Level 1 (8-10 +/- years of age, 45 minute class, 10 classes)

- Passing and catching outside of water, 1M apart
- Basic balancing and coordination activities (static single movements)
- Front crawl 15M
- Breaststroke 15M
- Backstroke 15M
- Eggbeater in deep water 0:30
- Horizontal body position (eggbeater and sculling) for 0:30 with no movement
- Pick up ball from underneath and hold above head for 0:05
- Pick up ball from underneath and throw in shallow water
- Head up front crawl 10M
- Water polo backstroke (sitting back crawl) 10M
- Trudgeon (head up front crawl with breaststroke kick) 10M
- Head up front crawl with the ball 5M
- Horizontal body position (eggbeater and sculling) for 5m sliding left and 5m right
- Spider 0:30 (horizontal body position moving in circular motion left and right)
- Pick up ball from underneath and hold above head for 0:10 in deep water
- Pick up ball from underneath and throw in deep water
- Pick up ball from underneath and shoot in shallow water
- Receive pass in shallow water
- Demonstration of sportsmanship and fair play in game and practice environment
**Lesson 1**

<table>
<thead>
<tr>
<th>Location:</th>
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<tbody>
<tr>
<td>Suggested area 15m x 15m chest deep water</td>
<td>Introduce participants to water polo for the first time</td>
<td>Kids water polo balls; pylons; whistle; and other equipment needed for chosen game/activity</td>
</tr>
</tbody>
</table>

**Introduction:** (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

**Warm-up:** (5 minutes)
- Passing and catching outside of the water

**Main Part:** (30 minutes)
- Front crawl
- Breaststroke
- Back crawl
- Vertical eggbeater
- Horizontal body position “water polo ready position”
- Game/activity from coach toolbox relating to above skills

**Cool Down:** (5 minutes)
- Pick up the ball from underneath and hold above head in shallow water

**Conclusion:** (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 2

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<td>Suggested area</td>
<td>Introduce and refine basic water movement skills</td>
<td>Kids water polo balls; pylons; whistle; and other equipment needed for chosen game/activity</td>
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Introduction: (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

Warm-up: (5 minutes)
- Passing and catching outside of the water

Main Part: (30 minutes)
- Front crawl
- Breaststroke
- Vertical eggbeater
- Horizontal body position “water polo ready position”
- Spider
- Game/activity from coach toolbox relating to above skills

Cool Down: (5 minutes)
- Pick up the ball from underneath and hold above head in shallow water

Conclusion: (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 3

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Introduction: (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

Warm-up: (5 minutes)
- Basic balancing and coordination activities (static single movements)

Main Part: (30 minutes)
- Head up front crawl
- Trudgeon
- Vertical eggbeater
- Horizontal body position “water polo ready position”
- Spider
- Game/activity from coach toolbox relating to above skills

Cool Down: (5 minutes)
- Pick up the ball from underneath and throw in shallow water

Conclusion: (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 4

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<td>Kids water polo balls; pylons; whistle; and other equipment needed for chosen game/activity</td>
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Introduction: (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

Warm-up: (5 minutes)
- Basic balancing and coordination activities (static single movements)

Main Part: (30 minutes)
- Head up front crawl with the ball
- Pick up the ball from underneath and throw in shallow water
- Vertical eggbeater
- Horizontal body position “water polo ready position”
- Spider
- Game/activity from coach toolbox relating to above skills

Cool Down: (5 minutes)
- Front crawl, breaststroke, and back crawl

Conclusion: (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 5

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<td>Introduce and refine basic water movement skills</td>
<td>Kids water polo balls; pylons; whistle; and other equipment needed for chosen game/activity</td>
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Introduction: (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

Warm-up: (5 minutes)
- Basic balancing and coordination activities (static single movements)

Main Part: (30 minutes)
- Head up front crawl with the ball
- Water polo backstroke
- Pick up the ball from underneath and throw in shallow water
- Vertical eggbeater
- Spider
- Game/activity from coach toolbox relating to above skills

