

## Appendix I – LTAD Summary Framework for Water Polo

<b>PATHWAY</b>	<b>FUNDAMENTALS</b>	<b>TECHNICAL FOUNDATIONS</b>		<b>COMPETITIVE FOUNDATIONS</b>		<b>TRAINING TO COMPETE</b>		<b>PERFORMANCE ON DEMAND</b>	
Male Female	6-9 years 6-8 years	9-12 years 8-11 years		12-16 years + - 11-15 years		16-20 years + - 15-18 years		20-25 years + - 18-23 years	
<b>Stage of Maturation</b>	<b>Late Childhood</b>		<b>Early Puberty</b>			<b>Late Puberty</b>		<b>Early Adulthood</b>	
								<b>Adulthood</b>	
<b>AAPhilosophy</b>	FUN	Lay the foundation		Make or break the athlete		Competition		Excellence	
<b>Category MALE</b>	<b>Mini Polo</b>	<b>Atom</b>	<b>Bantam</b>	<b>Cadet</b>	<b>Youth</b>	<b>Junior</b>	<b>University</b>	<b>Competition</b>	
		9-10	11-12	12-14	14-16	16-18	Senior 19 +		
<b>Category FEMALE</b>	<b>Mini Polo</b>	<b>Atom</b>	<b>Bantam</b>	<b>Cadet</b>	<b>Youth</b>	<b>Junior</b>	<b>University</b>	<b>Competition</b>	
		8-9	10-11	11-13	13-15	15-17	Senior 18 +		
<b>General Objectives</b>	Acquire/learn fundamental water polo skills	Develop fundamental water polo skills		Further develop and consolidate fundamental skills		Consolidate and refine sequence of basic sport skills at competition intensity/density.		Maintain fundamental skills	
<b>Motor skills sequence</b>	Introduce basic practical tactical knowledge leading to modified games.	Introduce decision making in standard situations.		Acquire variants of basic skills and new skills.		Develop consistency in implementing variants of basic skills and the new skills acquired in a competition environment.		Refine advanced skills / strategies.	
<b>To acquire / learn</b>	Develop movement skills in a fun and safe environment that promotes self-confidence	Introduce elementary tactical principles		Consolidate / Refine basic practical tactical knowledge.		Increase and improve the athlete's repertoire of skills so that In an analogous competitive situation, the player be able to solve the same tactical problem using different ways (skills/techniques).		Train position specific skills training	
<b>To develop</b>	- running; jumping; throwing; catching; wheeling; adaptation to water;	Introduce general physical fitness training using medicine balls, swiss balls and own body weight.		Introduce more advanced water polo skills and tactics		Develop decision making.		Develop position specific mental skills.	
<b>To consolidate</b>	Introduce basic motor and movement skills into warm up activities	Develop motor skills (agility; balance; coordination; rhythm; time/space orientation;		Develop a solid general physical foundation: speed; strength;		Introduce game plan.		Maximize performance in competition, optimize and integrate all performance factors (10 Ss) taking into account the international competition calendar.	
<b>To refine</b>	- (agility; balance;					Develop a solid general physical foundation: speed; strength;		Develop sport specific physical fitness training / position	
<b>To maintain</b>						Increase the success			

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
	<p>coordination; rhythm; time/space orientation; speed; dexterity "hand-eye coordination"; etc).</p> <p>Introduce simple rules and ethics of the sport.</p> <p>Develop self-confidence, focus and positive attitude.</p> <p>Try to instil the love of sports through active participation.</p>	<p>speed; dexterity "hand-eye coordination"; etc).</p> <p>Introduce fundamental mental skills (concentration; self-activation; visualization; relaxation; positive internal dialogue; etc.).</p> <p>Introduce ancillary capacities (warm-up; hydration; cool-down; stretching; etc.)</p>	<p>endurance; flexibility.</p> <p>Develop fundamental mental skills.</p> <p>Introduce ideal performance state / competition.</p> <p>Develop ancillary capacities</p>	<p>rate of the skills executed in competition.</p> <p>Introduce specialization by position</p> <p>Increase the success rate of the basic practical tactical knowledge implemented in competition.</p> <p>Develop / Consolidate new practical tactical knowledge tailor made to the strengths of the athlete/team.</p> <p>Improve decision making (individual tactics)</p> <p>Develop game plan.</p> <p>Develop general physical conditioning as well as specific physical conditioning.</p> <p>Further develop fundamental mental skills.</p> <p>Develop and improve ideal performance state / competition.</p> <p>Develop the performance capacity of the athlete/team and integrate the performance factors (10 Ss) to reach a peak performance at a pre-determined time of the year.</p>	<p>Ensure full commitment to the pursuit of international excellence</p> <p>Manage all demands related to their career (support staff; sponsors; media; etc)</p> <p>Explore aspects related to their post sport career.</p>
<b>Guiding Principles</b>	FUN, SAFETY and ACTIVE PARTICIPATION are of	The participant must be actively engaged in the activity, motor and	Intensity must be gradually raised to reach competition	Training intensity must always be high to optimal. Sub-maximal	Modelling all possible aspects of training and performance.

