

Warm-Up + Skill Work

NOTE: Everything here can be scaled for your current physical/skill level. This is not an official screener, just a list of drills that can help improve your overall game 😊

- **4 to 6 Dolphin dives per 25 yds**

UTL translation: This will help with quick breath recovery on the surface and rejoining a play in a fast manner.

Focus on: Strong pushes off the ground, efficient recovery breath at the surface (try to take breaths while moving forward rather than stopping to catch a breath), decreasing the time it takes to complete X amount of dives per 25 yds.

- **Controlled passing with a partner**

UTL translation: Improve passing accuracy and confidence.

Focus on: Passing using the “Point” method rather than the “Football” method.

- Static passing drill: Go to the bottom of the pool while staying in place, pass the torpedo

back and forth with a partner. Take as many breaths as needed.

- Dynamic passing drill: Pass with a partner while doing a 25 yd UWC.

- **UWC + Pause**

UTL translation: Helps improve breath endurance, allowing you to stay down longer on plays and stay down for 3 to 5 seconds after making a pass.

Focus on: Efficient keyhole and/or dolphin kick movements, calming the mind.

- UWC + Pause Drill #1: Hold your breath at the wall for 5-15 seconds, then perform an UWC.
- UWC + Pause Drill #2: Perform an UWC and pause at the other side of the wall for 5-15 seconds before coming up for air.

- **Monkey in the middle**

UTL translation: Helps work on fast passing with a partner and keeping defenders at bay when being attacked, as well as working on the defensive skill of forcing a bad pass and/or

stealing the torpedo.

Focus on:

- **Offense:** Quick passing, moving around to the open spot, protecting the torpedo from attackers when there isn't a passing option.
- **Defense:** Forcing a bad pass by attacking aggressively (no flailing, keep it controlled and targeted), anticipating a potential pass, and going for the interception.

- **Offense/Defense Drills**

UTL translation: Will help build player confidence with attacking and defending the net.

Drills: 1v1, 2v2, 2v1.

Focus on:

- **Offense:** Using the defender's body to move yourself closer to the goal (target wrists, legs, and upper back), passing in close proximity to the goal, teamwork when scoring.
- **Defense:** Tracking the torpedo, anticipating the pass, pushing attackers up and away from the goal.

Things to do outside of UTL/DEF

- CO2 tolerance breath tables (download the Stamina app).
- Swim laps and/or run to help with the cardio aspect of the game.
- Also work on UWC technique and speed.
- Weightlifting to build strength for scrums/attacking/defending.