



CURRICULUM MAP

1 Basic Water Polo Principles

Kids 7-8-9 – Elementary Level

1

**Kicking Freestyle
(with/without the
Ball)**

2

**Breaststroke Kick
(with/without the
Ball)**

3

**Water Polo
Freestyle (Head
Up)**

4

**Swimming with
the Ball
(Dribbling)**

5

**Water Polo
Freestyle +
Breaststroke Kick**

6

**Water Polo
Backstroke +
Breaststroke Kick**

7

**Breaststroke Kick
on Back with a
Ball in Hand**

8

**Eggbeater Kick
(Horizontal &
Vertical)**

9

**Learning the Basic
Vertical Position
with the Ball**

10

**Passing the Ball
on Water while in
Vertical Position..**

10 skills

Kids 7-8-9 years old

2 Foundational Water Polo Skills

Kids 7-8-9 – Foundation Level

11

**Sculling / Moving
with Hands**

12

**Starting Off
without Wall Push**

13

**Changing Body
Position (Vertical -
Horizontal)**

14

**Changing
Direction
(with/without th...**

15

**Gliding Forward
while Holding the
Ball Behind**

16

**Jumping Out from
the Water
(Vertically or...**

17

**Passing with the
Wrist while
Swimming with...**

18

**Gliding Forward
with Breaststroke
Kicks with Ball i...**

19

**Passing the Ball to
a Teammate's
Hand (Dry Pass)**

20

Shooting the Ball

10 skills

Kids 7-8-9 years old

3 Basic Playing Elements

Kids 10-11-12 – Basic Playing Elements

21

**Basic Perimeter
Defense Vs
opponent witho...**

22

**Defending a
Driving Opponent
without ball**

23

**Backside
Perimeter Defense
vs Opponent wit...**

24

**Perimeter Front
Defense vs
Attacker with Ball**

25

**Changing
Direction and
Jump (Two-on-...**

26

**Lay-Out Move by
an attacker with
the ball (Start...**

27

**Driving Ball Side
to Receive the Ball**

28

**Release Move to
Receive the Ball**

29

**Receiving a Cross
Pass (from the
Left)**

30

**Basic Position and
Movements of
Center Forward**

10 skills

Kids 10-11-12 years old

4 Goalkeeper Basic Techniques

Kids 10-11-12 – Goalkeeper Basic Techniques

31

**Goalkeeper's
Basic Position
(Arms in Water,...**

32

**Basic Position
with Arms Out of
the Water**

33

**Lateral Movement
and Angle Control**

34

**Reaction Speed
and Save
Technique**

35

**Rebound Control
and Outlet
Passing**

5 skills

Kids 10-11-12 years old

