



Middle School Athletics 2014

Middle School Water Polo

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Program Goals and Plan

The course is designed to introduce the student-athlete to the sport of water polo, including both individual skills and team approach. In addition, the course will allow the student-athlete to become familiar with our bigger-picture goals such as Be Your Best and the importance of working within a team structure.

Content and Scope

Student Objectives:

- Knowledge of the game rules and sport skills
- An increased physical fitness level
- Awareness of the 'big picture' focus of the program such as Being Your Best and training within the structure of a cohesive team

Outline of Topics and Skills Focus

- Defense
 - Hips up body position
 - Drive defense progression
 - Hip-overs both in a 'split' and 'zone' situation
 - Center defense
 - Team-Defense philosophy
 - Shot blocking responsibilities and body positioning
 - Press defense both with and without a foul

- Offense
 - Basic body position
 - Different catch and release points in passing and shooting
 - How and when to drive
 - Posting up
 - How and when to counter-attack on transition
 - How to attack various defensive schemes

Training Overview & Philosophy

We focus a lot on fundamentals as these provide the student-athlete with the tools needed to perform the various actions in games. Our training is basically split between a fundamentals-focus and creating game-situation within scrimmaging.

Team Goals and Objectives

It is important that the water polo player understands and accepts our goal: be your best. It inherently avoids comparisons to other teams/programs as well as other players and allows us to focus inwardly both as individual athletes and as a team. Part of this includes a focus on character and our treatment of players on our team as well as our competitors and the referees and everyone involved in the process.