

Las Positas College
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Course Outline for KIN 61

WATER POLO OFF SEASON TRAINING

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN 61 — WATER POLO OFF SEASON TRAINING — 0.50 - 2.00 units

This course is designed to give students the opportunity to learn and apply specific conditioning skills relating to the game of Water Polo. Instruction will focus on speed, quickness, strength, and cardiovascular conditioning in the pool as they relate to the play of Water Polo. Concepts of dryland training and periodization will be discussed.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN WP1 - Water Polo 1
with a minimum grade of C

KIN SW2 - Swimming 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

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

A. KINWP1

1. Recognize the basic rules of water polo
2. Demonstrate and explain the basic components of offense and defense;
3. Demonstrate basic water polo skills: dribbling, passing, shooting
4. Organize a basic field set-up of players for a 6-on-5 situation;

B. KINSW2

1. Demonstrate competency of beginning level swimming skills; including basic swim strokes (competitive and non-competitive);

IV. MEASURABLE OBJECTIVES:

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

- A. Understand the concept of periodization training
- B. Arrange a series of speed/quickness drills to reach a stated objective
- C. Demonstrate the water polo individual medley
- D. Demonstrate a proficient eggbeater kick
- E. Demonstrate driving technique against a press defense
- F. Demonstrate an 'M' drop zone defense
- G. Evaluate various situations and integrate possible solutions

V. CONTENT:

A. Concepts of Water Polo Training

1. Periodization
2. Dryland Strength Training
3. In water, water polo specific training
4. Flexibility

B. Review of swim skills

1. Freestyle & head-up freestyle
2. Backstroke & backstroke with eggbeater
3. Butterfly & butterfly with freestyle kick
4. Breaststroke
5. Water polo individual medley

- C. Review of basic ball skills
 - 1. Dribbling, passing, shooting
- D. Aerobic Conditioning
 - 1. Swim sets
 - 2. Circuit training in the pool
- E. Leg Conditioning
 - 1. Freestyle kicking
 - 2. Breaststroke kicking
 - 3. Eggbeater
 - a. Individual kicking drills
 - b. Partner kicking drills
- F. Speed/Quickness Conditioning
 - 1. Individual drills
 - 2. Partner drills
 - 3. Group drills
 - 4. Whistle drills
- G. Offensive Strategies
 - 1. Man-to-man
 - 2. Zone
 - 3. 6-on-5 (player up)
- H. Defensive Strategies
 - 1. Press
 - 2. Zone
 - 3. 5-on-6 (player down)
- I. Evaluation of Game Play
 - 1. Watch Instructional Videos
 - 2. Record Game/Practice
 - a. Evaluate team and individual play

VI. METHODS OF INSTRUCTION:

- A. Demonstration of drills/skills
- B. Practice
- C. **Lecture** - Explain concepts of periodization. Explain the purpose of individual, partner, group drills.
- D. Application of skills
- E. Individual and group activities

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities.
- B. Participate in drills.
- C. Research a conditioning drill for water polo.
- D. Compile a series of drills with a stated objective.
- E. Take an exam/quiz on concepts relating to conditioning, specifically for water polo.

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

IX. TYPICAL TEXTS:

- 1. (2012). *Basics of Successful Coaching - Water Polo Series* (Book 1 ed.). Raleigh, North Carolina: Lulu.com.
- 2. (2012). *Fundamentals of Water Polo* (Book 2 ed.). Raleigh, North Carolina: Lulu.com.
- 3. (2013). *High Performance Training for Sports* (First ed.). Champagne, Illinois: Human Kinetics.
- 4. NCAA. Water Polo Rules and Interpretations - 2014-2016. NCAA , 2014.
- 5. FINA . Water Polo Rules 2013-2017. FINA , 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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