



# I Love Water Polo

[www.ilovewaterpolo.ca](http://www.ilovewaterpolo.ca)

## Water Polo Canada

1A-1084 Kenaston Street  
Ottawa, ON K1B 3P5

tel: (613) 748-5682  
fax: (613) 748-5777

## I Love Water Polo: Skill Levels and Competencies

- A four-level recreational learn-to-play skill development program for boys and girls ages 8-12, implemented in a lesson format.
- Introduction to the basic skills of the sport of water polo.
- Development of the basic movement skills (swimming, buoyancy, agility, balance, & coordination) through a series of lessons.

### **Level 1**

#### **Target Age: 8-10 years**

**Prerequisites:** Ability to swim 15m. Deep water competency is recommended.

#### **Skills and Objectives:**

- ✓ Introduction to passing/ catching/ shooting
- ✓ Picking up ball from underneath
- ✓ Introduction to body position
- ✓ Water polo specific skills such as eggbeater, sculling, trudgeon, spider
- ✓ Water polo stroke development at distances of 10- 15 metres (e.g. head up front crawl, water polo backstroke)

### **Level 2**

#### **Target Age: 8-10 years**

**Prerequisites:** Ability to swim 25m of the pool non-stop, and completion of Level 1 skills. Deep water competency is recommended.

#### **Skills and Objectives:**

- ✓ Continued development of Level 1 skills at greater distances (15-25 metres)
- ✓ Introduction of new skills such as zig zag, rollover, sliding, stop and go with the ball
- ✓ Shooting, receiving, passing for accuracy
- ✓ Understanding basic (adapted) ILWP rules
- ✓ Balancing and coordination activities (static single movements)

### **Level 3**

#### **Target Age: 10-12 years**

**Prerequisites:** Ability to swim 25m of the pool non-stop, and completion of Level 2 skills. Deep water competency is mandatory.

#### **Skills and Objectives:**

- ✓ Basic/ intermediate balancing and coordination activities (static multiple movements)
- ✓ Movements in horizontal body position
- ✓ Increased swim distances
- ✓ Vertical eggbeater with ball above head
- ✓ Shooting, receiving, passing the ball for accuracy

### **Level 4**

#### **Target Age: 10-12 years**

**Prerequisites:** Ability to swim 50m of the pool non-stop, and completion of Level 3 skills. Deep water competency is mandatory.

#### **Skills and Objectives:**

- ✓ Refining skills learned in levels 1-3
- ✓ Travelling with the ball, maintaining appropriate body position
- ✓ Integration of ball handling, body position, and swimming skills to develop basic water polo tactical skills
- ✓ Solid understanding and demonstration of basic ILWP rules