



HaBaWaBa School v.05
FOUNDATION LEVEL
KIDS 7 to 9 YEARS OLD

4th WEBINAR
22nd April 2026



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ΠΟΛΥΤΕΧΝΕΙΟ ΚΡΗΤΗΣ
TECHNICAL UNIVERSITY
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4th WEBINAR - AGENDA

Kids 7-8-9 years old - Foundation Level

- ✓ **YOUTUBE CHANNEL: HABAWABA SCHOOL / PROJECT CRKIDS**
- ✓ **3rd WEBINAR – REVIEW OF SKILLS #11, #12, #13, #14, #15**
- ✓ **PARTICIPANT COACHES' INPUT**
- ✓ **RESPONSES TO QUESTIONS**
- ✓ **4th WEBINAR - PRESENTATION OF SKILLS #16, #17, #18, #19, #20**
- ✓ **ELEMENTARY AND FOUNDATION SKILLS REVIEW**



4th WEBINAR - AGENDA

Kids 7-8-9 years old - Foundation Level



HABAWABA SCHOOL / PROJECT CRKIDS

<https://www.youtube.com/@HaBaWaBaSchool-ProjectCRKIDS>



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Kids 7-8-9 years old - Elementary Level

3rd WEBINAR – REVIEW

SKILLS #11, #12, #13, #14, #150

- ✓ [Skill 11 – Sculling / Moving with Hands](#)
- ✓ [Skill 12 – Starting Off without Wall Push](#)
- ✓ [Skill 13 – Changing Body Position \(Vertical - Horizontal\)](#)
- ✓ [Skill 14 – Changing Direction \(with/without the Ball\)](#)
- ✓ [Skill 15 – Gliding Forward while Holding the Ball Behind](#)

All videos to be presented were prepared with the participation of [Damiano SPINA](#), an 8-year-old athlete of Club Aquatico Pescara.





Kids 7-8-9 years old - Elementary Level

PARTICIPANT COACHES' INPUT

1. Yiannis KOINIS, Age Group WP Coach – CN Posillipo, ITALY

2. Ildikó SZEDLMAYER, Age Group WP Coach – Vasas SC, HUNGARY

- ☐ ***Use one swimming lane to keep many kids active at the same time with continuous, dynamic activities.***
- *Start with a swim and turn drill: freestyle to the wall, touch, and return in backstroke. Work 30 sec to 1 min × 5–6, focusing on coordination, orientation, and breathing.*
 - *Continue with a vertical legwork drill: eggbeater movement, sideways jumps to the line, staying high without sinking. Work 30 sec to 1 min × 5–6, focusing on balance, leg strength, and elevation.*
- ☐ ***Add game-based activities to combine starting, stopping, and changing positions (horizontal ↔ vertical) while keeping attention on other players, without and with the ball.)***
- *Play “No Cap Catcher”: one player tags all others as fast as possible. Fastest time wins; everyone has a turn. Develops reaction and awareness.*
 - *Play “Catch Each Other”: when touched, become the new catcher. This develops quick decisions, fast movement, and varied movement patterns. Progress with direction changes, transitions, and ball use, keeping the environment playful and engaging.*



PLAY "RED CAP CATCHER"

One player tags all others as fast as possible!

For kids
7-9 years old



PLAYERS

All other kids
(blue caps)



CATCHER

One player
(red cap, no cap)



