



HaBaWaBa School v.06

BASIC PLAYING ELEMENTS

KIDS 10 to 12 YEARS OLD

5th WEBINAR

20th May 2026



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5th WEBINAR - AGENDA

Kids 10-11-12 years old - Basic Playing Elements

- ✓ **YOUTUBE CHANNEL: HABAWABA SCHOOL / PROJECT CRKIDS**
- ✓ **1ST TO 4TH WEBINAR: KEY PRIORITIES FOR KIDS AGED 7–9**
- ✓ **PARTICIPANT COACHES' INPUT**
- ✓ **5th WEBINAR - PRESENTATION OF SKILLS #21, #22, #23, #24, #25**



5th WEBINAR - AGENDA

Kids 7-8-9 years old - Foundation Level



HABAWABA SCHOOL / PROJECT CRKIDS

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



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1ST TO 4TH WEBINAR: KEY PRIORITIES FOR KIDS AGED 7–9

- ❑ For kids aged 7–9, the main objective is to build strong aquatic foundations through playful and progressive activities.
- ❑ At this age, children should develop confidence in the water, coordination, balance, body control, and familiarity with the ball as part of their daily routine in the pool.
- ❑ Before moving toward more complex water polo situations, young players should learn to feel comfortable handling the ball naturally during movement and games.
- ❑ The key skills include freestyle and breaststroke kicking, head-up swimming, sculling, eggbeater kick, changing body position, changing direction, swimming with the ball, basic passing, and shooting.
- ❑ These skills help children move more efficiently, stay stable in vertical and horizontal positions, handle the ball with confidence, and begin to cooperate with teammates.
- ❑ The focus should always be on enjoyment, learning through movement, and creating a positive connection with water polo.

ROCK & POP'S WATER POLO ADVENTURE

- ELEMENTARY LEVEL**
Building basic movement
and water confidence
- FOUNDATION LEVEL**
Developing core skills
and ball familiarity

U7 to U9 LEARNING JOURNEY

A fun adventure to
learn, move, grow and
love water polo!

20 SKILLS
BUILDING STRONG
AQUATIC FOUNDATIONS
THROUGH PLAY
AND PROGRESS.



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 /
BALL IN HAND



8 EGGBEATER KICK
(HORIZONTAL &
VERTICAL)



9 LEARNING THE
BASIC VERTICAL
POSITION



10 PASSING THE
BALL ON
WATER



EVERY SKILL
YOU LEARN
MAKES YOU
A CHAMPION
IN THE POOL!

11 SCULLING /
MOVING WITH
HANDS



12 STARTING OFF
WITHOUT
WALL PUSH



13 CHANGING
BODY POSITION
(VER/HOR)



14 CHANGING
DIRECTION



15 GLIDING
FORWARD -
BALL BEHIND



16 JUMPING OUT
FROM
THE WATER



17 PASSING WITH
THE WRIST
WHILE
SWIMMING



18 GLIDING
FORWARD -
BALL IN FRONT



19 PASSING THE BALL
TO A TEAMMATE'S
HAND



20 SHOOTING
THE BALL



OUR VALUES



ENJOYMENT
Have fun
every day



RESPECT
Respect teammates,
coaches and opponents



TEAMWORK
Work together
and support



CONFIDENCE
Believe in yourself
and keep trying



FRIENDSHIP
Make friends
for life



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Kids 7-8-9 years old - Elementary Level

PARTICIPANT COACHES' INPUT

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



Kids 10-11-12 years old - Basic Playing Elements

Introduction

- ❑ Having completed the first two levels, children have consolidated horizontal movement and vertical stability in the water.
- ❑ We can now introduce individual defensive and offensive techniques, focusing mainly on one-on-one situations typical for ages 10–12.
- ❑ At this stage, zone systems and complex team tactics are not yet introduced.
- ❑ Training will cover perimeter defense with and without the ball, basic attacking movements, first concepts of center forward play and defense, and introductory goalkeeper skills.
- ❑ Offensive work will include 1-on-0 and 2-on-1 situations, together with basic passing from both sides.
- ❑ By the end of this phase, players will be ready for more advanced technical and tactical content within team play.

*All videos presented were prepared with the participation of
[Carlobruno DI CIANO](#) and [Francesco DI CINTIO](#)
10–11-year-old athletes of Club Aquatico Pescara (ITA).*



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Kids Aged 10, 11 & 12 yrs. - Basic Playing Elements

Skill 21 – Basic Perimeter Defense Vs opponent without ball

Objective:

- ☐ Maintain correct defensive position against a non-moving attacker, staying ready to protect inside water. Build balance, control, and awareness as the foundation for dynamic defense.

Description:

- ☐ High-Hip Position, ensuring a stable and balanced base
- ☐ Positioned between attacker and goal, ready to protect inside water
- ☐ Constant awareness of ball and opponent position, adjusting body orientation
- ☐ Keep proper distance and be ready to react.

