

WATERPOLO (oral test)

Waterpolo is a very hard and huge sport, played into the water (of course) in a swimming pool, but also by the sea with a particularly pitch. It forms you as a better person, because it changes your character. You become stronger, more sure and decisive. As mentally as physically, it's a hard sport with hard trainings, so your body is really fit, as your breath and your mental preparation. Yes, mental. Because playing waterpolo, you have to check a lot of things, all the player (against and not), what they're going to do, where is the ball, how much time there is yet, the 30 seconds' timer, a pattern with your teammates and you have to have a good mental connection with them, what YOU have to do and how you have to do it...etc., etc. Going down more specifically, let's talk about the rules and the roles: at first, in waterpolo we play 7 vs 7, with 6 optimal change on the bench. There are 4 time's splits of 8 minutes, with 1 possible break per team and a minute between a split and the other. There aren't so much roles in waterpolo, except for the goalkeeper...there is a "hole-man", the closest one to the door, right in front of the goalkeeper. Explain what he has to do and the others roles... around him, or her, the remaining 5 teammates build a half-circle. Starting from the high-right, they are 1, 2, 3, 4 and 5. Explain what they have to do, some entries. Tell about the 5 meters shot, the simple fouls, the 3 serious fouls, the sump, the initial sprint, brutalities, the coach can't go over our 5 meters half-pitch. Explain the 2 meters' foul, the action with a man more, the ways to do a shot