PATHWAY Male Female	FUNDAMENTALS 6-9 years 6-8 years	TECHNICAL FOUNDATIONS 9-12 years 8-11 years	COMPETITIVE FOUNDATIONS 12-16 years + - 11-15 years	TRAINING TO COMPETE 16-20 years + - 15-18 years	PERFORMANCE ON DEMAND 20-25 years + - 18-23 years
	<p>primary importance.</p> <p>Create a stimulating learning environment.</p> <p>Use modified and adapted equipment.</p> <p>Adapt the pool to the age level of participants.</p> <p>Limit the information communicated to the participant to what is essential.</p> <p>Be clear, concise and adapt the terminology to the age level.</p> <p>Coaches and instructors should be knowledgeable on child development.</p> <p>No periodization but well structured programs and practices.</p>	<p>cognitive wise.</p> <p>The frequency of practice as well as the number of repetitions must be high enough to ensure learning</p> <p>You must have a 70% success rate for learning to occur.</p> <p>Only communicate what the participant needs to know to accomplish the task. <i>Drop what is nice to know.</i></p> <p>Skill (technique) learning must come under the umbrella of tactics. The participant must have a clear idea of what tactical problem he/she can solve with the skill taught.</p> <p>If in the training session the coach pursues multiple objectives, skill or tactical acquisition should come first in the main part of the session (after warm-up). WHY? Because learning requires a rested central nervous system and also requires concentration.</p> <p>Block learning (controlled conditions) and random learning (mirror competition reality) must be used adequately.</p>	<p>requirements.</p> <p>Make sure the skill or tactic is stabilized in controlled conditions (block learning) as well as random conditions (mirror competition reality).</p> <p>Make sure the athlete can perform the skill, a transition movement and perform another skill. WHY? Because that is what he/she has to do in competition.</p> <p>The skills or tactics have to be consolidated or performed in a state of light to moderate fatigue in order to prepare the athlete adequately to the competition requirements.</p> <p>In the training session, when preparing the athlete for competition, you must mirror the requirements of competition regards active time rest time.</p> <p>The athlete has to learn to extend to the limit of his/her performance capacity methodically, systematically in order to improve.</p> <p>The training load must be raised gradually and progressively.</p> <p>Be aware of the growth, development and maturation process in boys.</p>	<p>intensity will alter the motor coordination of the athlete.</p> <p>In training, more time should be spent on random conditions (mirror competition requirements) than on controlled conditions (block learning).</p> <p>Monitor fatigue / recovery adequately.</p> <p>Be aware of the factors that influence tactical thinking when the athlete is confronted to a decision making situation: speed of the action taking place; quality of observation of the athlete; experience and tactical knowledge of the athlete; memory (remembering practical problems solved) and; emotional state of the athlete.</p> <p>Emphasis in training should be on cooperation, synchronization between players and speed of execution.</p> <p>When preparing for a competition, the athlete should focus on exploiting the flaws and deficiencies of the upcoming opponent.</p> <p>In competition, the athlete should concentrate on the task to do, not the outcome.</p>	<p>The training structure of high performance athletes is a mirror image of the coordinated and goal adapted method. Because of the international competition calendar, training is punctual and temporary focused on special preparation for a major event.</p> <p>Training is geared to integrate the performance factors to meet the specific upcoming competition requirements.</p> <p>In training, more time should be spent on random conditions (mirror competition requirements) than on controlled conditions (block learning).</p> <p>Monitor fatigue / recovery adequately.</p> <p>Frequent preventive breaks permitting recovery to avoid injuries.</p> <p>Coaches have to be increasingly effective in managing and leading a performance enhancement team (PET).</p>