Kids 10-11-12 years old - Basic Playing Elements

Skill 21 – Basic Perimeter Defense Vs opponent without ball

Drills:

1. [Horizontal Sculling Movements](#): Players move right, left, forward, and backward using sculling movements in a horizontal position. The legs perform a light bicycle action while the arms push and pull to maintain stability.
2. [Side Wall Sculling Drill](#): At the pool edge, the player keeps a diagonal horizontal position while holding the wall with one hand. The free arm performs sculling movements while the legs maintain a relaxed sideways eggbeater action.
3. [Mirror Position Drill](#): A defender and an attacker assume mirrored positions. The defender controls with the left arm and legs to the left side, while the attacker controls with the right arm and legs to the right side. Both players must maintain a horizontal body position without dropping the hips vertically. On the coach's signal, both players look left and then right.
4. [Reposition Drill](#): Same set-up as the Mirror Position Drill. Two players pass the ball from 5 m apart, while the defender and attacker follow the ball movement and re-position themselves, keeping their hips up without dropping the legs vertically.
5. [Mirror Rotation Defensive Drill](#): The attacker and defender start in mirrored horizontal positions. On the coach's signal, the attacker rotates clockwise or counterclockwise to create separation. The defender reacts with the opposite rotation while maintaining a strong horizontal defensive position. The drill develops reaction speed, balance, and defensive positioning.

Kids 10-11-12 years old - Basic Playing Elements

Skill 22 – Defending a Driving Opponent without ball

Objective:

- ☐ Maintain the inside water position against a moving attacker. Develop horizontal defensive movement and directional reaction skills.

Description:

- ☐ The attacker drives to create space and receive the ball, while the defender follows maintaining a strong horizontal body position.
- ☐ One arm checks the opponent while the opposite arm performs sculling movements depending on ball position and attacker movement.
- ☐ The defender glides sideways facing the attacker, using sideways breaststroke kicks and keeping the checking arm slightly bent outside the water.
- ☐ When the attacker changes direction, the defender quickly recovers the hips, reverses direction, and switches both supporting and checking arms.

Kids 10-11-12 years old - Basic Playing Elements

Skill 22 – Defending a Driving Opponent without ball

Drills:

1. [Swim – Stop and Rotate into Perimeter Defense Position](#): Swim 5 meters and, on the coach's signal, rotate 180° into the perimeter defensive position while keeping the hips up. Repeat swimming backstroke with breaststroke legs and rotate to the opposite direction on the signal.
2. [Perimeter Drive Defense Drill](#): Two players assume attacking and defensive positions. The defender initially checks with one arm and sculls with the other while keeping the hips up. When the attacker drives right or left, the defender glides sideways using breaststroke kicks, gliding on one arm while keeping the opposite arm raised and slightly bent outside the water. When the attacker stops, the defender quickly recovers the high-hips defensive position.
3. [Direction Change Reaction Drill](#): The attacker swims 2 meters to one side, stops, and changes direction. The defender moves sideways using breaststroke legs, switching arms and body position to follow the new movement. Start slowly and gradually increase the speed while keeping visual contact with the opponent and ball.
4. [Forth and Back Reaction Drill](#): The attacker drives right or left, then moves backward to create space. The defender follows, quickly changes direction, and uses freestyle arms with breaststroke legs to stay close. If the attacker stops again, the defender immediately recovers the hips-up position.
5. [Reposition Drive Drill](#): Two players pass the ball 5 meters apart while the attacker drives to create space. The defender continuously repositions to maintain inside water position and hips up without dropping the legs vertically. Start slowly and gradually increase the speed.

Kids 10-11-12 years old - Basic Playing Elements

Skill 23 –Backside Perimeter Defense vs Opponent with Ball

Objective:

- ☐ Defend an attacker with the ball from behind while maintaining correct position, balance, and visual control without fouling.

Description:

- ☐ When defending a right-handed attacker with the ball from behind, the defender positions on the attacker's left shoulder with hips up (opposite side against a left-hander).
- ☐ The defender keeps both hands visible to show the referee there is no intention to foul.
- ☐ When the attacker puts the ball into movement, the defender follows initially using freestyle arms with breaststroke legs, keeping the arms wide to avoid swimming over the opponent.
- ☐ As soon as the (right-handed) attacker with the ball turns on his back with a lay-out move the defender should tackle the attacker with a “mirror” defense without impeding the movement but disturbing an easy pass to a teammate.

Kids 10-11-12 years old - Basic Playing Elements

Skill 23 – Backside Perimeter Defense vs Opponent with Ball

Drills:

1. [Back-Shoulder Position Control Drill](#): The defender positions behind and on the left shoulder of the right-handed attacker with the ball. Both players maintain a high-hips position. The defender applies light forward pressure and releases while keeping the hands visible. Repeat three times, then change roles.
2. [Shadow Swimming and Defensive Positioning](#): The defender swims closely behind the attacker for 2 meters. When the attacker stops, the defender quickly assumes the correct high-hips defensive position with visible hands. On the signal, the attacker swims again while the defender follows and re-establishes position. Then players change roles.
3. [Mirror Defense Tackle](#): The attacker turns onto the back and moves backward with the ball near the surface. The defender applies mirror defense by raising the left arm parallel to the attacker's right arm, while the opposite arm performs short freestyle strokes with breaststroke kicks to maintain body height. Alternate roles.
4. [Complete Lay-Out Defense Tackle](#): The attacker performs a lay-out move to avoid pressure and pass backward. The defender follows with freestyle swimming and then applies the mirror defense technique without grabbing or fouling.
5. [Combined Backside Perimeter Defense](#): The defender swims closely behind the attacker who has or receives the ball. The defender maintains a high-hips position and follows the attacker's lay-out move using the previously described techniques. Swim 3 meters, stop, defend the lay-out, and repeat twice before changing roles.