PLAY AREA

Small area



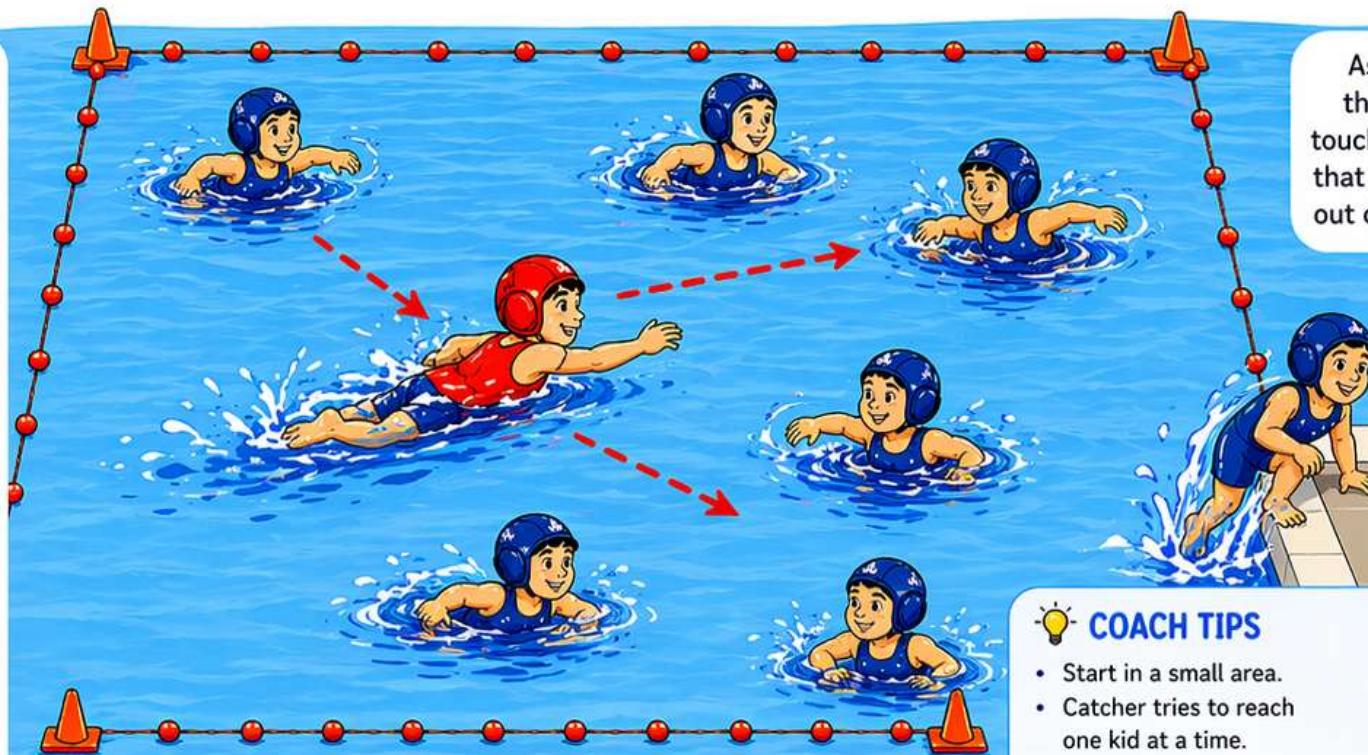
HOW TO PLAY

The catcher tries to touch one player at a time as fast as possible. When touched, the player goes out on the deck.



GOAL

Be the fastest catcher to tag all others!



COACH TIPS

- Start in a small area.
- Catcher tries to reach one kid at a time.
- Encourage fast movement and awareness.
- Everyone has a turn!

Coach:
Ildikó SZEDLMAYER



1. START

One player is the catcher
(red cap, no cap).



2. CATCH A PLAYER

The catcher reaches
one player at a time.



3. PLAYER OUT

When touched, the player
goes out on the deck.



4. KEEP GOING

The catcher continues
until all players are out.



FOCUS (7-9 YEARS OLD):

Reaction – Awareness – Fast movement – Quick decisions – Fun



Develops reaction
and awareness.



Play fair, be kind,
and have fun!



Game proposed by **Ildikó SZEDLMAYER**



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BALL TAG GAME

Catch with the Ball

For kids
7–9 years old



2 TAGGERS try to touch others with the ball!



TAGGERS

2 players
(chosen by the coach)



