



HaBaWaBa School v.02

ERASMUS PROJECT

“PSYCHOMOTOR CHALLENGES”

JUNE 2026



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ΠΑΝΤΕΧΝΕΙΟ ΚΡΗΤΗΣ
TECHNICAL UNIVERSITY
OF CRETE





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PSYCHOMOTOR CHALLENGE TEST PROTOCOL

The three psychomotor challenges are organized as a rotating circuit consisting of three stations:

- ☐ Slalom Sprint Challenge,
- ☐ Balance Challenge, and
- ☐ Color Flash Reaction Game.

A team of 12-15 players is divided into three groups of equal size, with each group starting at a different station.

After about 8 minutes, the groups rotate to the next station until all players have completed the entire circuit.

- ☐ In the Slalom Sprint Challenge, players make two timed attempts, crossing five cones in a slalom pattern before finishing with a sprint to the finish line. The best time is recorded.
- ☐ In the Balance Challenge, players walk along a straight line while maintaining their balance and end up standing on one leg for 5 seconds. Any balance errors are posted.
- ☐ In the Color Flash Reaction Game, the player reacts to the colors called by the coach. Starting from the center of the square, he must reach and touch the correct cone as quickly as possible, demonstrating attention, quick reaction and decision-making ability.

CHALLENGE PSYCHOMOTOR TEST PROTOCOL

- ❑ The entire circuit requires about 24 minutes of activity, plus a few additional minutes for explanations and group organization, with a total duration of about 30 minutes per team.
- ❑ At the end of the session, each player receives an individual evaluation based on performance in the three stations.
- ❑ The results can also be used to calculate an average team score, creating a fun and motivating comparison between the clubs participating in the Festival.
- ❑ This format allows coaches to assess key water polo-related skills—such as coordination, agility, balance, reaction speed, and decision-making skills—in a simple, engaging, and measurable way.

CHALLENGE PSYCHOMOTOR TEST PROTOCOL

GENERAL OBJECTIVE

To assess, in a simple, fun and measurable way, some of the key skills required for water polo:

- ❑ Motor coordination
- ❑ Speed and agility
- ❑ Balance and body control
- ❑ Reactions and attention span

Each child completes the three stations individually and receives a final evaluation.



STATION 1 – SPRINT SLALOM CHALLENGE

ASSESSED SKILLS

- Dynamic coordination and movement speed.

EQUIPMENT

- 5 Cones
- Stopwatch

SETUP

- Place 5 cones in a straight line, about 2.5–3 meters apart.
- Total length of the route: 12–15 meters.

PROCEDURE

1. The player starts behind the starting line.
2. Cross the cones in a slalom motion.
3. Go around the last cone.
4. It ends with a sprint towards the finish line.

MEASUREMENT

- Record the total time in seconds.
- Attempts: 2 attempts.
- The best time is recorded.





STATION 1 – SLALOM SPRINT CHALLENGE



COORDINATION, AGILITY AND SPEED ACTIVITY

A FUN ACTIVITY TO DEVELOP MOVEMENT COORDINATION
AND QUICK DIRECTION CHANGES!

FOR CHILDREN
AGED 7–12
YEARS





PARTICIPANTS
1 player at a time



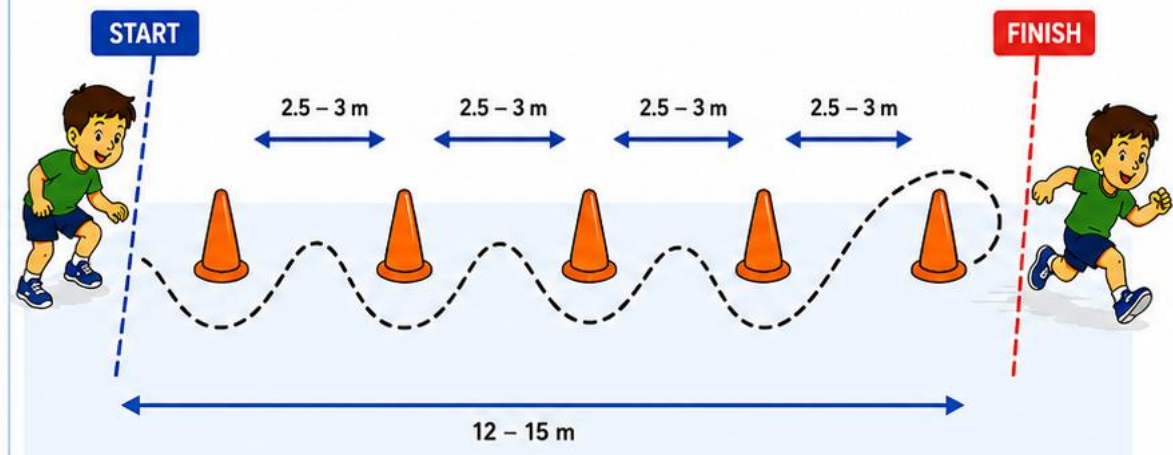
EQUIPMENT
• 5 cones
• Start and finish lines



SPACE
Rectangular area
12–15 metres long



DURATION
1–2 minutes
per player





Moving through a slalom helps you move faster in the water and in the game!



