

Las Positas College
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Course Outline for KIN WP2

WATER POLO 2

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN WP2 — WATER POLO 2 — 1.00 - 2.00 units

This is an intermediate course designed to give the student the opportunity to learn and enhance personal and team skills relating to the game of Water Polo. Instruction will focus on advancing individual skills, team strategies, and an appreciation for competition.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN WP1 - Water Polo 1

KIN SW2 - Swimming 2

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Water Polo

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KINWP1
- B. KINSW2

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Interpret NCAA rules and regulations and apply them in a competitive situation
- B. Explain and demonstrate 2 meter offensive strategies
- C. Organize a basic counterattack defense and offense
- D. Demonstrate and explain the "dropping" as a defensive strategy;

V. CONTENT:

- A. Rules
 - 1. NCAA
 - 2. FINA
- B. Review of skills
 - 1. dribbling, passing, shooting, swimming strokes
- C. Offense
 - 1. Individual
 - a. Driving
 - b. 2 meter
 - 2. Counterattack strategies
 - 3. Set offensive strategies
 - a. Drivers
 - b. 2 meter
 - 4. Extra Man strategies
- D. Defense
 - 1. Individual
 - a. Defending drivers
 - b. Positioning
 - c. 2 meter

2. Counterattack
3. Team strategies
 - a. Dropping
 - b. Sloughing
 - c. Fronting
 - d. 2 meter
 - e. Front court
 - f. Man down

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - Watch instructional videos. Also, record game play and evaluate.
- B. Demonstration of drills/skills
- C. Application of skills
- D. Practice
- E. Individual and group activities
- F. **Lecture** - 1. Explain the individual skills (passing, shooting, dribbling) 2. Explain the individual and team skills/drills for offense 3. Explain the individual and team skills/drills for defense 4. Explain the individual and team counter attack skills/drills

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities
- B. Participate in drills
- C. Evaluate game situations (six-on-five man up/down)
- D. Compile a series of drills with a stated objective
- E. Take an exam/quiz on NCAA rules/regulations

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Papers
3. Class Participation
4. Class Performance

B. **Frequency**

1. Exams
 - a. 1-2 per semester
2. Class Participation
 - a. Daily
3. Papers
 - a. 1-2 per semester
4. Class performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

1. Balline, Gareth (2012). *Water Polo Basics: All About Water Polo*. : CreateSpace Independent Publishing Platform.
2. Dettamante, D. (2012). *Basics of Successful Coaching - Water Polo Series* (Book 1 ed.). Raleigh, North Carolina: Lulu.com.
3. Lewindon, D., & Joyce, D. (2013). *High Performance Training for Sports* (First ed.). Champagne, Illinois: Human Kinetics.
4. Dettamante, D. (2012). *Fundamentals of Water Polo* (Book 2 ed.). Raleigh, North Carolina: Lulu.com.
5. National Collegiate Athletic Assn.. 2014-2016 Water Polo Rules and Interpretations. NCAA , 2014.
6. FINA . Water Polo Rules 2013-2017. FINA , 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competitive swim suit
- B. Goggles
- C. Swim Cap