PLAYERS

Everyone has a ball



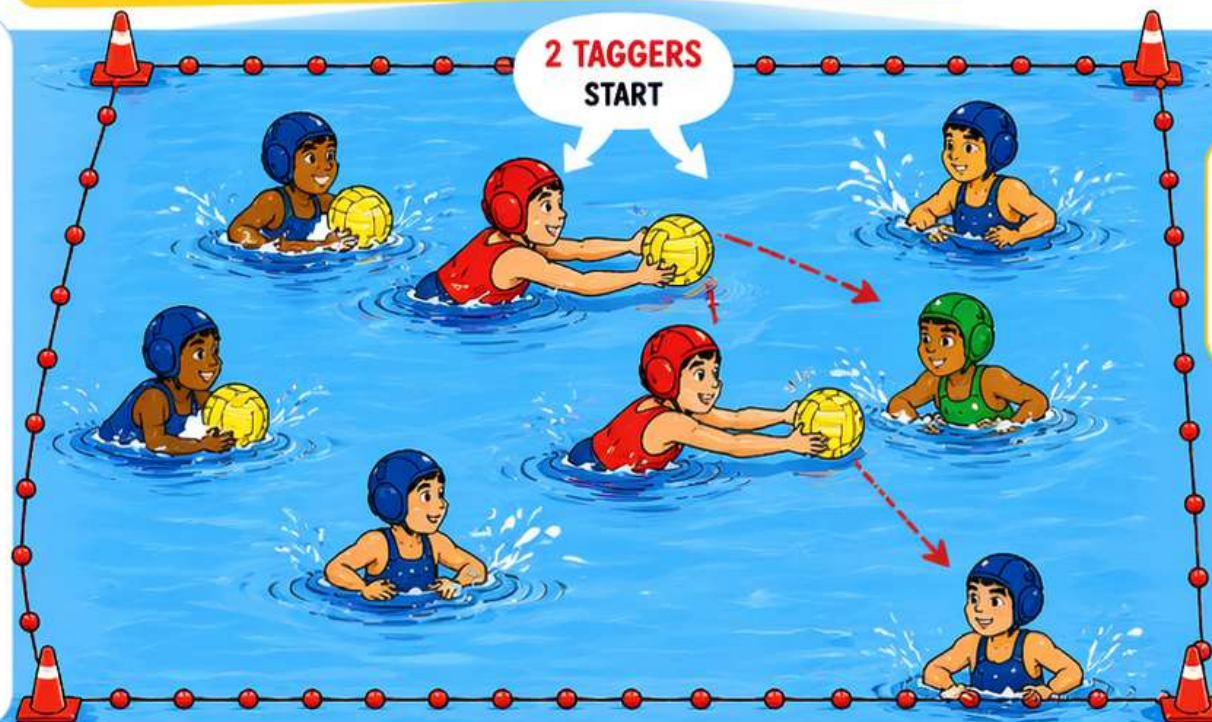
PLAY AREA

Small area



TIME

30 seconds
Coach changes
taggers after time



Coach may count tags →
focus on play, not winning.



Both taggers win
if they stay active!

HOW IT WORKS

Taggers try to touch
others with the ball
(soft touch).



WHEN TOUCHED

Players do a quick task
and then rejoin.



3 eggbeaters

spin

jump



REJOIN THE GAME

After the task,
players get their ball
and rejoin.



COACH CONTROLS

The coach chooses
taggers, starts and
stops the game,
and changes
taggers after
30 seconds.



FOCUS (7–9 YEARS OLD): Ball control – Awareness – Reaction – Fun – Safe play



Play fair, be kind,
and have fun!

RESPONSES TO QUESTIONS – brief

1. **Fernando LEITE (POR): Pre-Sport Games:**

Training should begin with play to engage children and create a positive environment. The ball is introduced progressively, leading to simple and enjoyable games. Learning happens through action: players move, pass, and make decisions while interacting in dynamic activities.

2. **Stefano STOPPONI (ITA): Shooting on Goal & Leg Elevation:**

Effective shooting starts with a strong body position in the water. Players must stay high, focus on the goal, and finish with control and power. This relies on continuous legwork, especially a strong eggbeater, providing stability, balance, and better technical execution.

3. **Cristian IORDACHE (ROM): Legwork Drills with Contact:**

For ages 7–9, limit contact and use soft duels. Improve eggbeater kick to keep balance and adapt body position. When pushed: keep kicking, stay tall, protect space.

Kids 7-8-9 years old - Foundation Level

Skill 16 – Jumping Out from the Water (Vertically or Laterally)

Objective:

- ☐ Develop explosive upward power and body coordination to rise high from the water for passing, blocking, or shooting.

Description:

- ☐ From a strong eggbeater base, the player performs a powerful breaststroke kick while closing the legs quickly under the body. One or both arms drive upward as the player jumps vertically, reaching as high as possible. Upon re-entry, the legs open wide again to resume eggbeater kick immediately.
- ☐ The same principle applies for lateral jumps, where one leg drives more strongly to project the body sideways. The focus is on explosive timing and quick recovery of balance after the jump.



Kids 7-8-9 years old - Foundation Level

Skill 16 – Jumping Out from the Water (Vertically or Laterally)

Drills:

1. [Jump on Signal](#): On vertical signal → jump with one arm high; on side signal → jump laterally to the right or left.
2. [Don't Let It Drop](#): Pass a balloon or light ball back and forth to practice height control and soft landing. Use both hands.
3. [Target Reach](#): Try to touch or reach a floating object or board held at varying heights.
4. [Swim & Jump](#): Swim 5 m head-up → stop → perform one vertical jump with right arm, then one with left; repeat.
5. [Eggbeater Hold & Jump](#): Eggbeater for 5 s with both arms up → on whistle, jump vertically or laterally.





