

INDIVIDUAL OFFENSIVE AND DEFENSIVE SKILLS

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OVERVIEW

- Assess the individual skills of your athletes and create drills to emphasize areas of necessary improvement
- Drills should simulate recognizable game situations
- We all borrow & create drills

KEY OFFENSIVE SKILLS

- Mobility
- Release
- Passing
- Shooting
- Position specific: attacker, center

MOBILITY

- Without ball
 - Reverse
 - Lateral movement
- With the ball
 - Dribble
 - Pick ups

RELEASE

- Avoid moving backwards to release
- Chop
- Spin & seal
- Drive & pop vs defender in lanes
- Around the horn drill

PASSING/SHOOTING

- Dry
- Wet to dry
- Off the water
- Horizontal shooting
- Vertical shooting

POSITION SPECIFIC

- **Attacker**
 - Move ball around perimeter
 - Drive/engage defenders
 - Entry pass to center
 - Shoot/score
- **Center**
 - Gain and maintain position at center
 - Explode to ball
 - Knowledge of shooting options/proficient at one

KEY DEFENSIVE SKILLS

- Mobility
- 1-on-1 drive defense
- Center defense
- 5x6 shot blocking
- Counter recognition

MOBILITY

- Drift
- Reverse
- Over the hips
- Pendulum

1-ON-1 DRIVE DEFENSE

- Awareness
- Reverse spin
- Maintain ball side
- Allow help
- Let goalkeeper do their job

CENTER DEFENSE

- Every player needs this skill
- Spin out of holds
- 3 techniques
 - Swim to front
 - Wounded dolphin
 - Spin to front
- Figure 8 drill

5x6 SHOT BLOCKING

- Over hips to shot blocking position
- Close out
- Know coverage area
- No ball x5 drill