All Project Links

Skills, platform cards and training videos

Skill title = platform card · **Playlist** = this skill's YouTube playlist · **Drill title** = individual drill video

Kids 7-8-9 years old - Elementary Level

01 Kicking Freestyle Playlist
D1.1 Ball Support Kick
D1.2 Head-In / Head-Out Sets
D1.3 No-Support Progression
D1.4 Whistle Breathing Drill
D1.5 Arm-Switch Breathing

02 Breastroke Kick Playlist
D2.1 Ball Support Kick
D2.2 No-Ball Kick:
D2.3 Kick and Glide
D2.4 Short-Stroke Contrast
D2.5 Combo Set

03 Water Polo Freestyle Playlist
D3.1 Mixed Set
D3.2 Bilateral Breathing Freestyle
D3.3 Head up - Head down on Whistle
D3.4 Fast – Slow Speed Contrast
D3.5 Kickboard Drill

04 Swimming with Ball Playlist
D4.1 Slow–Fast Swimming with the Ball
D4.2 Kickboard Assist
D4.3 Controlled Speed Swimming with the Ball
D4.4 Head Up – Head Down on Whistle
D4.5 Swim and Roll

05 Water Polo Freestyle + Breaststroke Kick Playlist
D5.1 One-to-One Coordination
D5.2 Two-Stroke Coordination
D5.3 Defense Drill
D5.4 Ball Switch Stroke Coordination Drill
D5.5 Ball-Spinning Coordination Drill

06 Water Polo Backstroke + Breaststroke Kick Playlist
D6.1 One Kick per Stroke
D6.2 Alternate Kick Timing
D6.3 Height Challenge
D6.4 Transition Drill
D6.5 Double Arm Variation

07 Breaststroke Kick on Back with a Ball in Hand Playlist
D7.1 Two-Hand Hold
D7.2 One-Hand Hold
D7.3 Scull Support
D7.4 Transition Drill
D7.5 One-Arm Trasition Drill

Kids 7-8-9 years old - Elementary Level

08 Eggbeater Kick (Horizontal & Vertical) Playlist
D8.1 Horizontal Eggbeater Kicking with Ball:
D8.2 Semi-Vertical Eggbeater Kicking without Ball
D8.3 Combo Kick with Ball
D8.4 Push the ball under & Rise
D8.5 Horizontal-to-Vertical Eggbeater with Ball

09 Learning the Basic Vertical Position with the ball Playlist
D9.1 Basic Position Hold with Eggbeater
D9.2 Basic Position Hold Turning Around
D9.3 Basic Position alternating Eggbeater with Breaststroke kick
D9.4 Basic Position without Supporting Arm
D9.5 Basic Position to Dribbling Forward

10 Passing the Ball on Water while in Vertical Position Playlist
D10.1 Basic Position with Ball – Pass to Dominant Hand
D10.2 Basic Position with Ball – Pass to Non-Dominant Hand
D10.3 Deck-to-Water Passing
D10.4 Dribble-Stop-and-Pass
D10.5 Lead Pass Drill

Kids 7-8-9 years old - Foundation Level

11 Sculling / Moving with Hands Playlist
D11.1 Ball Between Knees Balance
D11.2 Ball Between Knees - Side Travel
D11.3 Ball Between Knees - Turn Drill
D11.4 Vertical Support
D11.5 Horizontal Glide

12 Starting Off without Wall Push Playlist
D12.1 Ready–Go Start
D12.2 Head-Up Start Drill
D12.3 Back Transition
D12.4 Ball Dribble Start
D12.5 Vertical to Start

13 Changing Body Position (Vertical - Horizontal) Playlist
D13.1 Signal Start–Stop
D13.2 Basic Throwing Position to dribbling
D13.3 Back-to-Vertical
D13.4 Signal Reaction
D13.5 Directional Command

14 Changing Direction (with/without the Ball) Playlist
D14.1 Signal Turns
D14.2 Zig-Zag Swim
D14.3 Zig-Zag Dribble
D14.4 Zig-Zag Line Relay
D14.5 Move to Receive Ball

