






10 BASIC SKILLS








FUN FILLED AND UNBEATABLE

Skill	Description
1 Standing	 <p>Have your feet one in front of the other, shoulder width apart. Keep weight on the front when passing or shooting.</p>
2 Picking up the Ball	 <p>Hold the in the palm of your hand (not perched on fingers) and grip it with your little finger and thumb. Keep fingers wide. Always pick the ball up from underneath. If you try to pick it up from the top you may push it under the water.</p>
3 Swimming with the Ball	 <p>Swim freestyle with head up. Let the ball float in front of you between your arms and face. Control the ball with the insides of you forearms.</p>
4 Protecting The Ball	 <p>Hold the ball in passing position arm out, opposite shoulder forward (ready to pass). Using the width of your body, keep the body and arm between the ball and the defender.</p>
5 Passing To The Hand	 <p>Have the ball in the palm of your hand (see skill 2 and 4), elbow higher than your shoulder. With the weight on your front foot, rotate your shoulders and release ball, finishing with the wrist so that the hand finishes palm down. Always lean forward.</p>



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10 Basic Skills Continued.

Skill	Description
6 Passing To The Water	 <p>Pass ball in front of the receiver into safe water, away from the defender. Practice passing different distances. Sometimes, the receiver may be swimming onto the ball. Always throw to a receiver who knows the ball is coming.</p>
7 Power Shooting	 <p>See Skills 2,4 & 5.. rise out of the water leaning forward, rotate your body and finish with your wrist so that your hand is flat on the water to add speed. Concentrate on accuracy first, then power.</p>
8 (Goalie) Straight/Angle Shots	 <p>Have your hands fully open and shallow in the water. Face shooter front on and move forward. Keep your eyes on the ball and try to tap it down in front of you. You cannot block with a closed fist and avoid catching the ball. Be careful not to place ball in the goal behind you when picking it up to throw back into play.</p>
9 (Goalie) Following the Ball	 <p>Face the ball front on and follow it by sliding sideways along the goal line.</p>
10 Faking The Ball	 <p>Trick the goalie when shooting – wave the ball behind your head in shooting action, but hold onto the ball.</p>



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