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
		<p>Coaches should be knowledgeable on growth, development and maturation process.</p> <p>Monitor PHV (peak height velocity) with girls.</p> <p>Cash in on the windows of optimal trainability: flexibility; speed; endurance.</p> <p>The athlete should spend more time training than competing (70% / 30%).</p> <p>Introduce single periodization (seasonal planning).</p> <p>Winning is not the focus</p>	<p>Monitor PHV (peak height velocity) with girls and boys.</p> <p>Cash in on the windows of optimal trainability: speed; endurance; strength.</p> <p>The ratio training to competition should be around 60% / 40%.</p> <p>Coaches should be knowledgeable on growth, development and maturation process.</p> <p>Apply single or double periodization (yearly planning).</p> <p>Teaching skills in all situations, near and far from the ball, on front, on back, etc.</p> <p>Focus is on performance of skills in a competitive environment not on Winning</p>	<p>The athlete has to learn to stick to the game plan and not get carried away because the going gets rough.</p> <p>The choice of competitions must favour athlete development.</p> <p>Introduce the athlete to international competitions.</p> <p>Coaches have to learn how to manage and lead a performance enhancement team (PET).</p> <p>Apply single, double or triple periodization tailor made to the athlete's needs and the competition calendar (annual training and competition plan / specialization in 1 sport).</p>	
<p><b>Technical / Tactical / Game Strategy</b></p> <p><i>Time Commitment</i></p>	Regular participation in aquatic activities	<p><b>Recreational</b> 2-4 hours per week 1-2 sessions of Water Polo</p> <p><b>Competitive</b> 4.5 – 8 hrs/wk 3-5 sessions of Water Polo</p>	<p><b>Recreational</b> 4-6 hours per week 2-3 sessions of Water Polo</p> <p><b>Competitive</b> 10-12 hrs (seasonal) 5-6 sessions of Water Polo</p>	<p><b>Recreational</b> 4-6 hours per week 2-3 sessions of Water Polo</p> <p><b>Competitive</b> 12-16 hrs (seasonal) 5-6 sessions of Water Polo</p>	<p><b>Recreational</b> 4-6 hours per week 2-3 sessions of Water Polo</p> <p><b>Competitive</b> 15-20 hrs (seasonal) 6 sessions of Water Polo</p>
<p><b>Technical Skills</b></p>	<p>Aquatics and Ball Sport FUNDamentals</p> <p>Hand-eye coordination</p>	<p><b>Learning and development WP specific Body Movement Skills</b></p>	<p>Improved swimming skills</p> <p>Maintenance and improvement of</p>	<p><b>Skill Perfection and situational adaptation</b></p> <p><b>Specialisation of Position</b></p>	<p><b>Skill Perfection and situational adaptation</b></p>

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
	Any team games	Eggbeater	Movement Skills	Fluent in Basic and Secondary Skills and drills	Techniques and drills relevant to both individual and tactical play
	Basic team play	Sliding	<b>Development of Secondary skills</b>	<b>Refinement of skill relative to position:</b>	
	Decision making skills	Sculling	Blocking		
	Mini Polo Games	Jumping	Releasing	- Centre Back	
	<b>Swim skills</b>	Upper body movement	Driving	- Drivers	
	Learn to swim WP specific	Legs only travelling	Jumping	- Goalkeepers	
	Head up Front Crawl	<b>Refine Swim skills</b>	Shooting	Successful Application of skills in Competition context	
	Head up Back Crawl	Learn to swim WP specific	Faking		
	Front Crawl whip kick	Head up Front Crawl	Peripheral vision	<b>Development of skill relative to position:</b>	
	Direction changes	Head up Back Crawl	- Centre forward		
	Spider	Stop & Go	- Centre Back		
	<b>Kicking Skills</b>	Roll Over	- Drivers		
	Whip	Swim-stop-jump	- Goalkeepers		
	Double	Spider			
	Flutter	Legs only travelling			
	<b>Introduction to basic ball control skills</b>	<b>Refine Kicking Skills</b>			
	Picking up ball from underneath	Whip			
	Catching	Double			
	Passing	Flutter			
	Shooting	<b>Change in Body Position</b>			
		Horizontal front and back to vertical			
		Vertical to horizontal front and back			

