

Actual Enloe Academy Team Water Polo Clinic

TIME OVERVIEW

3-4pm JV Only: Triple Threat Position and Throwing

4-6pm JV and Varsity: Athletes Mentality, Water Balance, Over-hips, Pressure Passing, Three Releases

6-700pm Varsity and Best JV: Bringing it together

BREAKDOWN

3-4pm JV

Individual Triple Threat

1. How muscles work [Range of Motion, Rubber Bands]
2. Starting The throw [Hips>Abs>Shoulder>Elbow>Wrist]
3. Focusing on the wrist [Cookie Jar]
4. Physics of the throw (levers, torque, velocities additive)
5. Adding Movements (velocities additive).

4-6pm JV and Varsity

Introduction and Motivational Speech

Objectives of Clinic

1. Pressure Passes (Shield, Legs, Step, Push and Pass)
2. Pressuring a Pass (Joust or Across)
3. Proper Water Positioning (Hips Up, Knees High & Wide)
4. Going Over Hips (1. Start Movement 2. Push Hands 3. Curl 4. Throw Arm/ Breaststroke Kick)
4. Releases (Outside Across V', Inside Roll W', Pull-by Fake Drive I')
5. Defend a Drive (Counter Rotate)
6. Movement around set (Hips up @ peri: Overhead, Stroke, Roll, Turn and Grab, Stroke, Around Back)
7. Defending Set When Ball Enters (Hands Between, Breaststroke, Cheek to Cheek, Hit Elbow)

6-7 Varsity and Top JV

8. Bringing it Together for a Full Defense
9. Time Permitting Counter
10. Time Permitting Ball Side Drives

*****Your team clinic would be customized to the skills your team desires*****