Kids 10-11-12 years old - Basic Playing Elements

Skill 24 – Perimeter Face-to-Face Defense vs Opponent with Ball

Objective:

- ☐ Maintain control and balance while defending an attacker with the ball in a face-to-face perimeter position.
- ☐ Learn correct blocking timing, body position, and mirror-arm technique without committing fouls

Description:

- ☐ Against a right-handed attacker, the defender keeps the left arm raised high to reduce the shooting angle, while maintaining high hips with strong eggbeater legwork.
- ☐ The raised arm stays slightly bent and steady without waving, while the opposite arm sculls to maintain balance and body control.
- ☐ The defender maintains correct position between attacker and goal, staying balanced and at the proper distance to react without allowing an easy spin move.

Kids 10-11-12 years old - Basic Playing Elements

Skill 24 –Perimeter Front Defense vs Attacker with Ball

Drills:

1. [Mirror Arm Blocking Drill](#): The attacker holds the ball in the basic position while the defender maintains the correct mirror-arm position, keeping the blocking arm high and steady without waving or lowering it.
2. [Mirror Arm Blocking – Change of Pace Drill](#): The attacker holds the ball in the basic position while the defender maintains the mirror-arm position. On the coach's signal, both players rise as high as possible out of the water and hold the position until the next signal.
3. [Mirror Arm Blocking and Frog Jumps](#): Two players face each other 4 meters apart. The defender maintains the mirror-arm position and performs frog-style jumps forward using breaststroke kicks while the opposite arm sculls to maintain balance and body height.
4. [Backstroke Recovery Blocking Drill](#): The attacker swims forward with the ball while the defender swims backstroke in front. When the attacker stops in shooting position, the defender quickly brings the legs under the hips and raises the left arm to block. Repeat twice, then change roles.
5. [Lateral Blocking Recovery Drill](#): The attacker moves laterally with the ball while maintaining the basic shooting position. The defender follows using sideways eggbeater movement and maintains the correct mirror-arm position without lowering the blocking arm. On the coach's signal, the attacker simulates a shot while the defender rises high in the correct blocking position using strong eggbeater legwork.

Kids 10-11-12 years old - Basic Playing Elements

Skill 25 – Two-on-One Defense Drill

Objective:

- ☐ Learn to defend a “two-on-one” situation by delaying the attack and reacting quickly to ball movement.
- ☐ Develop quick direction changes, vertical jumps, and defensive recovery without committing fouls

Description:

- ☐ In a two attackers versus one defender situation, the defender first pressures the ball carrier to delay the offensive action.
- ☐ As soon as the ball is passed, the defender quickly changes direction and moves toward the new ball carrier.
- ☐ The defender swims freestyle with breaststroke legs, ready to rise vertically at the moment of the pass and recover defensive position.
- ☐ The movements are repeated continuously, reducing as much as possible the attackers’ advantage.

Kids 10-11-12 years old - Basic Playing Elements

Skill 25 – Two-on-One Defense Drill

Drills:

1. [Jump and Pivot Recovery Drill](#): The defender performs a vertical blocking jump and, on the coach's signal, pivots 90° or 180° using breaststroke legwork to recover defensive position. Focus on balance, fast recovery, and quick direction change.
2. [Vertical Jump and Rotate Drill](#): Two attackers positioned 4–5 meters apart pass at medium pace. At each pass, the defender jumps vertically to pressure the passer, then quickly changes direction toward the receiver. Repeat 3 consecutive passes, then rotate roles.
3. [Jump and Close-Out Drill](#): Two attackers stand 4–5 meters apart passing the ball. The defender stays between them in ready position. As soon as the ball is passed, the defender jumps vertically, then moves with quick breaststroke “frog jumps” toward the receiver with the mirror arm raised high trying to block the pass.
4. [Swim-Recover-Jump Drill](#): Two attackers, 4–5 meters apart, swim forward with the ball. Every 3 meters they stop and exchange three passes. The defender stays in the middle and jumps vertically at each pass trying to intercept with the mirror arm raised. After the passes, the attackers swim another 5 meters and repeat. Rotate roles after each sequence.
5. [Zig-Zag Two-on-One Defense Drill](#): Two attackers swim forward exchanging passes while the defender moves in a zig-zag pattern, attacking the ball carrier and changing direction after each pass. The defender tries to time the jump to intercept the pass and delay the attackers' advance.



HaBaWaBa School v.06

BASIC PLAYING ELEMENTS

KIDS 10 to 12 YEARS OLD

6th WEBINAR

10th June 2026 TBC



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