Turn around the cones and change direction quickly!



GOAL
Improve:
• Coordination
• Agility
• Speed
• Body control

HOW TO PLAY

1 Start behind the starting line.



2 Run through the cones using a slalom movement.



3 Go around the last cone and sprint to the finish line.



4 The fastest time wins!



MEASUREMENT

 Record the total time in seconds.

Example:
Player A = 8.2 sec
Player B = 7.9 sec
Player C = 9.1 sec

COACHING TIP

"Keep your eyes forward and take short, quick steps while changing direction."



SKILLS DEVELOPED

- Coordination
- Spatial awareness
- Agility
- Speed

EDUCATIONAL VALUES

- Commitment
- Respect
- Self-confidence
- Fair Play

HABAWABA INTERNATIONAL FESTIVAL

Activity to be carried out between matches.

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STATION 2 – BALANCE CHALLENGE

ASSESSED SKILLS

- Static balance and body control. EQUIPMENT
- Ribbon or rope
- 1 cone

SET-UP

- Mark a straight line that is 6–8 meters long.

PROCEDURE

1. The player walks along the line, placing one foot directly in front of the other.
2. When you reach the end of the line, the player stops.
3. Balance on one leg for 5 seconds.
4. Return to the starting point by walking back along the line...

ATTEMPTS

- 2 attempts.





STATION 2 – BALANCE CHALLENGE

ACTIVITY FOR BALANCE AND BODY CONTROL

A FUN ACTIVITY TO IMPROVE BALANCE, STABILITY AND CONCENTRATION!

FOR CHILDREN
AGED 7–12
YEARS



PARTICIPANTS

1 player at a time



EQUIPMENT

- 1 balance line (tape or rope)
- 1 cone



SPACE

Area with a straight line 6–8 metres long



DURATION

1–2 minutes per player

- 1 Start behind the line.
Get ready!



- 2 Walk along the line putting one foot in front of the other.



- 3 At the end of the line, keep your balance on one leg for 5 seconds.



- 4 Return to the starting point by walking on the line again.



Good balance helps you move better in the water and in the game!



Keep your body steady and focused. Take your time!



GOAL

Improve:

- Balance
- Body control
- Concentration
- Stability

HOW TO PLAY

- 1 Start behind the line.
Get ready!



- 2 Walk along the line putting one foot in front of the other.



- 3 At the end of the line, keep your balance on one leg for 5 seconds.



- 4 Return to the starting point by walking on the line again.



MEASUREMENT



Count the total number of errors.

Errors are counted if:

- You step off the line.
- You place your foot on the ground during the 5 seconds.

Fewer errors = better score!

COACHING TIP

"Look forward, open your arms for balance and move slowly with control."



SKILLS DEVELOPED

- Balance
- Body control
- Stability
- Coordination
- Concentration



EDUCATIONAL VALUES

- Respect
- Commitment
- Self-confidence
- Fair Play



HABAWABA INTERNATIONAL FESTIVAL

Activity to be carried out between matches.



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STAZIONE 3 – COLOR FLASH REACTION GAME

ASSESSED SKILLS

- Reaction time, attention, decision-making ability, agility and coordination.

EQUIPMENT

- 4 colored cones:
- 1 Red 1 Blue 1 Yellow 1 Green 1 Coin

SETUP

- The 4 cones are positioned at the vertices of a square of about 4×4 meters. The player positions himself in the center of the square.

PROCEDURE

1. The coach calls one of four colors: Red, Blue, Yellow or Green.
2. The player reacts as quickly as possible and runs towards the cone of the called color.
3. The player touches the cone with one hand and quickly returns to the center. The coach immediately calls a new color.
4. The sequence is repeated for a total of 5 calls.

MEASUREMENT

- 5 calls per player.



HaBaWaBa
SCHOOL

STATION 3 - COLOR FLASH REACTION GAME

FOR CHILDREN
9-11
YEARS OLD

REACTION, ATTENTION AND DECISION-MAKING ACTIVITY

SKILLS ASSESSED

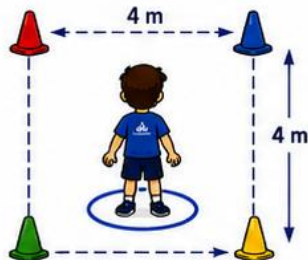
- Reaction time
- Attention
- Decision-making
- Agility
- Coordination

