

Marist Water Polo Camp

Day 1: Eggbeater and Passing

Eggbeater (treading water) broken down into a step by step progression

Explanation of the rules of passing in water polo

Passing both dry and wet

Strong side passing and cross face

Day 2: Eggbeater and Body Positioning

Continue work on eggbeater

Body position to establish correct shooting position to maximize power

Defensive body positioning

Continue passing drills with shooting on goal

Day 3: Offensive formations and Plays

Umbrella formation will be taught

Picks and motions will help to get athletes open for shots on goal

Campers will be able to show what they learned in a scrimmage at the end of day 3

Campers need:

Swim suit

Goggles

Water bottle

This camp is designed for athletes in middle school and high school who maybe interested in playing water polo. Coaches and current team member will be in the pool helping athletes learn through demonstration and instruction. This camp is a focus on water polo basics and less on endurance.