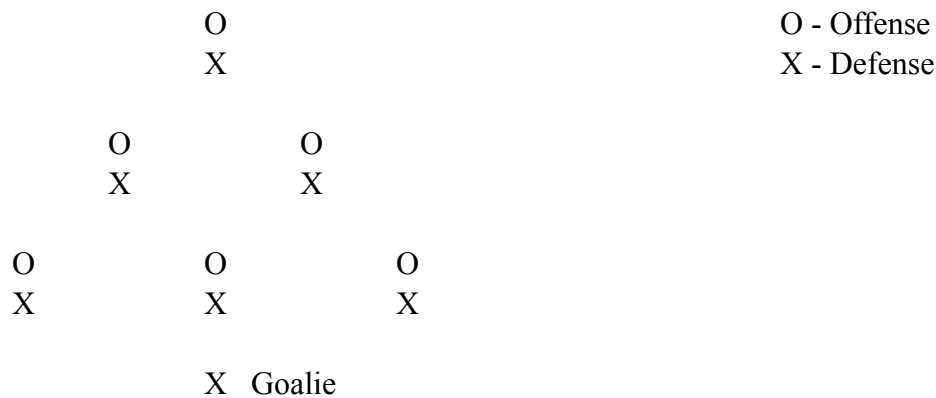
Persistent fouling/striking opponent

Interfering with free throw

Entering goal crease

Penalty is 20 seconds of ejection

Continued major fouling leads to ejection from rest of game



### Basic Movements:

Drive - swim one place to another, intend to score, speeding toward goal

Crash - everyone moves toward goal

Point-to-Flat - flat sets pick for point, point goes to flat, then drives

Flat-to-Wing - wing sets pick for flat, flat goes to point, then drives

### Skills:

Swimming

Acceleration

Turns

Treading

Ball Handling

Passing

Shooting

Ball Handling - picking the ball up

- Under - scoop under water
- Top Roll - hand on top, roll, scoop
- Pop - push ball down, pops up

Holding Ball

- Spread fingers for base
- Behind and to side of head

Dribbling & Carrying

- Using waves to move ball (swim - wave pushes ball)
- Know when to use dribble or carry

Passing

- Most common way to move ball
- "wet" pass - ball intended to land in water
- "dry" pass - ball intended to be caught

#### Passing & Catching

- Forehand pass
- Hook
- Layout - wet pass
- Sweep (sidearm)
- Backhand
- Push

#### Basic Catch

- Backhand catch
- Bounce pass

#### Shooting

- Forehand
- Pop - hit it in
- Push
- Lob (hook)
- Roundhouse (sweep)
- Skip
- Deflection
- Backhand

#### Faking

- Any action that leads to inappropriate reaction by opponent
- Unpredictable
- Resemble motion of shot or pass

#### Individual Defense

- Attempt to stop progress of ball
- Block movement of ball/players
- Prevent passes

#### Offensive Strategies

- Fast Break - advancing ball faster than defense can recover
- Hole man - plays centered around hole position
- Double post - hole and wing set on posts of goal, giving a rotational offensive concept with two players close to the goal
- Rotation - positional movement of all players pending on where ball is placed and who initiates move - commonly used with drive

## Defensive Strategy

Man-to-Man

3-3 - used for rotational offensive strategy

2-2-2 - used with double post offensive strategy

## Underwater Football

### Concept:

Carry a negatively buoyant ball into the goal area

Block, dodge, intercept, and move under the water to achieve your goal

### Equipment:

Ball

Goal

Team identifiers

Fins

Snorkel

Mask

### Rules:

5 players in water, 13 on team

2 x 10 minute periods

3 minute halftime

Tie = 10 minute overtime

Start with team at goal line

Move ball underwater through handoffs, passing, or running

### Defense & Scoring

Tackling - must release player once ball is no longer in possession

Scoring - when ball is completely in goal area (1 point)

### Fouls:

Delay of play

Surface carry

Hanging on sides

Rough play

Holding

Interference

Equipment removal

Surface throw

Ref's privilege