

Kearns Water Polo Skills Checklist

Without Ball

- Head up Free
- Lunge Freestyle
- WP Backstroke
- Start
- Stop
- Non-moving Freestyle
- Reverse Sculling - left/right side
- Drive D. Position
- Lunge to the Lane
- Give water
- Reverse Pivot
- Stomach to Back
- Back to Stomach
- Spider
- Skating
- Hip Over
- Hip Around
- Legs in Coil position
- 45 degree Lunge
- Forward Lunge
- Vertical Lunge/Jump
- Breaststroke kick - Horizontal
- Breaststroke kick - Vertical
- Eggbeater kick-Horizontal
- Eggbeater kick-Vertical
- Scissor kick
- Walking - back/forward/laterally
- Horizontal to Vertical
- Vertical to Horizontal
- Ball side drive
- Cut off Release
- Crossover Release
- Center base position
- Seal off
- Set pick
- Face to face center position
- Turn, spin, and seal
- Shot block position
- Close out
- Cut off
- Foul / Foul and drop
- Stunt
- One arm swim around
- Spin around

With Ball

- Regular Dribble (Head up Free)
- Ball in hand Dribble
- Start
- Stop
- Seal off
- Non-moving Free
- Horizontal to Vertical
- Horizontal to Pressure Pass - R/L/F
- Vertical to Horizontal
- Assisted pick-up
- Underneath pick-up
- Ball in Hand pick-up
- Transfer left to right/right to left
- Strong Side Catch
- Cross face Catch
- Center Base Position
- Snap to the Ball
- Split eggbeater position
- Double Threat position
- Slide/Dive/Attack
- Draw Foul
- Pump Fake
- Weak Shoulder Seal off
- 1/2 turn (180) - inside
- 1/2 turn (180) - outside (backhand)
- 1/4 turn (90) - inside
- 1/4 turn (90)- outside
- Runaway (pressure) Pass
- Push Pass
- Sweep Pass
- T Pass
- Wrist Pass
- Backhand Pass
- Layout Pass
- Off the water Pass
- Lob Pass
- Right Back Pass
- Center Entry Pass
- Push Shot
- Sweep Shot
- T Shot
- Wrist Shot
- Backhand Shot
- Layout Shot
- Lob Shot