Kids 7-8-9 years old - Foundation Level

15 Gliding Forward while Holding the Ball Behind Playlist
D15.1 Glide and Dribble Combo
D15.2 Zig-Zag Glide
D15.3 Glide & Stop
D15.4 Chased Glide
D15.5 Back-to-Front Switch

16 Jumping Out from the Water (Vertically or Laterally) Playlist
D16.1 Jump on Signal
D16.2 Dont Let It Drop
D16.3 Target Reach
D16.4 Swim & Jump
D16.5 Eggbeater Hold & Jump

17 Passing with the Wrist while Swimming with the Ball Playlist
D17.1 Side-By-Side Passing
D17.2 Signal Change
D17.3 Pass in Opposite Direction
D17.4 Move to Receive the Ball
D17.5 Eye Contact First, Then Pass

18 Gliding Forward with Breaststroke Kicks - Ball in Front Playlist
D18.1 Glide with Ball in Front
D18.2 Glide - Stop - Assume Basic Position
D18.3 Glide Left - Stop - Swim Right
D18.4 Glide and Pass
D18.5 Glide and Fill the Gap

19 Passing the Ball to a Teammate's Hand (Dry Pass) Playlist
D19.1 Rebound Board Passing
D19.2 Passing in Pairs
D19.3 Turn Around and Pass
D19.4 Receive Ball, Pass and Move
D19.5 Passing Challenge

20 Shooting the Ball Playlist
D20.1 Keep Basic Position and Shoot on the Spot
D20.2 Stationary Shots
D20.3 Dribble and Shoot
D20.4 Swim to Receive a Wet Ball and Shoot
D20.5 Swim to Receive a Dry Ball and Shoot

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

21 Basic Perimeter Defense Vs opponent without ball Playlist
D21.1 Horizontal Sculling Movements
D21.2 Side Wall Sculling Drill
D21.3 Mirror Position Drill
D21.4 Reposition Drill
D21.5 Mirror Rotation Defensive Drill

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

22 Defending a Driving Opponent without ball Playlist
D22.1 Swim – Stop and Rotate into Perimeter Defense Position
D22.2 Perimeter Drive Defense Drill
D22.3 Direction Change Reaction Drill
D22.4 Forth and Back Reaction Drill
D22.5 Reposition Drive Drill

23 Backside Perimeter Defense vs Opponent with Ball Playlist
D23.1 Back-Shoulder Position Control Drill
D23.2 Shadow Swimming and Defensive Positioning
D23.3 Mirror Defense Tackle
D23.4 Complete Lay-Out Defense Tackle
D23.5 Combined Backside Perimeter Defense

24 Perimeter Face-to-Face Defense vs Opponent with Ball Playlist
D24.1 Mirror Arm Blocking Drill
D24.2 Mirror Arm Blocking – Change of Pace Drill
D24.3 Mirror Arm Blocking and Frog Jumps
D24.4 Backstroke Recovery Blocking Drill
D24.5 Lateral Blocking Recovery Drill

25 Two-on-One Defense Drill Playlist
D25.1 Jump and Pivot Recovery Drill
D25.2 Vertical Jump and Rotate Drill
D25.3 Jump and Close-Out Drill
D25.4 Swim–Recover–Jump Drill
D25.5 Zig-Zag Two-on-One Defense Drill

26 Lay-Out Move by attacker with the ball (Start Move) Playlist
D26.1 Putting the Ball into Movement
D26.2 Gliding Backwards with the Ball Behind
D26.3 Gliding Backwards with the Ball Behind Under Mirror Defensive Pressure
D26.4 Complete Lay-Out Transition Drill (1–2 / 3–4)
D26.5 Lay-Out Escape and Backward Pass Under Defensive Pressure

