

ESSENTIALS OF A SUCCESSFUL HIGH SCHOOL/CLUB PROGRAM

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OVERVIEW

- PURPOSE/GOALS
- TIME MANAGEMENT
- POOL MANAGEMENT
- TACTICS

PURPOSE & GOALS

- Purpose & goals clearly defined
- Stated & understood in the pre-season
- Revisited & reassessed throughout season

TIME MANAGEMENT

- We have a limited amount of time and unlimited areas in which to improve.
- Determine how to use the time you have.
- Dry land, weights, conditioning, passing, shooting, counterattack, front court, 6x5, 5x6, special situations.

POOL MANAGEMENT

- **COMMON PROBLEMS:**
 - Not enough coaches
 - Too many players in the pool
 - Wide difference in ability in the pool
- **Circuit/station work**
 - Circuits by lanes
 - Stations: swim, skill, shoot x2

TACTICS

- Front court defense
- 5x6
- Counterattack
- Front court offense
- 6x5
- Special Situations

FRONT COURT DEFENSE

- Press
 - Lanes – ball side shoulder
 - Front the center
 - Press is a 7-player defense
- 1 or 2 player zone
 - Read center or from scouting
- Split
 - Take away center
 - Create counter opportunities

5x6

- **Shot blocking**
 - Match hands or funnel
 - Coverage responsibilities
- **Storm**
 - Watch eyes and anticipate
 - Hit and recover
- **Recognition**
 - 4x2 or 3x3

COUNTERATTACK

- Finishing 1x0, 2x1
- 3x2 critical to success
 - 3 in a row
 - Crossover
- 4x3, 5x4

FRONT COURT OFFENSE

- Vs Press
- Vs Soft Press
- Vs 1 or 2 player zone
- Vs Split

6x5

- 4x2 or 3x3
 - Based on personnel or scouting
- Every player a threat
- Teach/practice passing angles/combos
- Read defense
- Where to shoot
- Repetition

SPECIAL SITUATIONS

- Simplify
- After goal
- Offense out of time out 6x6
- Offense out of time out 6x5
- Defense out of time out 5x6
- End of game – winning/losing/tied