



HaBaWaBa School v.06

# **BASIC PLAYING ELEMENTS**

## **KIDS 10 to 12 YEARS OLD**

### **6<sup>th</sup> WEBINAR**

**10<sup>th</sup> June, 2026**



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## **6<sup>th</sup> WEBINAR - AGENDA**

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

- ✓ **YOUTUBE CHANNEL: HABAWABA SCHOOL / PROJECT CRKIDS**
- ✓ **5<sup>th</sup> WEBINAR – REVIEW OF SKILLS #21, #22, #23, #24, #25**
- ✓ **PARTICIPANT COACHES' INPUT**
- ✓ **6<sup>th</sup> WEBINAR - PRESENTATION OF SKILLS #26, #27, #28, #29, #30**



## 6th WEBINAR - AGENDA



**HABAWABA SCHOOL / PROJECT CRKIDS**

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



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

### 5<sup>th</sup> WEBINAR – REVIEW

#### SKILLS #21, #22, #23, #24, #25

- ✓ Skill 21 - Basic Perimeter Defense Vs opponent without ball
- ✓ Skill 22 - Defending a Driving Opponent without ball
- ✓ Skill 23 - Backside Perimeter Defense vs Opponent with Ball
- ✓ Skill 24 - Perimeter Face-to-Face Defense vs Opponent with Ball
- ✓ Skill 25 - Two-on-One Defense Drill

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

### **PARTICIPANT COACHES' INPUT**

**Ildikó SZEDLMAYER, Age Group WP Coach – Vasas SC, HUNGARY**



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

### **PARTICIPANT COACHES' INPUT**

Yiannis KOINIS, Age Group WP Coach – C.N. POSILLIPO, ITALY



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

### Skill 26 – Lay-Out Move by attacker with the ball (Start Move)

#### Objective:

- ☐ Perform a clean lay-out movement to protect the ball and create space for a quick pass or shot.

#### Description:

- ☐ Under defensive pressure, the attacker rotates onto the back into the lay-out position while keeping the ball behind the head on the water surface.
- ☐ The movement begins with a short forward breaststroke kick to place the ball into motion, followed by a strong breaststroke kick to rotate onto the back. The player then continues with an underwater bent-arm stroke using the free arm, combined with backward breaststroke kicking to avoid the defender's tackle.
- ☐ From this position, the attacker gains a wider vision of the pool, allowing a quick pass or immediate shot before the defender recovers.
- ☐ The action must remain fluid and controlled, protecting the ball while maintaining a high and stable body position. This movement is essential for escaping pressure and quickly restarting offensive play.



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

## Skill 26 – Lay-Out Move by attacker with the ball (Start Move)

### Drills:

1. **Putting the Ball into Movement**: From a vertical position with the legs under the hips and the ball resting on the water surface, the player puts the ball into movement on a 1-2 count using two breaststroke kicks. The player then returns to the vertical position and repeats. The hand should be placed on the rear side of the ball, with the palm pushing the ball forward.
2. **Gliding Backwards with the Ball Behind**: The player lies on the back with the ball behind the head on the water surface. Using breaststroke kicking and underwater strokes with the free arm—bent arm and elbow close to the body—the player moves backwards while controlling the ball.
3. **Gliding Backwards with the Ball Behind Under Mirror Defensive Pressure**: Same drill as above, but with a defender applying mirror defensive pressure and attempting a tackle, as described in Skill 23 and Drill 23.3. The attacker maintains backward movement, stability, and ball control.
4. **Complete Lay-Out Transition Drill (1-2 / 3-4)**: Same drill as above, but with a defender applying mirror defensive pressure and attempting a tackle, as described in Skill 23 and Drill 23.3. The attacker maintains backward movement, stability, and ball control.
5. **Lay-Out Escape and Backward Pass Under Defensive Pressure**: The attacker dribbles forward with a defender following closely. On the signal, the player stops, brings the legs under the hips, performs the lay-out movement (1-2 / 3-4), rolls onto the back, and executes a backward pass while maintaining body stability and ball control under pressure.

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

### Skill 27 – Driving Ball Side to Receive the Ball

#### Objective:

- ☐ Drive toward the ball side to receive the pass on the side away from the defender, keeping the defender on the non-ball side of the body.

#### Description:

- ☐ As the attacker sees the ball moving right or left, they explode into a quick drive toward that side using short, explosive strokes while maintaining high hips and speed.
- ☐ The attacker stays between the defender and the ball, protecting inside water and preventing the defender from recovering in front.
- ☐ At the end of the drive, the attacker performs a 360° rotation using the outside arm underwater (right arm to the right, left arm to the left) to turn face-to-face with the defender. Bringing the legs under the hips into a vertical position keeps the defender on the back and creates a safe passing lane.
- ☐ With one strong stroke and a start move, the attacker can quickly turn to shoot or pass to a free teammate behind the defender.
- ☐ Correct timing is essential: the movement should begin just before the passer releases the ball.