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
		Swimming and Sliding  Sliding Right and Left - Without ball - With ball - Same with faking  <b>Ball Control Skills</b>  Picking up ball  Catching  Passing  Shooting  Faking  <b>Basic Goaltending Skills</b> - Jumping - Positioning in the net - Sliding			
<b>Tactical and Game Strategy Skills</b>  <b>*OFFENCE*</b>		Basic Water Polo decision making skills  How to set up <u>in all positions</u> on offence - 6 v 6 - 6 v 5  Offensive positioning technique for: - Passing - Receiving - Shooting	Introduction and development of Base Tactical Skills  1 v 1 tactics  Understanding of all positions (general ability to play all)  Applied decision making (CREATIVITY)	Offence Tactics: - Press Break - Zone Break - 6v5  Decision making drills: Counter Attack, - 1v0 to 6v5  Introduction to Individual and Team performance analysis	Scouting to Exploit your team strengths vs opponents weaknesses.  Increase sophistication of performance analysis  Increase sophistication of performance analysis
<b>Tactical and Game Strategy Skills</b>  <b>*DEFENCE*</b>		How to set up <u>in all positions</u> on defence - 6 v 6 - 5 v 6 - Defensive positioning	Introduction and development of Base Tactical Skills  1 v 1 tactics	Defence Tactics: - Press - Zones - 5 v 6  Decision making drills:	Scouting to Exploit your team strengths vs opponents weaknesses.

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
		technique for: - vs. 2m player - vs. driver	Understanding of all positions (general ability to play all)  Applied decision making (CREATIVITY)	Counter Attack, 5 v 6  Introduction to Individual and Team performance analysis	Increase sophistication of performance analysis
<b>Tactical and Game Strategy Skills</b>  <b>*TRANSITION*</b>				Offensive Transition - multiple situations  Defensive Transition - multiple situations	Scouting to Exploit your team strengths vs opponents weaknesses.
<b>Growth and Development Considerations</b>  <i>PHV = rapid / accelerated growth spurt</i>	Emphasis on development of generic sports skills  1 <sup>st</sup> Speed Window (agility/quickness) girls 6-8 yrs, boys 7-9 yrs  Suppleness window 6-10 yrs (flexibility)	Peak motor co-ordination (PMCV), emphasis on skill development before girls 11yrs, boys 12 yrs.  Suppleness window 6-10 yrs (flexibility)  Special attention to suppleness during PHV	Growth spurt (PHV), emphasis on aerobic development with onset of PHV girls 10-11; boys 11-13  2 <sup>nd</sup> Speed Window (alactic); girls 11-13 yrs, boys 13-16 yrs  1 <sup>st</sup> Strength Window girls, immediately after PHV  2 <sup>nd</sup> strength window onset of menarche	Peak Strength development emphasis on strength development; girls 2 <sup>nd</sup> strength window at onset of menarche, boys 12-18 months after PHV	Further development of stamina, strength, speed, skill and suppleness.
<b>Conditioning</b>  <i>Time Commitment</i>		<b>Recreational</b> N/A  <b>Competitive</b> 1.5 hours/wk  3 sessions *after water training  Extra dry land above and beyond is highly recommended	<b>Recreational</b> 1 hour per week  2 sessions *after water training  <b>Competitive</b> 3 hours (seasonal)  3 sessions	<b>Recreational</b> 1-2 hour per week  2-3 sessions *after water training  <b>Competitive</b> 3 hours (seasonal)  3 sessions	<b>Recreational</b> 1-2 hour per week  2-3 sessions *after water training  <b>Competitive</b> 4.5 hours (seasonal)  3 sessions
<b>Conditioning</b>  <i>Activities</i>	Daily participation in sport and physical activities	Fundamental motor skills (ABC's)	General physical fitness (balance)  Core strength	General and specific physical fitness related to the demands of the sport	Specific physical fitness related to position  Core strength