Kids 7-8-9 years old - Foundation Level

Skill 17 – Passing with the Wrist while Swimming with the Ball

Objective:

- ☐ Learn to deliver short, accurate passes while swimming forward, using wrist control and maintaining body balance.

Description:

- ☐ While dribbling head-up, the player lifts the ball slightly above the surface and makes a quick wrist flick to pass it forward or sideways without stopping the swimming rhythm.
- ☐ The body remains horizontal, supported by a strong kick, and the arm motion stays compact and smooth. The pass should travel low and flat over the water, staying close to the surface to avoid bouncing. Timing between kick and pass is crucial for accuracy and fluidity.





Kids 7-8-9 years old - Foundation Level

Skill 17 – Passing with the Wrist while Swimming with the Ball

Drills:

1. Side-by-Side Passing: Two players swim side by side, exchanging passes using the wrist while maintaining consistent speed and rhythm.
2. Signal Change: Players swim together; at the whistle, they perform a quick wrist pass and immediately change direction. Repeat after each pass.
3. Pass in Opposite Direction: Two players swim together; one has the ball. When the teammate stops and changes direction, pass the ball in front of him. Then repeat in the opposite direction.
4. Move to Receive the Ball: One player holds the ball in a basic position and passes within a 3×3 m area; the teammate moves to receive the ball in the water and returns the pass.
5. Eye Contact First, Then Pass: Pass only after establishing visual contact; this develops communication and awareness.





Kids 7-8-9 years old - Foundation Level

Skill 18 – Gliding Forward with Breaststroke Kicks - Ball in Front

Objective:

- ☐ Develop control and stability when gliding forward toward the goal with the ball in hand, in front of the head, preparing for a shot or pass.

Description:

- ☐ The player holds the ball on the palm of the throwing hand at shoulder height, keeping the body semi-horizontal with hips high and chest slightly out of the water.
- ☐ Using small breaststroke kicks, the player glides smoothly toward the goal while maintaining balance and control.
- ☐ The supporting arm performs gentle sculling to guide direction and stabilize the body.
- ☐ The head stays up and eyes focus on both the goalkeeper and teammates.
- ☐ The key is to move forward efficiently, minimizing splashes and keeping the ball steady in front.
- ☐ This position is used often in 1-on-1 situations or before shooting.



Kids 7-8-9 years old - Foundation Level

Skill 18 – Gliding Forward with Breaststroke Kicks - Ball in Front

Drills:

1. [Glide with Ball in Front](#): Hold the ball on an upward-facing palm near the shoulder; perform a breaststroke kick and extend the arm forward to glide. Repeat without bringing the ball behind the head.
2. [Glide – Stop – Assume Basic Position](#): Glide forward with the ball in front, repeating the movement three times. Then stop and hold a basic position for 3". Repeat, emphasizing a full glide until momentum decreases.
3. [Glide Left – Stop – Swim Right](#): Glide left with the ball, stop, hold for 3 seconds, then swim right. Repeat the sequence.
4. [Glide and Pass](#): Players work in pairs 2 m apart, side by side; one glides forward with the ball using three breaststroke kicks while the other follows. Then stop, hold a basic position for 3", and make a wet pass. The teammate repeats the sequence.
5. [Glide and Fill the Gap](#): Work in pairs 2 m apart, one in front of the other; one glides forward with the ball using breaststroke kicks while the teammate moves backward in front. After stopping and holding a basic position for 3–5 seconds, the gap is recreated and the glide resumes. Switch roles after two repetitions.



Kids 7-8-9 years old - Foundation Level

Skill 19 – Passing the Ball to a Teammate's Hand (Dry Pass)

Objective:

- ☐ Execute accurate, high (dry) passes using full body coordination and vertical stability to deliver the ball directly to a teammate's hand.

Description:

- ☐ From a stable vertical position, the player prepares in the basic throwing stance: opposite leg forward, hips and shoulders rotated slightly, ball above head, and elbow higher than the ear.
- ☐ The throw begins from the hips, followed by the rotation of the trunk, shoulders, arm, and wrist, generating a smooth kinetic chain.
- ☐ The teammate receives with an open hand, slightly absorbing the impact to maintain control.
- ☐ The motion should be fluid, balanced, and quiet—focused on accuracy rather than power.

