

**Water Polo Basics:
Things to think about.**

1. Watch the ball: know where it is and why.
2. Sacrifice speed for alertness; Alertness leads to anticipation.
3. Keep your hips up at all times.
4. Position and reposition yourself constantly, both offensively and defensively.
5. Am I in the play? If so, be in it.
6. Recover defensive as your teammate is in the process of shooting.
7. On defense, always cover the attacker closer to our cage.
8. Take two strokes for every one of theirs.
9. Switch players to cover most effectively against a quick breaking offense.
10. When on counter attack defense cut your man off. Pressure him to the outside.
11. Don't risk a foul (exclusion) on a man that does not have the ball or is not in a scoring opportunity. No unnecessary fouls!
12. A well guarded player is less likely to receive the ball than a weakly guarded player.
13. When on perimeter defense try not to foul the attacker. Run their clock and stay on your legs.
14. Front the center whenever possible.
15. Cover the driver from two sides. Always take away ballside and look to help on the back door (stair step) side.
16. Front and press defense will only be as effective as our weakest defender.
17. When on Defense the ball must always be under pressure (Attack! Attack! Attack!)
18. Burn the shooter.
19. Take the free drive down the center of the pool when it is possible.
20. On the fast break always remain a threat. Remember, you may become an open threat at any time! Put yourself in scoring position when it happens!
21. On a fast break, get the ball to the open man. Find the open man!
22. Always counter to the other teams 2 meter line.
23. Penetration is important on a fast break. Force the defense to collapse on their own cage.
24. The quickly handled ball is the most effective threat.
25. Dry passes as needed when your teammate is not guarded.
26. Do not panic pass, remain calm, protect the ball and pressure pass.
27. Good positioning is essential to shooting effectively.
28. The man opposite the lob shot should anticipate and follow the ball to cage.
29. Before you shoot, look to see if any else has a better shot; but don't fail to take the shot if it is there!
30. When we have the ball, the other team can't score; so do not risk a poor quality shot.

“The things you learn after you know it all are the most important.”

-John Wooden