

SUBJECT: Y11 PE

UNIT: Waterpolo



□ Tactics and Strategies

Type

Attacking

Example

Creating space, driving towards goal, quick passing, man-up plays

Defensive

Zone defence, press defence, man-down formations

Transition Play

Counterattacks and recovery swims

Goalkeeper Strategy

Reading the shooter, directing defence

⚙ Rules and Officials

Officials:

- Referee: Controls play, awards fouls, enforces rules
- Goal Judges: Signal when goals are scored
- Table Officials: Manage game time, shot clock, exclusions

Types of Fouls:

- Ordinary foul: Minor infringement – free throw awarded
- Major foul: Holding, sinking or pulling back an opponent – exclusion
- Penalty foul: Major foul committed inside 5m preventing a goal-scoring chance – penalty shot

□ Key Vocabulary

Eggbeater kick – water treading technique

Man-up / Power play – temporary advantage when opponent is excluded

Drive – rapid movement towards goal

Counterattack – quick transition after gaining possession

Zone defence – defending area instead of marking player

Exclusion – player removed for 20 seconds after major foul

□ ♂ Roles and Responsibilities

Player Role

Centre Forward

Key Responsibilities

Main attacker, close to goal, receives passes under pressure

Wings

Create width, cross passes, and assist shots

Drivers

Fast attackers who move into open space

Centre Back

Defends centre forward, physical presence

Goalkeeper

Last line of defence, organises defence, quick reactions

□ Health and Fitness Links

- Improves aerobic and anaerobic capacity
- Develops muscle strength and coordination
- Enhances teamwork, resilience, and discipline
- Promotes hydration, nutrition awareness, and injury prevention

📊 Performance Analysis

When analysing a performance, consider:

- Decision making (shot selection, defensive choices)
- Technical accuracy (passes, shots, movement)
- Communication and teamwork
- Fitness levels and endurance
- Effectiveness of tactics used