Kids 7-8-9 years old - Foundation Level

Skill 19 – Passing the Ball to a Teammate's Hand (Dry Pass)

Drills:

1. [Rebound Board Passing](#): Use a rebound board to improve catching technique by absorbing the ball's speed. Hold the ball in a basic position for 3", then complete the pass with a full arm follow-through until the fingers reach the water.
2. [Passing in Pairs](#): Players work in pairs 2 m apart; hold the ball in a basic position for 3", receiving it with the arm out of the water and fingers relaxed. Pass to the teammate and follow through with the arm until the hand reaches the water.
3. [Turn Around and Pass](#): Players work in pairs 2 m apart; hold the ball in a basic position for 3". Then rotate 360° clockwise while maintaining the basic position, and pass to the teammate's hand. Repeat with a 360° counterclockwise turn.
4. [Receive Ball, Pass and Move](#): Receive the ball from a teammate and hold it in a basic position for 3 seconds. Pass the ball and move 1 meter to the right or left. Receive the ball again and repeat three times, then switch roles.
5. [30'' Passing Challenge](#): Two players stand 2 m apart. Make as many good passes as possible in 30''. Drops are okay—focus on good technique.



Kids 7-8-9 years old - Foundation Level

Skill 20 – Shooting the Ball

Objective:

- ☐ Combine balance, rotation, and wrist control to perform accurate and powerful shots at goal from a stable vertical position.

Description:

- ☐ From the basic throwing position, the player initiates the shot with a full kinetic chain: hips → trunk → shoulders → arm → wrist → fingers.
- ☐ The elbow remains high, the opposite leg forward, and the body tall throughout the motion.
- ☐ The follow-through ends with the hand pointing directly toward the target.
- ☐ Players focus first on technique and direction, then gradually increase speed and intensity.





Kids 7-8-9 years old - Foundation Level

Skill 20 – Shooting the Ball

Drills:

1. Keep Basic Position and Shoot on the Spot: Hold the ball in a basic position for 3", then perform a controlled shooting motion, bringing the ball forward without losing contact. Emphasize full arm follow-through and proper body alignment. Alternate eggbeater and breaststroke kicks.
2. Stationary Shots: Shoot from a vertical position toward the goal without a goalkeeper. The drill can also be performed with a rebound board. Focus on correct basic position and full arm follow-through to the water.
3. Dribble and Shoot: Dribble 5m, stop, rise to a vertical position, and shoot. Start with an empty goal, then add a goalkeeper.
4. Swim to Receive a Wet Ball and Shoot: Swim toward the goal with a goalkeeper, collect the ball from the water (wet pass), bring the legs under the body to reach a stable vertical position, hold for 3", and shoot. Focus on body alignment, high elbow position, and full follow-through.
5. Swim to Receive a Dry Ball and Shoot: Swim toward the goal, bring the legs under the body, receive the ball in the hand (dry pass), hold a stable position for 3", and shoot. Emphasize proper body alignment, high elbow position, and full arm follow-through.



HaBaWaBa SCHOOL

Kids 7-8-9 years old - Skills Review

Elementary Level

Skill 1 – Kicking Freestyle (with/without the Ball)
Skill 2 – Breaststroke Kick (with/without the Ball)
Skill 3 – Water Polo Freestyle (Head Up)
Skill 4 – Swimming with the Ball (Dribbling)
Skill 5 – Water Polo Freestyle + Breaststroke Kick

Skill 6 – Water Polo Backstroke + Breaststroke Kick
Skill 7 – Breaststroke Kick on Back / Ball in Hand
Skill 8 – Eggbeater Kick (Horizontal & Vertical)
Skill 9 – Learning the Basic Vertical Position
Skill 10 – Passing the Ball on Water

Foundation Level

Skill 11 – Sculling / Moving with Hands
Skill 12 – Starting Off without Wall Push
Skill 13 – Changing Body Position (Ver/Hor)
Skill 14 – Changing Direction
Skill 15 – Gliding Forward - Ball Behind

Skill 16 – Jumping Out from the Water
Skill 17 - Passing with the Wrist while Swimming
Skill 18 – Gliding Forward - Ball in Front
Skill 19 – Passing the Ball to a Teammate's Hand
Skill 20 – Shooting the Ball



HaBaWaBa School v.05
FOUNDATION LEVEL
KIDS 10 to 12 YEARS OLD

5th WEBINAR
20th May 2026



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