HaBaWaBa SCHOOL



PROJECT CR - KIDS

HaBaWaBa School

JUNE 2026

Co-funded by the European Union

ERASMUS+ SPORT

A MODERN, INCLUSIVE AND FUN WAY TO COACH THE NEXT GENERATION!

HaBaWaBa SCHOOL Kids

COACHING REIMAGINED FOR KIDS!

NEW SKILLS. MORE FUN. BETTER TOGETHER!

TEAMWORK
Work together and win!

CREATIVITY
Think outside the box!

LEADERSHIP
Take initiative and inspire!

FAIR PLAY
Respect, play fair and have fun!

DIGITAL PLATFORM
Free material, skills & challenges!



DISCOVER THE PROJECT AND JOIN THE MOVEMENT!

https://habawabaschool.com/

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WATERPOLO DEVELOPMENT

CLUB AQUATICO PESCARA

ANEMOS

TECHNICAL UNIVERSITY OF CRETE

HaBaWaBa School / CR KIDS
PROJECT PARTNERS

Erasmus+ Sport Project 2025-2026

Developed through the collaboration of:

- Water Polo Development (WPD) — Italy
- Anemos Nautical & Cultural Club - Chania — Greece
- Club Aquatico Pescara — Italy
- Technical University of Crete — Greece

Bringing together Water Polo, education, technology and digital innovation to support young athletes and coaches.

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FROM PLAY TO LEARNING

HaBaWaBa School is an educational pathway designed to introduce children to Water Polo through a progressive, playful and age-appropriate approach.

The project connects aquatic skills, individual technique and the first elements of the game, always respecting the developmental needs of young players.

PLAY • LEARN • RESPECT

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A DEVELOPMENT PATHWAY

FROM WATER CONFIDENCE TO THE GAME

The learning process follows the natural development of the child:

Aquatic Skills → Water Polo Fundamentals → Individual Technique → Basic Playing Elements → Game Development

For younger children, the priority is confidence, movement and ball familiarity.

As players progress, technical skills are gradually connected to decision-making and simple game situations.

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HOW WE TEACH

A SIMPLE FOUR-STEP APPROACH

Every skill follows the same educational process:

1. **INTRODUCE:** Name the skill and explain its purpose.
2. **EXPLAIN & DEMONSTRATE:** Show the movement clearly and progressively.
3. **PRACTICE:** Use short, varied and enjoyable drills.
4. **CORRECT & REINFORCE:** Give simple feedback, one correction at a time, and encourage success.

The objective is not only to perform a skill — but to understand how to use it.

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MORE THAN A SKILLS LIBRARY

A RESOURCE FOR COACHES

HaBaWaBa School brings together skills, teaching points, drills, demonstrations and videos within one structured educational system.

It gives coaches **a common framework** while allowing them to **adapt the learning process to the age**, level and individual needs of their players.

The aim is to connect:

WHAT to teach → HOW to teach → HOW to practice → HOW to bring it into the game

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ELEMENTARY LEVEL

1. Skill 1 – Kicking Freestyle (with/without the Ball)
2. Skill 2 – Breaststroke Kick (with/without the Ball)
3. Skill 3 – Water Polo Freestyle (Head Up)
4. Skill 4 – Swimming with the Ball (Dribbling)
5. Skill 5 – Water Polo Freestyle + Breaststroke Kick
6. Skill 6 – Water Polo Backstroke + Breaststroke Kick
7. Skill 7 – Breaststroke Kick on Back / Ball in Hand
8. Skill 8 – Eggbeater Kick (Horizontal & Vertical)
9. Skill 9 – Learning the Basic Vertical Position
10. Skill 10 – Passing the Ball on Water

FOUNDATION LEVEL

11. Skill 11 – Sculling / Moving with Hands
12. Skill 12 – Starting OFF without Wall Push
13. Skill 13 – Changing Body Position (Ver/Hor)
14. Skill 14 – Changing Direction
15. Skill 15 – Gliding Forward – Ball Behind
16. Skill 16 – Jumping Out from the Water
17. Skill 17 – Passing with the Wrist while Swimming
18. Skill 18 – Gliding Forward – Ball in Front
19. Skill 19 – Passing the Ball to a Teammate's Hand
20. Skill 20 – Shooting the Ball



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HaBaWaBa | ANEMOS | ΠΟΛΥΤΕΧΝΕΙΟ ΚΡΗΤΗΣ | CLUB AQUATICO PESCARA

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DEFENCE

1. Basic Perimeter Defence — Off Ball
2. Defending the Drive — Off Ball
3. Backside Perimeter Defense — On Ball
4. Front Perimeter Defense — On Ball
5. Change of Direction & Jump — 2-on-1

ATTACK

6. Start Move
7. Driving Ball Side
8. Release Move
9. Cross Pass (from the left)
10. Basic Position of Center Forward



20 SKILLS TO LEARN, TO PRACTICE, TO IMPROVE AND TO HAVE FUN!

LEARN | PRACTICE | IMPROVE | HAVE FUN

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WATERPOLO DEVELOPMENT

ANEMOS

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ΠΟΛΥΤΕΧΙ ΚΡΗΤΗΣ

HABAWABA SCHOOL DIGITAL PLATFORM

FROM EDUCATIONAL CONTENT TO A DIGITAL COACHING ENVIRONMENT

The HaBaWaBa School Digital Platform transforms the educational pathway into an interactive coaching tool.

Coaches can:

- **Explore** the structured learning pathway
- **Search** the complete Skills Library
- **Access** drills, videos and teaching points
- **Create** teams and manage athletes
- **Build** training sessions and weekly activities
- **Work** in multiple languages

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HABAWABA SCHOOL DIGITAL PLATFORM

https://habawabaschool.com/

HaBaWaBa School YouTube Channel

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

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HaBaWaBa SCHOOL



WATERPOLO DEVELOPMENT

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