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

## Skill 27 – Driving Ball Side to Receive the Ball

### Drills:

1. **Ball-Side Drive – No Defense**: The attacker starts about 10 meters from the goal with the ball on the right side and drives toward the right post using short, explosive strokes. At the post, the player performs a vertical spin rotation, brings the legs under the body, and receives the ball on the water. The coach corrects timing, rotation, and reception technique.
2. **Ball-Side Drive – With Defender**: After a 10-meter ball-side drive with a defender, the attacker performs a vertical spin rotation using the outside arm (right arm when driving right) to turn first toward the defender and then toward the ball. Bringing the legs under the hips into a vertical position helps seal the defender behind before safely receiving the ball.
3. **Ball-Side Drive – Stop and Restart – With Defender**: After a few meters of driving, the attacker stops for 2 seconds to read the defender's reaction, then explosively resumes the drive. The movement ends with a spin rotation, sealing the defender behind before receiving the ball in a vertical position.
4. **Ball-Side Drive and Pass Drill**: The attacker drives ball side under pressure, performs the spin rotation to keep the defender behind, receives the ball, and immediately passes to a free teammate. The drill develops control, vision, and quick decision-making after reception.
5. **Ball-Side Drive to Shot Drill**: The attacker drives ball side, seals the defender with the rotation, receives the pass, and immediately performs a start move into a quick shot on goal. Emphasis is placed on timing, balance, and fast transition to shooting.

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

## Skill 28 – Release Move to Receive the Ball

### Objective:

- ☐ Learn to escape from the defender and create space to receive a clean pass.

### Description:

- ☐ The attacker uses the release move to break contact with a defender and gain position before the pass arrives. There are two common variations:
  - **Front Release Move:** The attacker drives to the right with the left arm close to the defender. After three strokes toward the goal, the attacker stops, lifts the hips to create separation, and swims backwards freestyle. The ball arrives on the water; the attacker then brings the legs under the body and performs a Lay-Out Move (skill #26)
  - **Back Release Move:** The attacker drives in freestyle. After three strokes with the left arm close to the defender, the player turns onto the back and moves away using breaststroke kicks, creating space to receive the pass directly in the hand from the teammate.
- ☐ In both cases, the movement must be quick, controlled, and without illegal contact. The focus is on timing—starting the release just before the pass arrives, ensuring separation without fouling.



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

## Skill 28 – Release Move to Receive the Ball

### Drills:

1. **Front Release Move Drill**: A player with the ball stands 6 meters from a teammate, who performs a Front Release Move to receive the ball on the water and continue with a Lay-Out (Start) Move. The drill starts without defense to develop timing and technique, then progresses with a defender applying pressure.
2. **Front-to-Back Release Move Drill**: A player with the ball stands 6 meters from a teammate, who performs a Front-to-Back Release Move to receive the ball directly in the hand. The drill begins without defense to develop timing, rotation, and reception, then continues with defensive pressure.
3. **Front-to-Back Release Move on a Triangle Set-Up Drill**: Two standing players exchange passes 5 meters apart. At the third point of the triangle, an attacker and defender work together. The attacker performs a Front-to-Back Release Move, first returning the pass to the right player, then to the left player. After two repetitions, roles change.
4. **2x2 Front Release Move Drill**: In a 5 × 5-meter area, two pairs of attackers and defenders continuously exchange passes using Front Release Moves. After three passes, attackers and defenders switch roles.
5. **2x2 Front-to-Back Release Move Drill**: In a 5 × 5-meter area, two pairs of attackers and defenders exchange passes using Front-to-Back Release Moves. After three passes, attackers and defenders change roles, developing timing and body positioning under pressure.

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

## Skill 29 – Receiving a Cross Pass (from the Left)

### Objective:

- ☐ Receive and control a cross pass coming from the left side while maintaining balance and readiness to shoot or pass.

### Description:

- ☐ When receiving a pass from the left, the chest should already face the intended direction of the next action before catching the ball, rather than facing the passer.
- ☐ The athlete should reach toward the ball and smoothly guide it across the chest into the throwing position, using a straighter arm than usual.
- ☐ The athlete should not attempt to pass or shoot before assuming a correct basic position, with the ball held high and the left shoulder slightly pointing toward the target for either passing or shooting.
- ☐ For a right-handed player, the right leg should also be positioned behind to provide a stable base and proper body balance.
- ☐ At the beginning, the cross pass should be soft until the teammate is ready to execute the correct technique..