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	Fundamental movement skills	Core strength Shoulder and knee stability Flexibility Agility Balance Swiss Ball Core Body Strength Learning free weights <i>techniques</i> (early to mid phase) Basic Bands Basic body weight and resistance exercises ( <i>callisthenics</i> ) Basic Med balls EMPHASIS on injury prevention land training Other sports (eg: running) Complementary Sports (eg: handball) Develop suppleness	Shoulder and knee stability When Growth spurt (PHV) occurs (girls 10-12 yrs, boys 12-14 yrs.) Development of Aerobic Base. Emphasis on aerobic development – swimming, and appropriate cross training Introduction to free weights (18m after PHV) Swiss Ball Core Body Strength Band work <b>WP Specific Conditioning</b> Applying conditioning activities with in-water skill development activities.	Core strength Shoulder and knee stability Individual free weights programs Swiss Ball Core Body Strength Band work Cross training (esp. boxing, martial arts) <b>WP Specific Conditioning</b> Applying conditioning activities with in-water skill development activities.	Shoulder and knee stability Swiss Ball Core Body Strength Band work Individual free weights programs Cross training (esp. boxing, martial arts) <b>WP Specific Conditioning</b> Applying conditioning activities with in-water skill development activities.
<b>PSYCHOLOGICAL DEVELOPMENT</b>	FUN!! Use Imagination to develop visualization skills Introduction to team development Guided decision making with coach assistance	Introduce and reinforce positive visualization Introduction to goal Setting Elements of Team cohesion Communication – working with others	Reinforce positive visualization Mental rehearsal: - game situations Individual and team. - greater independence Goal setting -individual / team -shared leadership	Attentional Control (consolidate) Emotional Control (consolidate) Stress management and coping strategies (consolidate) Pre-Game and Game	Self identification, i.e. what type of player am I, what role could I fill, Attentional Control - consolidate Emotional Control - consolidate Stress management

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
	on field  Team building/ development activities  Communication – working with others	Mental rehearsal: - game situations Individual and team. - greater independence  Goal setting -individual / team -shared leadership opportunities	opportunities  Decision making: - game situations - out of pool responsibility	plans, Routines (Refinement)  Visualisation and Decision-making (Refinement)  Leadership, Team Dynamics and Independence (consolidate)  Communication skills – preparation for exposure to: - Media - Sponsors - VIPS	- refine and consolidate  Pre- Game Prep and Game Plan - refine and consolidate  Visualization and Decision Making - refine
<b>COMPETITION OUTCOMES</b>	Participation  Short games  Few rules	Concentration on development  Very simple game play  Adapted rules  Adapted equipment  Introduction of base tactics	Concentration still on refinement  Try out within competition context	Development of tactical Game play  Application of techniques within competition context  Individual and Team targets relevant to long term goals  Introduction to International competition	Individual and Team objectives relevant to long term goals  Building the domestic competitive system through exposure to high level competition  Promotion of water polo through CIS/OUA
<b>TYPES OF COMPETITION</b>	No <i>formal</i> competition  FUN games in the water	I Love Water Polo  Local and Regional Invitational tournaments  Provincial Championship formats discouraged	<b>Recreational</b> School competitions  House League  Invitational regional club events  Provincial Championships at Cadet and Youth  Provincial Games at Cadet Category  <b>Competitive</b> Invitational regional club events	<b>Recreational</b> School competitions  House League  Invitational regional club Events  Provincial Championships at Youth and Junior  <b>Competitive</b> Invitational regional club Events  Provincial Championships at	<b>Recreational</b> University Leagues OUA/CIS  Multiple level Senior Competitions (City Leagues) (Provincials Leagues) (National Club Championships)  <b>Competitive</b> University Leagues OUA/CIS  Multiple level Senior Competitions (City Leagues)

