

## **SET Water Polo Club**

### *At Home Workouts*

#### Pool Workout #3

#### **Warm up**

- 5 mins swim
- 5 mins - kick, IM, Build
- 5 mins - defensive drill + choice kick, shot blocking drill + choice swim



#### **Main Set - 3 Parts**

- Part 1
  - 6 x 200's - 2 on 2:50 under (2:35), 2 on 2:40 under (2:30), 2 On 2:30 under (2:20)
- Part 2
  - 6 x 75s - 2:00
  - 10 secs arms out eb + underwater Breast, 10 secs wall push + double kick, 10 secs ladders + IM (no free)
- Part 3
  - Broken 200 for time - rest :10 seconds at each 50 - record time

#### **Legs / Skill - w partner**

- 20 x 25's skill work -
  - 2 x forward lunge, 2 x over hips to crah, 2 x overhips to lunge, 2 x overhip to knockdown lunge, 2 x lunging to lane - <https://youtu.be/RuB5php3Ke0>
  - 2 x over hips to shot block, 2 x add knockdown strokes, 2 x stroking w off arms, 2 x zig zag block, 2 x stroke step - <https://www.youtube.com/watch?v=2kTkn8wnAx4>

#### **Passing - this can also be done on land with a partner or against a wall on your own**

- Both hands, up down up, tip passing, catch pass, catch slide, catch fake, releasing, entries + kick out pass, attacking zone, over the top to slam, shot blocks
- Ball work vs wall on own - 100 right wrist, 100 left wrist, step back 50 right arm, 50 left arm, 20 x faking & over hip shot, 20 faking & around blocker, 50 quick inside water wrist strong arm forward, 30 same but adding fakes and stepping away.
- Rapid fire drill - working on throwing hard and fast for 5 rounds getting at least 10 in each round.

#### **Warm Down**

- 4 x 50's alternate between free, back & breast