EQUIPMENT

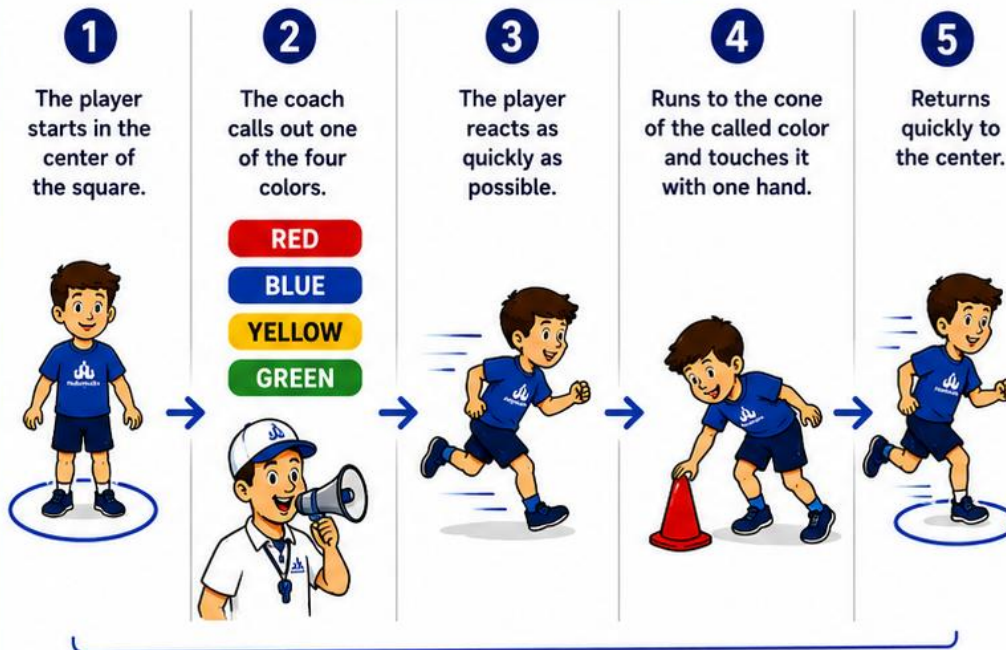
- 1 RED CONE
- 1 BLUE CONE
- 1 YELLOW CONE
- 1 GREEN CONE

SET-UP

Place the four cones at the corners of a square approximately 4×4 meters. The player starts in the center.



HOW IT WORKS



The coach immediately calls a new color.
Repeat for a total of **5** calls.

COACH'S TIP



Listen carefully to the color called, react immediately and run to the correct cone!

SKILLS DEVELOPED



REACTION
TIME



ATTENTION



DECISION
MAKING



AGILITY



COORDINATION



MEASUREMENT



**5 CALLS
PER PLAYER**

Record:

- Number of correct responses
- Number of correctly reached colors

SCORING

CORRECT RESPONSES	POINTS
★★★★★	5
★★★★	4
★★★	3
★★	2
0-1 ★	1



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Erasmus+



LISTEN • REACT • RUN!

The **faster** you recognize the color, the **faster** you will react during a water polo game!

EVALUATION FORM

FINAL RANKING

- **GOLD:** High performance at the three stations.
- **SILVER:** Good and regular performances.
- **BRONZE:** Basic performance with room for improvement.

TOTAL DURATION

- Station 1: about 2 minutes
 - Station 2: about 2 minutes
 - Station 3: about 4 minutes
-
- ☐ Total time per athlete: about 8 minutes
 - ☐ Total time for a team of 12-15 children: 30-40 minutes, organizing rotating activities in the three stations.

INDIVIDUAL EVALUATION FORM

HaBaWaBa Psychomotor Challenge (7-12 years)

Team: _____

Country _____

Coach: _____

Date: _____

n.	Player	Slalom Sprint (sec)	Balance (errors)	Color Flash (points out of 10)	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

EVALUATION FORM

CONVERSION TO POINTS STATION 1 -

SLALOM SPRINT

Time Points

< 8 sec	5
8-9 sec	4
9-10 sec	3
10-11 sec	2
> 11 sec	1

STATION 2 - BALANCE

Errors Points

0	5
1	4
2	3
3	2
4 o più	1

STAZIONE 3 - COLOR FLASH REACTION GAME

Correct Responses on 5 - Points

5	5
4	4
3	3
2	2
0-1	1

FINAL RESULT

TOTAL POINTS - LEVEL

13-15	🥇	GOLD
9-12	🥈	SILVER
3-8	🥉	BRONZE

TEAM STANDINGS

TEAM - AVERAGE POINTS - LEVEL

- ☐ The average of all players' scores determines the team's final result.
- ☐ This format is ideal for the Festival because it allows you to quickly evaluate 12-15 children and easily compare teams, nations and U9/U12 categories.

ERASMUS CHALLENGE : **BUILDING PINETTA - SALA BLU**

 **TUESDAY, 16 JUNE 2026 – U11**

 **09:00 – 09:45 MONACO**

 **10:00 – 10:45 RZO-SWISS AQUATICS**

 **11:00 – 11:45 POL DELTA**

 **12:00 – 12:45 SZEGED**

 **WEDNESDAY, 17 JUNE 2026 – U9**

 **09:30 – 10:15 CN MARSEILLE**

 **10:30 – 11:15 ONDA BLU NANETTI**

 **11:30 – 12:15 GEZIRA CROCODILES**

 **12:30 – 13:15 KPK U9**