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

## Skill 29 – Receiving a Cross Pass (from the Left)

### Drills:

1. **Rotation Basic Position Drill**: A player starts with the ball in basic position. On the coach's signal, he rotates 90° to the right and holds a high basic position for 5 seconds. He continues rotating 90° clockwise on each signal until returning to the starting position. Focus on balance and high hips.
2. **Cross Pass Reception and Return Drill**: Two players stand 5 meters apart. One player holds the ball for 5 seconds, then passes on the whistle. The teammate receives a cross pass facing the goal and passes left without rotating the whole body 90°. Keep the fingers toward the passer and the arm above the water.
3. **Continuous Cross-Pass Flow Drill**: Three outside players stand 5 meters apart in a triangle, with one player in the middle holding the ball. The central player passes clockwise. All players hold the basic position for 5 seconds before passing. Correct body position when moving to the right side.
4. **Parallel Swim and Cross-Pass Drill**: Two players swim parallel. The player on the left dribbles the ball. After 2 meters, he stops, assumes a vertical basic position, and delivers a cross pass to the teammate on the right, who receives while looking forward and passes back. They repeat after another 2 meters, then switch roles.
5. **One-to-Zero (1-0) Shooting Move**: Starting 6 meters from goal, the player advances diagonally toward the left post using breaststroke kicks (Skill #18) while keeping the ball in front, with a defender positioned behind and slightly on the right side. The player continues advancing while facing the goalkeeper, protecting the ball throughout the movement, and finishes with a controlled shot on goal.

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

## Skill 30 – Basic Position and Movements of Center Forward

### Objective:

- ❑ Develop the young player's ability to understand basic center-forward positioning, maintain balance in contact situations, and cooperate with teammates while remaining playable near the goal.

### Description:

- ❑ At this age, players learn the Fundamentals of center-forward play through partner drills focused on positioning, balance, and controlled contact.
- ❑ The center forward learns to swim ball-side toward 2 meters, use spin rotations to establish position, and maintain a playable orientation in front of the defender.
- ❑ Emphasis is placed on stable eggbeater support, lateral gliding, and protecting space against defensive pressure.
- ❑ Players also learn to rotate around the defender, secure inside position with correct arm placement, and prepare to receive the ball while maintaining balance and body control.
- ❑ Through continuous passing situations, they develop coordination with teammates, space protection, and simple lay-out passes or shots while avoiding unnecessary fouls.



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

## Skill 30 – Basic Position and Movements of Center Forward

### Drills:

1. **Basic Position Drill**: A center forward and defender both start in the basic position and work in pairs. The attacker maintains balance and a playable position for 5 seconds, then repeats the action several times.
2. **Entry Swim Drill**: A center forward and defender work in pairs. The center forward swims ball-side toward 2 meters, using a vertical spin-rotation technique to assume proper position in front of the defender.
3. **Linear Space Protection Drill**: The defender attempts to gain front position from either shoulder. The center forward protects the exit space using lateral gliding and correct arm extension while maintaining balance and body control.
4. **Rotation Position Drill**: Following the previous movements, the center forward performs a spin rotation to face the defender, placing the inside arm under the defender's armpit to secure space toward the ball carrier and prepare to receive the pass.
5. **Nonstop Space Protection and Lay-Out Shot Drill**: In a continuous four-player drill, two passers and a center-defender pair work together. The passers exchange at least four passes while the center forward works to secure the area and prepare for the pass. The center forward then receives the ball and performs a lay-out pass or shot to the back player, with the ball immediately returned from the opposite side. Focus on positioning, space protection, and continuous ball movement.

# ROCK & POP'S WATER POLO ADVENTURE

- BASIC DEFENSIVE ELEMENTS**  
Building basic movement and water confidence
- BASIC ATTACKING ELEMENTS**  
Developing core skills and ball familiarity

**START**



## U10 to U12 LEARNING JOURNEY

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

### 10 SKILLS

BUILDING STRONG AQUATIC FOUNDATIONS THROUGH PLAY AND PROGRESS.

## DEFENSE



- 1** BASIC PERIMETER DEFENSE  
vs opponent without ball



- 2** DEFENDING A DRIVING OPPONENT without ball



- 3** BACKSIDE PERIMETER DEFENSE  
vs opponent with ball



- 4** PERIMETER FACE-TO-FACE DEFENSE  
vs opponent with ball



- 5** TWO-ON-ONE DEFENSE DRILL



## ATTACK



- 6** LAY-OUT MOVE BY ATTACKER WITH THE BALL (START MOVE)



- 7** DRIVING BALL SIDE TO RECEIVE THE BALL



- 8** RELEASE MOVE TO RECEIVE THE BALL



- 9** RECEIVING A CROSS PASS (FROM THE LEFT)



- 10** BASIC POSITION AND MOVEMENTS OF CENTER FORWARD



**FINISH**



### 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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