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			Provincial Championships at Cadet and Youth  Provincial Games at Cadet Category National Championships  Youth Cup	Youth and Junior  Canada Games at Junior Category  Regional and National Championships At Junior and University  International competitions as development only  Provincial/Regional Team focus	(Provincials Leagues) (National Club Championships)  National Team Select League  Canada vs USA exchanges  Fisus Games
<b>GAME MODIFICATIONS</b>	Modified equipment  Open pool area for play area.  Sessions include a variety of motor skills not just specific water polo skills.  Lead Up Games with lots of action, repetition for ALL  Maximum x vs x  Rule modifications to ensure: <ul style="list-style-type: none"> <li>- max. scoring opportunity for ALL</li> <li>- max. action for ALL</li> <li>- nobody sits out offence or defence</li> <li>- learning opportunity and high success for ALL</li> <li>-flexibility to keep game close, active, and avoid dominance by higher skilled</li> </ul> Coaches/model athletes/instructors allowed in pool during	Smaller ball  Modified field of play  Shorter games  Size of net  4 v 4 Games (plus goalie)  3 v 3 Games (plus goalie)	Smaller ball  Modified field of play  Shorter games  4 v 4 Games (in practice only)  3 v 3 Games (in practice only)		

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	modified game to help direct play.				
<b>Planning and Periodization</b>	<p>NO PERIODIZATION</p> <p>-Well planned and well structured programs and lessons</p> <p>-Appropriate skill progression</p> <p>-Learning opportunities for everyone</p> <p>-Positive learning environment</p> <p>Year-round active participation in a variety of sports and physical activities.</p> <p>Emphasis on swimming</p> <p>Introduction to Water polo through modified games – (seasonal activity)</p> <p>No formal competition</p>	<p>Single Periodization</p> <p>Well planned and well structured programs and training sessions</p> <p>Year-round active participation in a variety of sports and physical activities (3 sports)</p> <p>Emphasis on learning basic skills and tactics</p> <p>Water Polo – season aligned with school year</p> <p>Preparatory period must be long enough to develop solid foundations</p> <p>Official competitive period <b>4 to 5 months focusing on player development</b></p> <p>Ratio of Training vs. Competition: <b>70%: 30%</b></p> <p>Off season to include involvement in other sports and physical activities.</p>	<p>Single or Double Periodization</p> <p>Year-round active participation in a variety of sports and physical activities (2 sports)</p> <p>Emphasis on consolidating skills and tactics and increasing the athlete's motor repertoire</p> <p>Water Polo – season aligned with school year</p> <p>Preparatory period must be long enough to raise the performance capacity of the athletes</p> <p>Official competitive period 5 to 6 months focusing on player development and coping with competition</p> <p>Ratio of Training vs. Competition: <b>60%: 40%</b></p> <p>Off season to include involvement in other sports and physical activities.</p>	<p>Single or Double Periodization</p> <p><b>Player Specialization</b></p> <p>Year round water polo training with 1 month transition period</p> <p>Emphasis on optimizing the performance factors and their integration leading to performance</p> <p>Preparatory period focuses more on specificity</p> <p>Official competition period 6 months focusing on the development of consistency of the player / team performance</p> <p>Ratio of Training vs. Competition: <b>50%:50%</b></p> <p>Off season: passive and active rest (1 month)</p>	<p>Single, Double or Triple Periodization</p> <p>Aiming to peak at International Major Games and Qualifiers</p> <p>Year round water polo that is part of a 4 year Olympic cycle</p> <p>Preparatory, competition and transition periods are dependent on the International competition calendar</p> <p>Ratio of Training vs. Competition: full time training centre 60%: 40%</p> <p>Off season: passive and active rest (1 month)</p>
<b>Supplementary Knowledge</b>	<p>Development of social skills</p> <p>-cooperation</p> <p>-working in a team</p> <p>- learn to follow directions</p> <p>- self-control</p>	<p>Enhancement of social skills</p> <p>Understand and adherence to Fair Play</p> <p>Simple work ethic and</p>	<p>Healthy Nutrition</p> <p>Adherence to Fair Play</p> <p>Beginning understanding of the benefits of sport specific</p>	<p>Healthy Nutrition</p> <p>Introduction to recovery and regeneration methods and modalities</p> <p>Development of</p>	<p>Healthy Nutrition</p> <p>Refine mental trainings skills</p> <p>Consolidate recovery and regeneration</p>