27 Driving Ball Side to Receive the Ball Playlist
D27.1 Ball-Side Drive – No Defense
D27.2 Ball-Side Drive – With Defender
D27.3 Ball-Side Drive – Stop and Restart – With Defender
D27.4 Ball-Side Drive and Pass Drill
D27.5 Ball-Side Drive to Shot Drill

28 Release Move to Receive the Ball Playlist
D28.1 Front Release Move Drill
D28.2 Front-to-Back Release Move Drill
D28.3 Front-to-Back Release Move on a Triangle Set-Up Drill
D28.4 2x2 Front Release Move Drill
D28.5 2x2 Front-to-Back Release Move Drill

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

29 Receiving a Cross Pass (from the Left) Playlist
D29.1 Rotation Basic Position Drill
D29.2 Cross Pass Reception and Return Drill
D29.3 Continuous Cross-Pass Flow Drill
D29.4 Parallel Swim and Cross-Pass Drill
D29.5 One-to-Zero (1-0) Shooting Move

30 Basic Position and Movements of Center Forward Playlist
D30.1 Basic Position Drill
D30.2 Entry Swim Drill
D30.3 Linear Space Protection Drill
D30.4 Rotation Position Drill
D30.5 Nonstop Space Protection and Lay-Out Shot Drill

Kids 10-11-12 years old - Goalkeeper Basic Techniques

31 Goalkeeper's Basic Position (Arms in Water) Playlist
D31.1 Vertical Hold with Sculling
D31.2 Moving Vertical Hold Drill
D31.3 Ball Tracking Rotation Drill
D31.4 Eggbeater Resistance Drill
D31.5 Blocking and Return Technique Drill

32 Basic Position with Arms Out of the Water Playlist
D32.1 High Hand Hold
D32.2 Moving Ready Position Drill
D32.3 Target Tap
D32.4 Alternate Basic Position with Arms In – Out of Water
D32.5 Blocking and Return Technique Drill

33 Lateral Movement and Angle Control Playlist
D33.1 Post-to-Post Movement Drill
D33.2 Ball-Following Lateral Movement Drill
D33.3 Ball-Overhead Movement Drill
D33.4 Corner Movement and Hands-Out Drill
D33.5 Lateral Movement and Save Drill

34 Reaction Speed and Save Technique Playlist
D34.1 High Corner Jump and Recovery Drill
D34.2 Low Corner Jump and Recovery Drill
D34.3 Alternate High–Low Jump Drill
D34.4 Corner Jump and Vertical Recovery Drill
D34.5 Arms-Out Corner Jump Drill

35 Rebound Control and Outlet Passing Playlist
D35.1 Lob Save Technique Drill
D35.2 Moving Foam-Tube Reach Drill
D35.3 Cross-Corner Lob Save Drill
D35.4 Central Lob Reaction Drill
D35.5 Shot Save and Opposite-Side Lob Drill

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Project Links & Resources

Project websites, event materials, videos and handbook downloads

Websites and project channels

CR Digital Coaching Platform	**CR-KIDS Project Website**	**HaBaWaBa School Website**
CR-KIDS YouTube Channel	**CR-KIDS Water Polo Playlists**	**Free material on Platform** **Free material on Website**

Webinars

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Webinar 7 · Watch recording | PDF handout

Seminars and festival sessions

Educational Session #1 during HaBaWaBa Festival · Watch video **VIDEO**
Educational Session #2 during HaBaWaBa Festival · Watch video **VIDEO**
Educational Seminar in Finland · Open PDF **PDF**
Educational Seminar in Portugal · Open PDF **PDF**
Educational Seminar in Morocco · Open PDF **PDF**

Project resources

Performance Analysis Report
Anonymized analysis of the HaBaWaBa challenges in Lignano. Open report

Project Evaluation Questionnaire
Online project feedback questionnaire. Open form

Lignano Challenges Video
Video featuring the HaBaWaBa challenges in Lignano. Watch video

Educational Sessions Video
Short video featuring project educational sessions. Watch video

CR-KIDS Platform Overview
Video introduction to the CR-KIDS digital platform. Watch video

Handbook languages

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