Cool Down: (5 minutes)
- Front crawl, breaststroke, and back crawl

Conclusion: (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 6

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<tbody>
<tr>
<td>Suggested area 15m x 15m chest deep water</td>
<td>Introduce a water polo game and the rules for the first time</td>
<td>Kids water polo balls; kids water polo hats/colored caps; Quickshot nets; pylons; whistle; and other equipment needed for chosen game/activity</td>
</tr>
</tbody>
</table>

**Introduction:** (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

**Warm-up:** (5 minutes)
- Passing and catching outside of the water

**Main Part:** (30 minutes)
- Head up front crawl
- Head up front crawl with the ball
- Water polo backstroke
- Vertical eggbeater
- Spider
- Water polo game

**Cool Down:** (5 minutes)
- Front crawl, breaststroke, and back crawl

**Conclusion:** (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 7

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</thead>
<tbody>
<tr>
<td>Suggested area</td>
<td>Introduce water polo skills in deep water</td>
<td>Kids water polo balls; Quickshot nets; pylons; whistle; and other equipment needed for chosen game/activity</td>
</tr>
<tr>
<td>15m x 15m chest deep water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Introduction: (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

Warm-up: (5 minutes)
- Passing and catching outside of the water

Main Part: (30 minutes)
- Head up front crawl
- Pick up the ball from underneath and throw in deep water
- Pick up the ball from underneath and shoot in shallow water
- Game/activity from coach toolbox relating to above skills

Cool Down: (5 minutes)
- Front crawl, breaststroke, and back crawl

Conclusion: (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 8

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<tbody>
<tr>
<td>Suggested area</td>
<td>Review water polo</td>
<td>Kids water polo balls; pylons; whistle;</td>
</tr>
<tr>
<td>15m x 15m chest deep water</td>
<td>swimming and movement skills</td>
<td>and other equipment needed for chosen game/activity</td>
</tr>
</tbody>
</table>

**Introduction:** (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

**Warm-up:** (5 minutes)
- Basic balancing and coordination activities (static single movements)

**Main Part:** (30 minutes)
- Head up front crawl with ball
- Water polo backstroke
- Trudgeon
- Spider
- Pick up the ball from underneath and throw in deep water
- Game/activity from coach toolbox relating to above skills

**Cool Down:** (5 minutes)
- Passing and catching in shallow water

**Conclusion:** (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile 😊
Lesson 9

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<tbody>
<tr>
<td>Suggested area</td>
<td>Develop hand eye</td>
<td>Kids water polo balls; kids water polo</td>
</tr>
<tr>
<td>15m x 15m chest</td>
<td>coordination in the</td>
<td>hats/colored caps; Quickshot nets;</td>
</tr>
<tr>
<td>deep water</td>
<td>water</td>
<td>pylons; whistle; and other equipment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>needed for chosen game/activity</td>
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</tbody>
</table>

**Introduction:** (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

**Warm-up:** (5 minutes)
- Basic balancing and coordination activities (static single movements)

**Main Part:** (30 minutes)
- Pick up the ball from underneath and throw in deep water
- Pick up the ball from underneath and shoot in shallow water
- Water polo game

**Cool Down:** (5 minutes)
- Front crawl, breaststroke, and back crawl

**Conclusion:** (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Ensure that everyone leaves with a smile ☺️
Lesson 10

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<tbody>
<tr>
<td>Suggested area 15m x 15m chest deep water</td>
<td>Develop hand eye coordination in the water</td>
<td>Kids water polo balls; kids water polo hats/colored caps; Quickshot nets; pylons; whistle; and other equipment needed for chosen game/activity</td>
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</tbody>
</table>

**Introduction:** (2-3 minutes)
- Set up equipment and field of play
- Ice breaker and greet athletes
- Establish goals and expectations of practice

**Warm-up:** (5 minutes)
- Basic balancing and coordination activities (static single movements)

**Main Part:** (30 minutes)
- Pick up the ball from underneath and throw in deep water
- Pick up the ball from underneath and shoot in shallow water
- Water polo game

**Cool Down:** (5 minutes)
- Front crawl, breaststroke, and back crawl

**Conclusion:** (1-2 minutes)
- Give brief comments on what went well, what needs improving
- End with a team cheer
- Awards presentation
- Ensure that everyone leaves with a smile 😊