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
	<ul style="list-style-type: none"> <li>- group interaction</li> <li>- listening</li> </ul> <p>Introduction to simple safety guidelines</p> <p>Introduction to Fair Play philosophy</p> <p>Introduction of simple water polo rules and etiquette</p>	<p>commitment expectations</p> <p>Knowledge of rules required to play basic game</p> <p>Healthy Nutrition</p> <p>Injury management and prevention.</p>	<p>training</p> <p>Injury management and prevention.</p>	<p>weightlifting techniques</p> <p>Knowledge of competition structures and programs</p> <p>Development of performance analysis</p>	<p>methods</p>
<b>Coach Certification</b>	Community Sport Initiation	<p>Competition Intro</p> <p>“The Practice” &amp; “The Game”</p>	<p>Competition Intro/ Competition Develop.</p> <p>“The Game” &amp; “The season”</p>	Competition Develop	Level 5
<b>Coach Education</b>	<p>Understand children’s physiological development for each phase</p> <ul style="list-style-type: none"> <li>- how to include and teach broad based movement skills</li> </ul> <p>Technical-Tactical aspects for this phase</p> <ul style="list-style-type: none"> <li>- teaching progressions and age appropriate terminology/cues for fundamental skills</li> <li>- understanding of necessary modifications</li> </ul> <p>Appropriate supplementary knowledge and application in each phase. How to:</p> <ul style="list-style-type: none"> <li>- communicate with children</li> <li>- provide a good learning environment</li> <li>- develop self-esteem</li> </ul>	<p>Technical-Tactical aspects for this phase</p> <p>Age appropriate skill development progressions</p> <p>Understanding of modifications</p> <p>Demonstrated belief in Fair Play, and the ability to instil this belief in players and parents</p> <p>Demonstrated open / honest communication with parents and players</p> <p>Knowledge of sport specific training principles and adaptations</p> <p>Development of Team and team staffing structure</p>	<p>Technical-Tactical aspects for this phase</p> <p>Age appropriate skill development progressions</p> <p>Some knowledge of sport specific training</p> <p>Demonstrated belief in Fair Play, and the ability to instil this belief in players / parents</p> <p>Demonstrated open/honest communication with parents and players</p> <p>Development of Club and Club staffing structure</p> <p>Introduction to scouting tools and techniques</p> <p>Introduction to video analysis tools and techniques</p>	<p>Content detailed in previous columns</p> <p>Technical-Tactical aspects for this phase</p> <p>Maturation process</p> <p>Detailed understanding of periodization and training</p> <p>Introduction to physical development of strength and power, anaerobic work</p> <p>Introduction to strategies for . . .</p> <ul style="list-style-type: none"> <li>- Profiling individual player needs, technically, tactically, physiologically, psychologically, environmentally and athlete lifestyle</li> <li>- General, specific,</li> </ul>	Competition High Performance

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Male Female	6-9 years 6-8 years	9-12 years 8-11 years	12-16 years + - 11-15 years	16-20 years + - 15-18 years	20-25 years + - 18-23 years
	<ul style="list-style-type: none"> <li>in children</li> <li>- give feedback to children</li> <li>- to establish positive behaviour in children</li> <li>- handle difficult children</li> <li>- communicate with parents</li> <li>- provide appropriate achievement awards</li> <li>- knowledge of where appropriate programming for the next phase exists and contact numbers and names</li> </ul>		<ul style="list-style-type: none"> <li>- technical</li> <li>- tactical</li> </ul>	<p>competition, transition and recovery phases</p> <p>Appropriate supplementary knowledge and application (in-line with NCCP)</p> <p>Increase complexity of team and club staff structure, with inclusion of expert performance enhancement teams</p> <p>Continue to develop repertoire of scouting tools and techniques</p> <p>Develop knowledge and understanding of sport general and sport specific data analysis tools and techniques.</p> <p>Develop and appreciation for development and understanding of “new technologies” “stay ahead of the curve”</p>	
<b>Facilities</b>	Any pool with some deep water	20-25 metres all deep or combination shallow-deep	20-25 metres all deep or combination shallow-deep	25-30 metres all deep	25-30 metres all deep